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| Class | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery | **Yoga and movement expressing feelings.** | **Travelling in different ways.** | **Dance to different nursery rhymes.** | **Balancing in different ways.** | **Throwing and catching.**  **Sports Days** | **Travelling using equipment.** |
| Reception | **Yoga.**  **Spatial awareness and Travelling in different ways.** | **Multiskills.**  **Focus on gross motor continuous provision – spatial awareness.** | **Movement and dance.**  **Throwing and catching.** | **Dodgeball.**  **Focus on gross motor continuous provision – ball skills.** | **Sports Day skills.**  **Gymnastics, travelling using apparatus.** | **Tag Rugby.**  **Focus on gross motor continuous**  **provision.** |
| Year 1 | **Traveling in different ways using obstacle courses.**  **Gym with a focus on floor work.** | **Throwing and catching games.**  **Gym using low apparatus.** | **Dodgeball.**  **Dance using ‘Lost and Found’.** | **Tag Rugby**  **Dance ‘Pirates’ making a short sequence.** | **Creating throwing and catching games.**  **Gym using large apparatus.** | **Sports Days.**  **Different jumps for the big leap/Athletics.**  **OAA** |
| Year 2 | **Hand ball.**  **Leadership training.**  **Dance using ‘weather’.** | **Creating throwing and catching games with a points system.**  **Gym with a focus on floor work.** | **Dodgeball**  **Gym using apparatus.** | **Tag Rugby**  **Dance ‘Great Fire of London.’** | **OAA**  **Cross country competitons.**  **Gym using large apparatus.** | **Sports Days.**  **Different jumps for the big leap/Athletics.**  **Dance – exploring transition feelings.** |