



# Year One

**Multi Skills**  
To begin to use all of their body to move and start to use sporting equipment.

**Dance**  
To learn basic dance moves and begin to link dance movements.

**Gymnastics**  
To explore gymnastics, shapes and travelling.

**Multi Skills**  
To develop aim and accuracy using a variety of equipment.

**Dance**  
To develop dance movements and improve timing.

**Ball Skills**  
To send and receive a variety of equipment.

# Year Two

**Ball Skills**  
To use ball skills in a variety of games.

**Gymnastics**  
To begin to link gymnastic actions into a sequence.

**Skip to the Beat**  
To develop agility, balance and co-ordination.

**Active Athletes**  
To learn footwork patterns and arm mobility.

**Throwing and Catching**  
To practise accuracy of throwing and catching.

**Skip to the Beat**  
To explore different ways to skip.

**Active Athletes**  
To learn different techniques.

**Throwing and Catching**  
To use skills learned to play a game.

**Gymfit Circuits**  
To complete circuits with control and accuracy.

**Dance**  
To demonstrate an awareness of music rhythm.

**Gymnastics**  
To include counterbalances in sequences.

**Multi Skills**  
To develop co-ordination and moving with others.

**Dance**  
To perform a dance with rhythm and expression in a small group.

**Gymnastics**  
To work with a partner to create a sequence.

# Year Three

**Young Olympians**  
To learn how to complete actions with power and accuracy.

**Nimble Nets**  
To use a variety of shots in a rally.

**Striking and Fielding**  
To learn the appropriate times to use different throws.

# Year Four

**Ball Skills**  
To learn basic tactics in games.

**Swimming**  
To begin to learn basic swimming strokes

**Skip to the Beat**  
To evaluate gymnastic moves and performances.

**Active Athletes**  
To compete in mini competitions.

**Throwing and Catching**  
To play games competitively and fairly.



**Invaders**  
To learn the importance of attack and defence.

**Gymfit Circuits**  
To understand why fitness is good for health and wellbeing.

**Gymnastics**  
To develop skills for movement, including rolling, bridging and dynamic movement.

**Gymfit Circuits**  
To plan a personal programme.

**Gymnastics**  
To perform and evaluate own and others sequences.

**Nibble Nets**  
To learn and develop the correct grips for a variety of shots.

# Year Five



**Invaders**  
To learn the importance of space in game situations.

# Year Six

**Young Olympians**  
To utilise all skills learnt.

**Swimming**  
To swim confidently up to 25m and perform safe self-rescue

**Striking and Fielding**  
To complete actions with control.

**Nimble Nets**  
To begin to learn and use scoring systems.

**Dance**  
To evaluate own and others work when performing a dance.

**Young Olympians**  
To always select the correct technique.

**Striking and Fielding**  
To use tactics to beat an opponent.

**Invaders**  
To work as a team in a game situation and follow rules.

**Dance**  
To create a dance as a group.