

	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.	healthy lifestyle.
	Breadth Fundamental movement skills development 'Chasing' playground Games – with high activity levels and simple decision making	Breadth Fundamental movement skills development Gymnastics - Floor work - linking sequences	Breadth Fundamental movement skills development Gymnastics - Equipment - jumping	Breadth Fundamental movement skills development Target games: Sending an object with control	Breadth Fundamental movement skills development Striking and fielding games: sending and receiving	Breadth Fundamental movement skills development Athletics: travelling, throwing and jumping Problem solving- OAA: Decision making
3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.	Key Concepts Develop practical skills in order to participate, compete and lead a healthy lifestyle.
	Breadth OAA - follow simple routes and trails Team building games / locomotion and stability games - chase, tag, stuck in the mud,	Breadth Gymnastics (Floor): sequences with travel Invasion Games – social skills - Team games	Breadth Gymnastics (apparatus): balances using equipment / well-being e.g. Yoga/ fitness Dance	Breadth Invasion Games – skills: Throwing and catching, Games – Striking and fielding games - striking and fielding game skills	Breadth Athletics – running and jumping Games – Net & Wall: Throw and catching	Breadth Athletics – throwing control and coordination Dance

	<p>Breadth</p> <p>Invasion games Social skills: Team games</p> <p>Outdoor Adventurous Activity - orienteering and problem solving skills</p>	<p>Breadth</p> <p>Gymnastics – (Floor): Complex sequences</p> <p>Invasion games – Skills: Develop techniques</p>	<p>Breadth</p> <p>Gymnastics – (apparatus) sequence set pieces</p> <p>Striking and fielding games - Combine techniques</p>	<p>Breadth</p> <p>Net and wall games: Strike a ball with accuracy</p> <p>Dance</p>	<p>Breadth</p> <p>Athletics – Running and jumping- techniques</p> <p>Swimming - the ability to swim at least 25 metres</p>	<p>Breadth</p> <p>Dance</p> <p>Swimming - the ability to swim at least 25 metres</p>
6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>	<p>Key Concepts</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle.</p>
	<p>Breadth</p> <p>Invasion games Social skills: Team games</p> <p>Outdoor Adventurous Activity - orienteering and problem solving skills</p>	<p>Breadth</p> <p>Gymnastics – (Floor) Longer complex sequences</p> <p>Dance</p>	<p>Breadth</p> <p>Invasion games- Skills: Choose and combine techniques</p> <p>Gymnastics - (apparatus) Range of full movements in a sequence</p>	<p>Breadth</p> <p>Games - Striking and fielding - Techniques in game situations</p> <p>Dance</p>	<p>Breadth</p> <p>Athletics- Running and jumping: accuracy</p> <p>Net and wall games : Developing techniques</p>	<p>Breadth</p> <p>Athletics – throwing: developing techniques</p> <p>Games: Striking and fielding - Applying skills in specific sports</p>