

		Autumn i	Autumn ii		Spring i	Spring ii		Summer	Summer ii
EYFS	indoor	Key Skills (fine/gross motor)	Dance		Gym – Val Sabin Unit A - Travelling	Dance		Gym – Val Sabin Unit B Stretch and Curl	Dance
	outdoor	Key Skills (fine/gross motor)	Val Sabin unit Focus on beanbags		Mr McGrath Key skills	Val Sabin Unit 3 Focus on hoops and quoits		Val Sabin Unit 4 focus on ropes, bat and ball	Practise for Sports Day
Year 1	indoor	<b>Dance – Let’s Move</b>	<b>Gym – Val Sabin Unit D Flight – bounce, jump, land</b>		<b>Gym – Val Sabin- Unit E Points and Patches</b>	<b>Dance – Let’s Move</b>		<b>Liturgical dance</b>	<b>Gym – Val Sabin Unit F Rocking and Rolling</b>
	outdoor	<b>Mr McGrath Ball Handling</b>	<b>Mr McGrath Ball-Handling</b>		<b>Throwing/Catching Mr McGrath</b>	<b>Games – Val Sabin Unit 3 Ball/Bat skills/ SKIPPING</b>		<b>Games – Val Sabin Unit 4 Developing partner work</b>	<b>Games – Val Sabin Unit 4 Continued/ Practise for Sports Day</b>
Year 2	indoor	<b>Liturgical dance</b>	<b>Gym – Val Sabin – Unit H High/ Low.</b>		<b>Gym – Val Sabin Unit I - Pathways.</b>	<b>Dance/ Let’s Move</b>		<b>Dance/ Let’s Move Val Sabin unit J spin, turn, twist</b>	<b>Dance/ Let’s Move Val Sabin unit K linking movements</b>
	outdoor	<b>Games – Val Sabin Unit 1 - Throwing/Catching/Inventing.</b>	<b>Games – Val Sabin Unit 1 - Throwing/Catching/Inventing.</b>		<b>Games – Val Sabin Unit 2 - Making Up Games, Aiming &amp; Hitting.</b>	<b>(MM) Striking/Fielding Games</b>		<b>(MM) Net/Wall Games</b>	<b>(MM) Athletics</b>
Year 3	indoor	<b>Gym: Unit 1 Stretching and curling.</b>	<b>Gym Val Sabin: Unit 2 Symmetry and asymmetry</b>		<b>Gym: Val Sabin Unit 3 Pathways</b>	<b>Liturgical dance</b>		<b>Gym: Unit 4 Travelling with change face/direction</b>	<b>Dance: Using themes from the ‘Time to Move’ taped progs.</b>
	outdoor	<b>(MM) Invasion Games</b>	<b>(MM) Striking/Fielding Games</b>		<b>Swimming</b>	<b>Swimming</b>		<b>Swimming</b>	<b>Swimming</b>
Year 4	indoor	<b>n/a</b>	<b>n/a</b>		<b>Liturgical Dance</b>	<b>Dance</b>		<b>Gym Val Sabin Balance</b>	<b>Gym Val Sabin Receiving body weight</b>
	outdoor	<b>Swimming</b>	<b>Swimming</b>		<b>Games Val Sabin Unit: 2 Inventing Games</b>	<b>(MM) Games Unit 3: Invasion Games</b>		<b>(MM)Games- Unit 1 Net/Wall Games</b>	<b>(MM) Games Unit 4 Striking Fielding</b>
Year 5	indoor	<b>Val Sabin Unit 1 Bridges</b>	<b>Liturgical Dance</b>		<b>Val Sabin Unit 2 Flight</b>	<b>DANCE (Ancient Greece)</b>		<b>Val Sabin Unit 3 Spinning/turning</b>	<b>Val Sabin Unit 4 Use of Limbs</b>
	outdoor	<b>Invasion games (netball) Orienteering at ECS</b>	<b>Invasion games (hockey/football)</b>		<b>Net/wall games</b>	<b>(MM) Ball-handling games</b>		<b>(MM) Athletics</b>	<b>Striking/ fielding</b>
Year 6	indoor	<b>Indoor Athletics</b>	<b>Gym – Balance/Travel</b>		<b>Dance</b>	<b>Circuit Training</b>		<b>Dance (production)</b>	<b>Liturgical dance (Leavers’ Mass)</b>

	outdoor	<b>(MM)</b> Gaelic Football	<b>(MM)</b> Basketball		<b>(Orienteering)</b> Basketball	Rugby		Striking/Fielding	<b>Athletics</b> Net/Wall Games
--	---------	--------------------------------	---------------------------	--	-------------------------------------	-------	--	-------------------	------------------------------------