

		Autumn		Spring		Summer	
<b>EYFS</b>		Multi Skills (Throwing and Catching)	Multi Skills (Aiming/ Striking)	Multi Skills (Partner/Team based)	Multi Skills (Throwing and Catching)	Multi Skills (Aiming/ Striking)	Multi Skills (Partner/Team based)
		Gymnastics	Dance	Yoga/Mindfulness	Gymnastics	Dance	Yoga/Mindfulness
<b>Years 1 and 2</b>	<b>Route A</b>	Multi Skills (Throwing and Catching)	Multi Skills (Dribbling and controlling)	Multi Skills (Aiming/ Striking)	Multi Skills (Throwing and Catching)	Multi Skills (Dribbling and controlling)	Multi Skills (Aiming/ Striking)
		Gymnastics	Gymnastics	Outdoor Adventurous Activity	Dance	Athletics	Athletics
	<b>Route B</b>	Multi Skills (Throwing and Catching)	Multi Skills (Dribbling and controlling)	Multi Skills (Aiming/ Striking)	Multi Skills (Throwing and Catching)	Multi Skills (Dribbling and controlling)	Multi Skills (Aiming/ Striking)
		Dance	Dance	Outdoor Adventurous Activity	Gymnastics	Athletics	Athletics
<b>Years 3 and 4</b>	<b>Route A</b>	Tag Rugby	Basketball/netball	Hockey	Swimming	Striking and Fielding (Rounders/Cricket)	Net and Wall (Tennis)
		Invasion Games (Teacher choice)	Invasion Games (Teacher choice)	Outdoor Adventurous Activity	Gymnastics	Athletics	Athletics
	<b>Route B</b>	Tag Rugby	Basketball/netball	Hockey	Swimming	Striking and Fielding (Rounders/Cricket)	Net and Wall (Tennis)
		Invasion Games (Teacher choice)	Invasion Games (Teacher choice)	Outdoor Adventurous Activity	Dance	Athletics	Athletics
<b>Years 5 and 6</b>	<b>Route A</b>	Basketball	Football	Hockey	Dodgeball/Swimming	Striking and Fielding (Rounders/Cricket)	Net and Wall (Tennis)
		Dance	Netball	Outdoor Adventurous Activity	Gymnastics	Athletics	Athletics
	<b>Route B</b>	Rugby	Football	Hockey	Dodgeball/Swimming	Striking and Fielding (Rounders/Cricket)	Net and Wall (Tennis)
		Dance	Netball	Outdoor Adventurous Activity	Gymnastics	Athletics	Athletics