

So Year	Lesson	Autumn Term		Spring Term		Summer Term	
		1	2	3	4	5	6
1	1	Health & Fitness	Fundamental movement skills – agility, balance & co-ordination	Games (multi skills focus)	Fundamental movement skills – agility, balance & co-ordination	Games (multi skill focus)	Athletics
	2	Dance	Gymnastics	Dance	Gymnastics	Swimming and water safety *	Games (multi skills focus)
2	1	Health & Fitness	Fundamental movement skills – agility, balance & co-ordination	Games (multi skill focus)	Fundamental movement skills – agility, balance & co-ordination	Games (multi skill focus)	Athletics
	2	Gymnastics	Dance	Gymnastics	Dance	Swimming and water safety *	Games (multi skills focus)
3	1	Invasion Games -Traveling and changing direction	Invasion Games -passing	Games (multi skill focus)	Net and wall -directing the ball	Athletics -Balance and coordination	Striking & Fielding -Playing as a team
	2	Health & Fitness	Dance	Gymnastics -shape	Dance/Gymnastics	Swimming and water safety *	OAA
4	1	Health & Fitness	Invasion Games -to move within a space	Invasion Games -sending and receiving	Net and wall -directing the ball	Athletics -running increased distances	Striking & Fielding -Modified competitive games
	2	Swimming and water safety *	Gymnastics -rolling	Invasions Games -Hockey	Dance/Gymnastics	Swimming and water safety *	Athletics
5	1	Invasion Games -support play and formations	Invasion Games -Knowing positions	Invasion Games -controlled form	Invasion Games -hand eye coordination	Athletics -track and field	OAA
	2	Health & Fitness	Swimming and water safety *	Dance	Gymnastics -assessing sequences	Swimming and water safety *	Striking & Fielding -Skill specific
6	1	Invasion Games -creating new rules	Invasion Games -tactics	Striking and fielding -adapting and assessing	Net & Wall -developing shooting skills	Athletics -understanding of physical movement	Net and wall
	2	Swimming and water safety*	Striking & Fielding -competing	Gymnastics -group balances and complex sequence building	Dance	Swimming and water safety *	Athletics -technical development

Dominant lesson per week

*Swimming and water safety. We will follow the national curriculum’s guidance on swimming and water safety for pupils in KS1 and KS1 however due to the fluctuations in numbers and limited availability in the timetable this does provide us with a challenge. By adding in sessions to Hove Lagoon, we hope that children gain water confidence and safety from these sessions. Blackland farm has pool on site. Some of our sessions will involve swimming.