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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | City in the community |
|  |  |  |
|  | Gymnastics – Parts High & Parts Low | Stability 1 | Gymnastics – Travelling, stopping and making shapes | Locomotion 1 | Dance – Nursery Rhymes |
| **Reception** | City in the community |
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| Fundamental movement skills 1 | Stability 2 (static and dynamic balance) | Gymnastics – Flight – Bouncing, jumping and landing | Dance – Seasons | Gymnastics – Rocking and Rolling | Object Control 1 |
| **Year 1** | Dance - Animals | Fundamental movement skills 2 | Net & Wall Game Skills 1 | Invasion Game Skills 1 | Striking and Fielding Game Skills 1 | Athletics 2 |
| Object Control 2 | Gymnastics Pathways small & long | Locomotion 2 | Gymnastics – wide, narrow and curled rolling and balancing | Target Games 2 | Dance – Under the Sea |
| **Year 2** | Gymnastics – Spinning, turning & twisting | Dance – Fire of London | Fundamental Movement Skills 3 | Gymnastics – Stretching, curling & arching | Target Games 3 | Striking and Fielding Game Skills 2 |
| Yoga | Net &Wall Game Skills 2 | Dance - Pirates | Invasion Game Skills 2 | Gymnastics – pathways straight, zigzag and curving | Athletics 2 |
| **Year 3** | Hockey | Gymnastics – receiving body weight | Basketball | Gymnastics – Linking movements together | Athletics 3 | Football |
| Dance – Dance around the world | Dodgeball | OAA | Tag Rugby | Rounders | Tennis |
| **Year 4** | Swimming |
| Dance - Romans | Handball | Gymnastics – Arching and Bridges | Yoga | Athletics 4 | Cricket |
| **Year 5** | Tag Rugby | Invasion Game Skills 4 | Gymnastics – Partner work over and under | Dance – The Haka | Football | Athletics 5 |
| Hockey | OAA | Basketball | Cricket | Rounders | Tennis |
| **Year 6** | Tag Rugby | Team Building and Problem Solving | Dance – Dance through the ages | Cricket | Gymnastics – Group sequencing | Dance practise for the play |
| Hockey | Basketball | Dodgeball | Volleyball  | Rounders | Athletics 6 |