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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 |