

	Year 3		Year 4		Year 5		Year 6	
Autumn 1	Fundamental movement Multi Skills	Gymnastics Basic Shapes and Jumps	Dance Dragons	Fundamental movement Multi Skills	Invasion Games Hockey Coach	Dance Hip Hop Teachers	Striking and fielding Cricket	Invasion Games Football
					Fundamental skills catch up- with coach Sam Selected children only			
Autumn 2		Net and Wall Dodgeball			Health related fitness Circuit Training	Invasion Games Tag Rugby		
					Bikeability -TBC First ½ of the programme		OAA Stubbington Residential	
Spring 1	Dance Lion King	OAA Team Building	Dance Cheer leading	Gymnastics Basic Shapes extended- Travelling Straight, tuck, star, pike, straddle, bridge, shoulder stand, front support, back support, arch and dish.	Health related fitness Circuit Training	Swimming	Dance Dance Shorts	Gymnastics Balances
					Bikeability Second ½ of the programme			
Spring 2		Gymnastics Partner Balances			Invasion Games Games and adaptations	Net and Wall Dodgeball		
Summer 1	Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events		Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events		Multi Skills Sports day preparation track and field events.	Space Dance	Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events	
Summer 2	Striking and fielding Rounders	Net and Wall Tennis	Striking and fielding Rounders	Striking and fielding Cricket OAA Team Building	Striking and fielding Rounders	Striking and fielding Cricket	Striking and fielding Rounders	Swimming Non swimmer from year 5-Top up Invasion Games Games and adaptations