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|  | Autumn1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer2 |
| Nursery | Negotiate space and obstacles safely, with consideration for themselves and others  Demonstrate strength, balance and coordination when playing  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing | | | | | |
| Reception | Negotiate space and obstacles safely, with consideration for themselves and others  Demonstrate strength, balance and coordination when playing  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing | | | | | |
| Year 1 | Commando Joes  Dance | Fundamentals  Gymnastics | Fitness (strength & conditioning)  Commando Joes | Multi Skills | Attack & defence games | Athletics & Fitness  Invasion Games |
| Year 2 | Commando Joes  Dance | Fundamentals  Gymnastics | Fitness (strength & conditioning)  Commando Joes | Multi Skills | Attack & defence games | Athletics & Fitness  Invasion Games |
| Year 3 | Commando Joes  Dance | Fundamentals  Gymnastics | Fitness (strength & conditioning)  Commando Joes | Attack & defence games | Striking & Fielding | Athletics & Fitness  Rounders |
| Year 4 | Commando Joes  Dance | Hockey  Gymnastics | Fitness (strength & conditioning)  Commando Joes | Attack & defence games | Striking & Fielding | Athletics & Fitness  Rounders |
| Year 5 | Commando Joes  Swimming | Gymnastics  Swimming | Hockey  Swimming | Attack & defence games  Swimming | Rounders  Swimming | Athletics & Fitness  Swimming |
| Year 6 | Commando Joes  Dance | Hockey  Gymnastics | Fitness (strength & conditioning)  Commando Joes | Attack & defence games | Striking & Fielding | Athletics & Fitness  Rounders |