

Key stage 1

1

Team Games
Ball skills
Sending, receiving
and tactics



Snowflake Dance
– balance, agility,
coordination



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

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



Swimming
Team games.
Residential Year 4



Dance- Cirque de Soleil
Health and fitness



Gymnastics.
Progression from
KS1
Health and fitness



Lower Key stage 2

Team Games
Sending, receiving
and tactics.
Health and fitness



Swimming
Team Games
Linking actions.
Attacking and defending



Athletics.
Running, jumping,
throwing, throwing,
catching.



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



Gymnastics –
progression from
KS1 and LKS2



Team Games
Keeping possession
Assessing/improving
self/performance



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



Team games. Linking actions
in competitive games. Health
and fitness. Residential Y6



Upper Key stage 2

2

Team Games
Sending, receiving,
tactics. Importance of
positions



Dance Space
Health and Fitness

