

Year 3			
Term	Unit	National curriculum links	Fundamental movement skills
Autumn 1	Personal	challenge and improvement	footwork, static balance
	Tag Rugby	throwing, catching, technique	ball skills
Autumn 2	Social	cooperating, collaborating, jumping	dynamic balance, seated balance
	Cognitive	judging performance and improvement	coordinating ball skills
Spring 1	Gym (Social)	travelling, rotating, sequences, flexibility	travelling, rotation
	Netball	controlled throwing and catching	sending, receiving
Spring 2	Creative	sending and receiving, comparing movements	sending, receiving, counter balance
	Frisbee	passing, rules and fair play, technique	reaction / response
Summer 1	Physical	movement sequences, control and consistency	reaction / response, static balance
	Athletics	running, jumping	stance, jumping, running
Summer 2	Dance (personal)	movement patterns & sequences	shapes, partnering
	Health & Fitness	health and activity, flexibility	agility, static balance

Year 4			
Term	Unit	National curriculum links	Fundamental movement skills
Autumn 1	Personal	improvement and perseverance	footwork, static balance
	Tag Rugby	running, throwing, catching, technique	ball skills
Autumn 2	Social	cooperating, collaborating, jumping	dynamic balance, seated balance
	Cognitive	judging performance and improvement	coordinating ball skills
Spring 1	Gym (Social)	travelling, rotating, sequences, flexibility	travelling, rotation
	Netball	develop rules, evaluate tactics	sending, receiving
Spring 2	Creative	sending and receiving, comparing movements	sending, receiving, balance
	Frisbee	possession/attacking, technique	reaction / response
Summer 1	Physical	movement sequences, control and consistency	reaction / response, static balance
	Athletics	throwing, jumping	jumping/landing
Summer 2	Dance (personal)	create sequences	shapes, partnering
	Health & Fitness	health and activity, strength	agility, static balance

Year 5			
Term	Unit	National curriculum links	Fundamental movement skills
Autumn 1	Personal	physical confidence, improving / challenging	ball skills, reaction/response
	Tag Rugby	consolidate skills - attacking, technique	ball skills, reaction/response
Autumn 2	Social	cooperating, communicating	dynamic balance, counter balance
	Cognitive	judging performance, decisions (attacking & defending)	static balance, footwork
Spring 1	Gym (Social)	collaborating, movement sequences	travel, flight, rotation
	Netball	competitive games, attacking and defending	sending, receiving, balance
Spring 2	Creative	tactics, movement sequences	static balance
	Frisbee	consolidate throwing and catching, technique	reaction/response
Summer 1	Physical	movement sequences	dynamic balance, static balance
	Athletics	running, jumping	jumping/landing, stance, footwork
Summer 2	Dance (personal)	dance movement patterns	dance
	Health & Fitness	understand elements of fitness	sending/receiving/ballchasing

Year 6			
Term	Unit	National curriculum links	Fundamental movement skills
Autumn 1	Personal	physical confidence, improving / challenging	ball skills, reaction/response
	Tag Rugby	consolidate skills - attacking, technique	ball skills, reaction/response
Autumn 2	Social	cooperating, communicating	dynamic balance, counter balance
	Cognitive	judging performance, decisions (attacking & defending)	static balance, footwork
Spring 1	Gym (Social)	collaborating, movement sequences	travel, flight, rotation
	Netball	competitive games, attacking and defending	sending, receiving, balance
Spring 2	Creative	tactics, movement sequences	static balance
	Frisbee	consolidate throwing and catching, technique	reaction/response
Summer 1	Physical	movement sequences	dynamic balance, static balance
	Athletics	running, jumping	jumping/landing, stance, footwork
Summer 2	Dance (personal)	dance movement patterns	dance
	Health & Fitness	understand elements of fitness	sending/receiving/ball chasing