

|  | Block 1  | Block 2  | Block 3  | Block 4   | Block 5   | Block 6  | Block 7  |
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| Year 3a  | <b>Health and Well-being:</b><br>Mindfulness<br>Develop flexibility, strength, technique, control and balance.     | <b>Gymnastics:</b><br><b>Canon and Unison</b><br>Develop flexibility, strength, technique, control and balance.  | <b>Dance:</b><br><b>Weather</b><br>Develop flexibility, strength, technique, control and balance   | <b>Invasion:</b><br><b>Handball</b><br>Perform dances using a range of movement patterns.   | <b>OAA:</b><br><b>Communication and Tactics</b><br>Take part in outdoor and adventurous activity challenges both individually and within a team.  | <b>Athletics</b><br>Use running, jumping, throwing and catching in isolation and in combination.   | <b>Sporting Tournaments</b><br><b>X 3 weeks</b><br><b>X 1 sports day</b>   |
| Year 3b  |  | <b>Fundamentals</b><br>Develop flexibility, strength, technique, control and balance   | <b>Fundamentals</b><br>Develop flexibility, strength, technique, control and balance   | <b>Health and Fitness</b><br>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  | <b>Invasion:</b><br><b>Hockey</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending                                  | <b>Striking and Fielding:</b><br><b>Cricket</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending                               | <u>Swimming: Water safety.</u><br>Classroom based.<br>Include different swim strokes from dry side swimming lessons. |
| Year 4a  | <b>Health and Well-being:</b><br>Mindfulness<br>Develop flexibility, strength, technique, control and balance.     | <b>Gymnastics:</b><br><b>Levels and direction.</b><br>Develop flexibility, strength, technique, control and balance.   | <b>Dance:</b><br><b>Space</b><br>Develop flexibility, strength, technique, control and balance<br>Perform dances using a range of movement patterns. | <b>Invasion:</b><br><b>Tag Rugby</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending | <b>OAA:</b><br><b>Orienteering</b><br>Take part in outdoor and adventurous activity challenges both individually and within a team.   | <b>Athletics</b><br>Use running, jumping, throwing and catching in isolation and in combination.   | <b>Sporting Tournaments</b><br><b>X 3 weeks</b><br><b>X 1 sports day</b>   |
| Year 4b<br>*Lesson b when not swimming – chose lessons as appropriate. | <b>Fundamentals</b><br>Develop flexibility, strength, technique, control and balance.<br><br><b>Swim x 1 class</b> | <b>Health and Fitness</b><br>Compare their performances with previous ones and demonstrate improvement to achieve their personal best<br><br><b>Swim x 1 class</b> | <b>Swim x 1 class</b>  | <b>Swim x 1 class</b>   | <b>Invasion:</b><br><b>Basketball</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending<br><br><b>Swim x 1 class</b> | <b>Striking and Fielding:</b><br><b>Rounders</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending<br><br><b>Swim x 1 class</b> | <b>Swim x 1 class</b>  |
| Year 5a  | <b>Health Related Exercise</b><br>Develop flexibility, strength, technique, control and balance.                   | <b>Gymnastics:</b><br><b>Counter Balance and Counter Tension</b><br>Develop flexibility, strength, technique, control and balance.                                 | <b>Dance:</b><br><b>Street Art</b><br>Develop flexibility, strength, technique, control and balance  | <b>Invasion:</b><br><b>Hockey</b><br>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending    | <b>OAA:</b><br><b>Problem Solving</b><br>Take part in outdoor and adventurous activity challenges both individually and within a team.  | <b>Athletics</b><br>Use running, jumping, throwing and catching in isolation and in combination.   | <b>Sporting Tournaments</b><br><b>X 3 weeks</b><br><b>X 1 sports day</b>   |

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| Year 5b | <p><b>Fundamentals</b><br/>Develop flexibility, strength, technique, control and balance.</p>            |   | <p><b>Fundamentals</b><br/>Develop flexibility, strength, technique, control and balance.</p>       | <p><b>Game Sense</b><br/>Net/wall<br/>Develop flexibility, strength, technique, control and balance.</p>   | <p><b>Net/wall:</b><br/>Badminton<br/>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> |   | <p><b>Striking and Fielding:</b><br/>Cricket<br/>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> |
| Year 6a | <p><b>Health Related Exercise</b><br/>Develop flexibility, strength, technique, control and balance.</p> | <p><b>Gymnastics:</b><br/>Creating Sequences<br/>Develop flexibility, strength, technique, control and balance.</p> | <p><b>Dance:</b><br/>Carnival<br/>Develop flexibility, strength, technique, control and balance</p> | <p><b>Invasion:</b><br/>Basketball<br/>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> | <p><b>OAA: Challenging Collaboration</b><br/>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>   | <p><b>Athletics</b><br/>Use running, jumping, throwing and catching in isolation and in combination.</p>  | <p><b>Sporting Tournaments</b><br/>X 3 weeks<br/>X 1 sports day</p>  |
| Year 6b | <p><b>Fundamentals</b><br/>Develop flexibility, strength, technique, control and balance.</p>            | <p><b>Fundamentals</b><br/>Develop flexibility, strength, technique, control and balance.</p>                       |   |  |  | <p><b>Striking and Fielding:</b><br/>Rounders<br/>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> | <p><b>Invasion:</b><br/>Tag Rugby<br/>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>            |