

National Curriculum Coverage KS1	Reception	Year 1	Year 2	
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Aut 1 – Fine Motor Skills Aut 1 – Yoga Aut 1 – Fundamental Movement Skills 1 Spr 1 – Fundamental Movement Skills 1 Spr 1 – Stability 2 (Static and Dynamic Balance) Spr 2 – Locomotion 2 Sum 2 – Athletics 1	Aut 1 – Fundamental Movement Skills 2 Aut 1 - Yoga Aut 2 – Basic Gymnastic Skills 1 Spr 1 – Basic Gymnastic Skills 1 Spr 2 – Basic Gymnastic Skills 2 Sum 2 – Athletics Sum 2 – Net Wall Game Skills 1	Aut 1 – Fundamental Movement Skills 3 Spr 1 – Gymnastics – Spinning, Turning, Twisting Sum 1 – Net and Wall Game Skills 2 Sum 2 - Athletics	
Participate in team games, developing simple tactics for attacking and defending.	Aut 2 – Locomotion 1	Spr 2 – Object Control 2 Sum 1 – Invasion Game Skills 1 Sum 1 - Striking and Fielding Game Skills 1	Spr 2 – Striking and Fielding Game Skills 2	
Perform dances using simple movements patterns.	Sum 1 – Dance - Jungle	Aut 1 / Spr 1 – Dance – Fire of London	Aut 2 – Dance - Animals	
National Curriculum Coverage KS2	Year 3	Year 4	Year 5	Year 6
Use running, jumping, throwing and catching in isolation and in combination.	Spr 2 – Cricket Sum 2 - Athletics	Sum 1 – Cricket Sum 2 - Athletics	Sum 1 – Cricket Sum 2 - Athletics	Sum 1 – Cricket Sum 2 - Athletics
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Aut 1 – Tag Rugby Sum 1 - Tennis	Spr 2 – Tag Rugby Spr 2 – Hockey Sum 1 - Tennis	Aut 1 – Tag Rugby Spr 2 – Hockey Sum 1 - Tennis	Aut 1 – Tag Rugby Sum 1 - Tennis

Develop flexibility, strength technique, control and balance.	Aut 2 – Gymnastics – Linking Movement Spr 1 – Gymnastics – Symmetry and Asymmetry	Aut 2 – Gymnastics – Arching and Bridges	Aut 2 – Gymnastics – Synchronisation and Canon Spr 1 – Gymnastics – Under and Over	Aut 2 – Gymnastics – Counter Balance and Tension Spr 1 – Gymnastics – Group Sequencing Spr 2 – Yoga
Perform dances using a range of movement patterns.	Aut 2 – Dance – Dance Around the world	Spr 1 – Dance - Romans	Aut 2 – Dance - Through the Ages	Aut 2 – Dance – WWII
Take part in outdoor and adventurous activity challenges both individually and within a team.	Aut 1 – OAA	Aut 1 – OAA Sum 2 – Health Related Fitness	Aut 1 – OAA Sum 2 – Health Related Fitness	Aut 1 – OAA Sum 2 – Health Related Fitness
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Aut 2 – Dance – Dance Around the world Aut 2 – Gymnastics – Linking Movement Spr 1 – Gymnastics – Symmetry and Asymmetry	Spr 1 – Dance – Romans Aut 2 – Gymnastics – Arching and Bridges	Aut 2 – Dance - Through the Ages Aut 2 – Gymnastics – Synchronisation and Canon Spr 1 – Gymnastics – Under and Over Spr 2 - Leadership	Aut 2 – Dance – WWII Aut 2 – Gymnastics – Counterbalance and Tension Spr 1 – Gymnastics – Group Sequencing Spr 2 - Leadership
Swimming and Water Safety	Year 3		Year 4	
Swim competently, confidently and proficiently over a distance of at least 25 metres.	Spring 2 and Summer		Autumn and Spring 1	
Use a range of strokes effectively.				
Perform safe self-rescue in different water-based situations.				