	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		Dance Hip Hop Teachers tch up- with coach Sam children only	Striking and fielding Cricket	Invasion Games Football
Autumn 2	Net and Wall Dodgeball	Health related fitness Circuit Training	Invasion Games Tag Rugby	Health related fitness Circuit Training	Invasion Games Basketball	Gymnastics Rolls- symmetrical and asymmetrical Teddy Bear Roll Log Roll Rock N Roll Honeypot/Barrel Roll	Health related fitness Circuit Training	Invasion Games Netball OAA Residential Stubbington Study Centre
					Bikeability -TBC First ½ of the programme		OAA Stubbington Residential	
Spring 1	Dance Lion King	OAA Team Building	Dance Cheer leading	Gymnastics <u>Basic Shapes</u> extended- Travelling	Health related fitness Circuit Training	Swimming	Dance Dance Shorts	Gymnastics Balances
				Straight, tuck, star, pike, straddle, bridge, shoulder stand, front support, back support, arch and dish.	Bikeability Second ½ of the programme			
Spring 2	Gymnastics Partner Balances	Invasion Games Games and adaptions	Net and Wall Dodgeball	Gymnastics Rolls and Travelling- Change of speed Teddy Bear Roll Log Roll Rock N Roll Honeypot/Barrel Roll	Multi Skills Sports day preparation for playground events	Swimming OAA X3 weeks Team Building	Net and Wall Tennis	Gymnastics Key stage 2 Routines
Summer 1	Athletics Sports day preparation Playground activities and track and field events. 2x session each weekone playground events one playground 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 adaptions