

	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.
	Breadth Fundamental movement skills development 'Chasing' playground Games – with high activity levels and simple decision making	Breadth Fundamental movement skills development Gymnastics - Pathways: straight, zig zag and curving	Breadth Fundamental movement skills development Gymnastics - Stretching, curling and arching. Spinning, turning and twisting	Breadth Fundamental movement skills development Target games: Sending an object with control	Breadth Fundamental movement skills development Striking and fielding games: sending and receiving	Breadth Fundamental movement skills development Athletics: travelling, throwing and jumping Problem solving- OAA: Decision making
3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.
	Breadth Team building games / locomotion and stability games - chase, tag, stuck in the mud Invasion games: social skills - working as a team	Breadth Gymnastics (Floor): Receiving body weight, symmetry and asymmetry Dance	Breadth Gymnastics Linking movements together Dance	Breadth Invasion Games – skills: Throwing and catching, Games – Striking and fielding games - striking and fielding game skills	Breadth Athletics – running and jumping Games – Net & Wall: Throw and catching	Breadth Athletics – throwing control and coordination Dance

	<p>Breadth</p> <p>Team building games / locomotion and stability games - chase, tag, stuck in the mud</p> <p>Invasion games: social skills - follow the rules of the game, field and defend</p>	<p>Breadth</p> <p>Gymnastics – Matching, mirror and contrast</p> <p>Dance</p>	<p>Breadth</p> <p>Gymnastics – Partner work, under and over</p> <p>Invasion games - Football - develop skills and techniques</p>	<p>Breadth</p> <p>Net and wall games: Volleyball Strike a ball with developing accuracy</p> <p>Dance</p>	<p>Breadth</p> <p>Athletics – Running and jumping- techniques</p> <p>Games: Net and wall - Tennis: choose and combine techniques</p>	<p>Breadth</p> <p>Athletics - Throwing developing accuracy and technique</p> <p>Dance</p>
6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>
	<p>Breadth</p> <p>Team building games / fitness</p> <p>Invasion games Social skills: Team games</p>	<p>Breadth</p> <p>Gymnastics – Counter balance and counter tension</p> <p>Dance</p>	<p>Breadth</p> <p>Gymnastics - Group sequencing</p> <p>Invasion games- Football Skills: Choose and combine techniques</p>	<p>Breadth</p> <p>Games - Striking and fielding: Cricket Techniques in game situations</p> <p>Dance</p>	<p>Breadth</p> <p>Athletics- Running and jumping: accuracy</p> <p>Net and wall games: Tennis Developing techniques</p>	<p>Breadth</p> <p>Athletics – throwing: developing techniques</p> <p>Games: Striking and fielding Rounders - Applying skills in specific sports</p> <p>Swimming - Swim 25M</p>