

2025-2026	Year 3		Year 4		Year 5		Year 6	
Autumn 1	Fundamental movement Multi Skills	Gymnastics Basic Shapes and Jumps	Dance Dragons	Fundamental movement Multi Skills	Invasion Games Hockey Coach	Dance Hip Hop Teachers	Striking and fielding Cricket	Invasion Games Football
					Fundamental skills catch up- with coach Dan Selected children only			
Autumn 2	Net and Wall Dodgeball	Health related fitness Circuit Training	Invasion Games Tag Rugby	Health related fitness Circuit Training	Invasion Games Basketball	Gymnastics Rolls Teddy Bear Roll Log Roll Rock N Roll Honeypot/Barrel Roll Forward roll Small equipment	Invasion Games Netball	Health related fitness Circuit Training
Fundamental skills catch up- with coach Dan Selected children only								
Spring 1	Dance Lion King	OAA Team Building	Dance Cheer leading	Gymnastics Basic Shapes extended- Travelling Straight, tuck, star, pike, straddle, bridge, shoulder stand, front support, back support, arch and dish.	Sportshall - Indoor athletic trials 2x weeks Health related fitness Circuit Training	Swimming continued	Sportshall - Indoor athletic trials 2x weeks Invasion Games Tag Rugby	Gymnastics Balances
Fundamental skills catch up- with coach Dan Selected children only								
Spring 2	Gymnastics Partner Balances	Invasion Games Games and adoptions	Net and Wall Dodgeball	Gymnastics Rolls and Travelling- Change of speed Teddy Bear Roll Forward roll small equipment Log Roll Rock N Roll Honeypot/Barrel Roll	Health related fitness Circuit Training continued	Swimming continued	Net and Wall Tennis	Gymnastics Key stage 2 Routines
Summer 1	Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events		Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events		Math Skills Sports day preparation track and field events.		Athletics Sports day preparation Playground activities and track and field events. 2x session each week- one playground events one Track and Field events	
Summer 2	Striking and fielding Rounders	Net and Wall Tennis	Striking and fielding Rounders	Striking and fielding Cricket OAA Team Building	Striking and fielding Rounders	Striking and fielding Cricket	Striking and fielding Rounders	Swimming Non swimmer from year 5- Top up Invasion Games Games and adoptions