

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------|-----------------------------------|---|--|------------------------|--|-----------------------------------|
| Reception | | | | | | |
| | Fine Motor skills | Fundamental Movement Skills 1 | + | + | + | + |
| | + | + | + | + | + | + |
| Year One | Fundamental Movement Skills 2 | Invasion Game Skills 1 | Gymnastics - Balancing & spinning on Points & Patches | + | Net & Wall Game Skills 1 | Striking & Fielding Game Skills 1 |
| | Locomotion 2 | Invasion Game Skills 2 | Gymnastics - Wide, narrow & curled rolling & balancing | Target Games 2 | Net & Wall Game Skills 2 | Striking & Fielding Game Skills 2 |
| Year Two | Fundamental Movement Skills 2 | Gymnastics - Pathways: straight, zipzag & curving | Dance - Mini Beasts | Athletics 2 | Yoga | Fundamental Movement Skills 3 |
| | Net & Wall Game Skills 2 | Gymnastics - Stretching, curling & arching | + | Invasion Game Skills 2 | Striking & Field Game Skills 2 | Tri Golf |
| Year Three | Dance - Dance around the World | Gymnastics - Symmetry & asymmetry (partners) | Dodgeball | OAA | Gymnastics - Symmetry & asymmetry (partners) | Rounders |
| | Athletics | Gymnastics - Linking movements together | Badminton | Netball | Tennis | Cricket |
| Year Four | Invasion Game Skills 3 | Dance - Dance Around the World | Gymnastics - Rolling & travelling low | Basketball | Dodgeball | Rounders |
| | Athletics | Dance - Vikings | Gymnastics - Arching and bridges | Hockey | Tennis | OAA |
| Year Five | Netball | Gymnastics - Matching, mirroring & contrast | OAA | Dance - World War 2 | Cricket | Rounders |
| | Hockey | Tag Rugby | Badminton | Tennis | Athletics | + |
| Year Six | Team Building and Problem Solving | Tennis | Gymnastics - Counter-balance & counter tension | Dodgeball | Yoga | Rounders |
| | Athletics | Badminton | Handball | Tag Rugby | Hockey | Basketball |