



# KG1 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>How we move our bodies</b>	<b>Hand-Eye Co-ordination</b>	<b>Gymnastics:</b> Shapes Balance	<b>Object Manipulation</b>	<b>Run Jump Throw</b>	<b>Dance:</b> Feel Create Perform
Curriculum Focus	To introduce and explore a range of fundamental movement skills	Explore basic movements including throwing & catching	To introduce the skills of balancing agility and co-ordination, in a variety of activities	Explore using objects to strike or control a ball	Sample the different ways we can run, jump & throw	Perform dances using simple movement patterns

# KG2 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Chasing &amp; Evading</b>	<b>Hand-Eye Co-ordination</b>	<b>Gymnastics:</b> Shapes Balance Create	<b>Striking</b>	<b>Run Jump Throw</b>	<b>Dance:</b> Feel Create Perform
Curriculum Focus	To explore sprinting, changes of pace, and spatial awareness	Explore basic movements including throwing & catching	Develop balance, agility and co-ordination, and apply these in a range of activities	Explore the various forms of striking that exist within physical activity	Use running, jumping and throwing in isolation and combination	Perform dances using simple movement patterns

# F1 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Chasing &amp; Evading</b>	<b>Throwing &amp; Catching – Target games</b>	<b>Gymnastics:</b> Create Roll Link	<b>Striking &amp; Fielding</b>	<b>Run Jump Throw</b>	<b>Dance:</b> Feel Create Perform
Curriculum Focus	Develop balance, agility and co-ordination, and apply these in a range of activities	Master basic movements including throwing & catching	Explore a range of rolls, and begin to link movements together	Master basic movements including striking & fielding  Participate in team games developing simple tactics for attacking & defending	Use running, jumping and throwing within a variety of activities	Perform dance movements and begin exploring sequencing

# F2 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Chasing &amp; Evading</b>	<b>Target games</b>	<b>Gymnastics:</b> Ownership Competence Confidence	<b>Striking &amp; Fielding</b>	<b>Run Jump Throw</b>	<b>Discover Explore Enjoy</b>
Curriculum Focus	Develop balance, agility and co-ordination, and apply these in a range of activities	Applying the throwing & catching within competitive and non-competitive formats	Master the foundational movements of gymnastics with competence and confidence	Master basic movements including striking & fielding  Participate in team games developing simple tactics for attacking & defending	Use running, jumping and throwing within a variety of activities	To expose children to a variety of lesser-known physical activities

# F3 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Strike</b> <b>Respond</b> <b>Rally</b>	<b>Space</b> <b>Move</b> <b>Score</b>	<b>Flexibility</b> <b>Control</b> <b>Connect</b>	<b>Manipulate</b> <b>Support</b> <b>Convert</b>	<b>Aim</b> <b>React</b> <b>Avoid</b>	<b>Feel</b> <b>Create</b> <b>Perform</b>
Curriculum Focus	To explore striking a ball in variable situations	Introducing the principles of attacking & defending in an invasion game	Develop flexibility, strength, technique, and control within team and individual routines	To combine throwing and catching in a team-based activity effectively	Explore the use of throwing & catching in a sporting context	Perform routines using a range of movement patterns from memory
Activity	<b>Tennis</b>	<b>Netball</b>	<b>Gymnastics</b>	<b>Rugby Skills</b>	<b>Dodgeball</b>	<b>Dance</b>

# F4 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Protect</b> <b>Support</b> <b>Invade</b>	<b>Aim</b> <b>Strike</b> <b>Recover</b>	<b>Flexibility</b> <b>Control</b> <b>Connect</b>	<b>Run</b> <b>Jump</b> <b>Throw</b>	<b>Design</b> <b>Make</b> <b>Play</b>	<b>Combine</b> <b>Exploit</b> <b>Organise</b>
Curriculum Focus	To explore the most effective ways of attacking and defending in an invasion game	To further develop the skills of striking and fielding and individuals' tactical understanding of these games	For students to actively evaluate their performance of the core gymnastics skills	To explore athletic disciplines that include modified running, throwing and jumping techniques	To solve individuals and team challenges within an outdoor activity	To evaluate performance within a team game, and understand the other roles within sport
Activity	<b>Hockey</b>	<b>Rounders</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>Disc Golf</b>	<b>Football</b>

# F5 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Aim</b> <b>Strike</b> <b>Recover</b>	<b>Protect</b> <b>Support</b> <b>Invade</b>	<b>Symmetry</b> <b>Flow</b> <b>Technique</b>	<b>Anticipation</b> <b>Concentration</b> <b>Co-ordination</b>	<b>Run</b> <b>Jump</b> <b>Throw</b>	<b>Feel</b> <b>Create</b> <b>Perform</b>
Curriculum Focus	To develop a wider range of shots & deliveries, while applying strategy and disguise	Strategy & Tactics: Principles of attacking & defending in invasion games	Develop technique & control while linking movements together	Compete in racquet games, utilising skill and strategy	To demonstrate the necessary differences between sprinting, running, and throwing techniques	The creation of routines applying emotional intelligence and spatial awareness
Activity	<b>Cricket</b>	<b>Handball</b>	<b>Gymnastics</b>	<b>Tennis &amp; Badminton</b>	<b>Athletics</b>	<b>Dance</b>



# F6 Year long timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<b>Problem Solving</b> <b>Planning</b> <b>Execution</b>	<b>Combine</b> <b>Exploit</b> <b>Organise</b>	<b>Symmetry</b> <b>Flow</b> <b>Technique</b>	<b>Disguise</b> <b>React</b> <b>Avoid</b>	<b>Run</b> <b>Jump</b> <b>Throw</b>	<b>Strike</b> <b>Space</b> <b>Compete</b>
Curriculum Focus	To create and solve their own courses and challenges.	To evaluate performance within a team game, and understand the other roles within sport	Explore higher-level movements with the creation of self-led routines	To dodge and move in a variety of ways, while exploring different tactical approaches as a team	To compete in a variety of athletic events, and explore how we can apply the skills we possess effectively	To develop high-quality timing and movements with strategised games
Activity	<b>Golf</b>	<b>Basketball</b>	<b>Gymnastics</b>	<b>Dodgeball</b>	<b>Athletics</b>	<b>Volleyball</b>