



Key stage 1

Team Games  
Ball skills  
Sending, receiving and tactics



Gymnastics  
Travelling, balance, agility, coordination.  
Health and fitness



Team Games.  
Sending, receiving, tactics.  
Keeping possession.  
Health and fitness.



Athletics. Jumping, throwing, catching, balance, agility, coordination



Swimming.  
Team games.  
Keeping possession.  
Health and fitness



Dance – balance, agility. Coordination.  
Snowflake Dance

Swimming  
Team games.  
Developing possession and blocking skills

Gymnastics.  
Progression from KS1  
Health and fitness

Dance - Cirque de Soleil  
Health and fitness

Lower Key stage 2

Athletics.  
Running, jumping, throwing, catching.



Team Games  
Sending, receiving and tactics.  
Health and fitness

Swimming  
Team Games  
Linking actions.  
Attacking and defending



Upper Key stage 2

Swimming  
Dance – Space – progression from KS1 and LKS2  
Health and fitness

Gymnastics – progression from KS1 and LKS2

Athletics – running, jumping, throwing and catching. Self evaluation and improvement of skills.

Swimming.  
Team games.  
Linking actions in competitive games.  
Health and fitness

Team Games  
Sending, receiving, tactics. Importance of positions



Team Games  
Keeping possession  
Assessing/improving self/performance

