

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Hands 1	Gymnastics (high, low, over, under)	Dance (nursery rhymes)	Games for understanding	Athletics (Jumping 1)	Rackets, Bats, Balls and Balloons
Year 1	Hands 1	Gymnastics (wide, narrow, curled)	Dance (the zoo)	Games for understanding	Athletics (running 1)	Rackets, bats and balls
Year 2	Hands 2	Gymnastics (linking)	Dance (explorers)	Games for understanding	Athletics (jumping 1)	Rackets, bats and balls
Year 3	Tag Rugby Swimming	Gymnastics (symmetry and asymmetry) Swimming	Dance (witches and wizards)	Hockey	Athletics	Tennis
Year 4	Tag Rugby	Gymnastics (bridges)	Dance (the circus) Swimming	Hockey Swimming	Athletics	Tennis
Year 5	Tag Rugby	Gymnastics (counter balance and counter tension)	Dance (space)	Hockey	Athletics Swimming	Tennis Swimming
Year 6	Tag Rugby	Gymnastics (matching and mirroring)	Dance (carnival)	Hockey	Athletics	Tennis