|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer2 |
| Nursery | Negotiate space and obstacles safely, with consideration for themselves and othersDemonstrate strength, balance and coordination when playingMove energetically, such as running, jumping, dancing, hopping, skipping and climbing |
| Reception | Negotiate space and obstacles safely, with consideration for themselves and othersDemonstrate strength, balance and coordination when playingMove energetically, such as running, jumping, dancing, hopping, skipping and climbing |
| Year 1 | Commando JoesDance | FundamentalsGymnastics | Fitness (strength & conditioning)Commando Joes | Multi Skills  | Attack & defence games  | Athletics & FitnessInvasion Games |
| Year 2 | Commando JoesDance | FundamentalsGymnastics | Fitness (strength & conditioning)Commando Joes | Multi Skills  | Attack & defence games  | Athletics & FitnessInvasion Games |
| Year 3 | Commando JoesDance | FundamentalsGymnastics | Fitness (strength & conditioning)Commando Joes | Attack & defence games  | Striking & Fielding  | Athletics & FitnessRounders  |
| Year 4 | Commando JoesDance | Hockey Gymnastics | Fitness (strength & conditioning)Commando Joes | Attack & defence games  | Striking & Fielding  | Athletics & FitnessRounders  |
| Year 5 | Commando JoesSwimming | GymnasticsSwimming | HockeySwimming | Attack & defence games Swimming | RoundersSwimming | Athletics & FitnessSwimming  |
| Year 6 | Commando JoesDance | Hockey Gymnastics | Fitness (strength & conditioning)Commando Joes | Attack & defence games  | Striking & Fielding  | Athletics & FitnessRounders  |