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| Year Group | Autumn 1  | Autumn 2 | Spring 1  | Spring 2  | Summer 1  | Summer 2 |
| Year 1 | Fundamental movement skills  | Gymnastics-wide, narrow & curled.  | Dance – under the sea | Net & wall game skills 1 | Athletics | Object control 2 |
| Year 2 | Fundamental movement skills  | Gymnastics  | Dance- animals. | Net & wall game skills 2 | Athletics | Invasion games 2  |
| Year 3 | Health related fitness | Dodgeball  | Dance around the world.  | Gymnastics- body weight  | Athletics | Orienteering |
| Hockey  |
| Year 4 | Health related fitness  | Dodgeball |  Dance around the world. | Gymnastics- pushing and pulling | Athletics | Orienteering |
| Hockey  | Netball  |
| Year 5 | Health related fitness | Gymnastics- synchronisation and canon  | Dance through the ages.  | Handball  | Athletics | Orienteering |
| Tennis  | Danish longball  |
| Year 6 | Health related fitness | Gymnastics- balance and counter tension.  | Dance through the ages.  | Handball  | Athletics | Orienteering |
| Netball  | Rounders  |