

		Autumn I	Autumn 2	Spring I	Spring 2	Summer I	Summer 2				
Nursery	Gross Motor Skills	Travelling — walking, crawling, running and jumping Making lines and circles.  Simple balls skills — kicking, rolling, bouncing — Large balls		Travelling - slithering, shuffling, crawling, walking, running, jumping and skipping.  Negotiating space safely — avoiding obstacles  Simple balls skills — kicking, rolling, bouncing, catching — Large balls  Aiming games		Travelling — slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.  Negotiating space safely — avoiding obstacles  Balancing — stand momentarily on one foot when shown.  Climbing skills  Balls skills, sending and receiving — kicking, rolling, bouncing and catching  Staying safe — Managing risk					
	Other Skills										
		Managing personal hygiene — toile	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making								
Reception Gross Motor	· Skills	Travelling in different ways, negotiating space safely. Why is it so importance for good health of physical exercise, and a healthy diet? Why is it important to warm up? Travelling	Travelling in different ways, negotiating space safely. Lost and Found  Value Games Travelling	The importance of exercise and effect exercise has on our bodies.  Traditional Tales Value Games	The importance of exercise and effect exercise has on our bodies.  Things that Crow Living Eggs	The importance of exercise and effect exercise has on our bodies.  Animals Hopping	The importance of exercise and effect exercise has on our bodies.  Journeys Travelling				
		Hopping Avoiding Obstacles Prone lying-prop on forearms Rolling-side to side Independent cross legged sitting	Hopping Avoiding Obstacles Move from sitting to lying- with assistance Move from lying to sitting- with assistance	Prone lying-prop on forearms Rolling-side to side Independent cross legged sitting Balance	Value SSM Balance Prone lying-prop on forearms Rolling-side to side Independent cross legged sitting	Avoiding Obstacles Prone lying-prop on forearms Rolling-side to side Independent cross legged sitting Obstacles and apparatus	Striking Dance Prone lying-prop on forearms Rolling-side to side Independent cross legged sitting				
		Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making	Managing personal hygiene — toileting/washing hands/putting on coats/manipulating materials/mark making.				



Year I	Weeks I-7 Dance Topic - African Dance Dance to link in with learning theme. Creating a short Performance Session 1/2- Move to a beat Session 3/4 - Link 2 dance movements together. Session 5/6 - Perform dances using simple movement patterns.	Weeks I-7 Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my co-ordination in a range of activities.	Week I-6 SLT Athletics Co-Ordination. Move in a variety of ways in and out of cones obstacles. Jump with both feet leaving the ground. Hop Stop on command Sprint run Skip without a rope. Jump for height	Weeks I-6 SLT Multi-skills (Matalan I) Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.	Weeks I-5 Dance Moving Along	Weeks I-7 Athletics Honey Pot Team games. Participate in team games in a range of increasingly challenging situations. Simple tactics for attacking in team games. I can develop simple tactics for defending in team games.
Year 2	Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my coordination in a range of activities.	Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my co-ordination in a range of activities.	Weeks I-6 Dance Dance from around the world. Working in unison. Rhythm and movement.	Weeks I-6 Invasion games: hockey. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.	Weeks I-5 Cymnastics Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement.	Weeks I-7 Athletics. Achieving, recording and improving personal bests. Competitive spirit and fair play. Developing running, throwing and jumping skills.



Year 3	SLT	SLT	Swimming	Swimming	Gymnastics and Dance	Athletics
	Basic catching and throwing	Basic catching and	Learning vital and life-	Learning vital and life-	Improving balance and	Recording and improving
	skills.	throwing skills.	saving skills.	saving skills.	fitness.	personal bests.
	Hand-eye co-ordination and	Hand-eye co-ordination	Improving fitness.	Improving fitness.	Develop flexibility,	Competitive spirit and
	good movement/special	and good movement/	Children know the	Swimming on front n	strength, technique and	fair play.
	awareness within small and	special awareness within	importance for good	and back aiming for no	control.	Developing running,
	large spaces.	small and large.	health of physical exercise	arm bands.	Working independently	throwing and jumping
	Ball skills and balancing.	Ball skills and balancing.	and a healthy diet, and	Cricket	and as part of a group	skills.
	Use running, jumping, throwing	Be able to participate in a	talk about ways to keep	Further developing	Developing skills and	
	and catching in isolation and in	game with an opposing	healthy and safe	catching and throwing	learning how to use them	
	combination	side.	Swimming on front n	skills.	in different ways and to	
	Be able to participate in a game	Be able to control a ball	and back aiming for no	Hand-eye co-ordination	link them to make actions	
	with an opposing side.	within a game setting.	arm bands.	Ball skills.	and sequences of	
	Be able to control a ball within a	Use hands to control a		Be able to participate in a	movement.	
	game setting.	ball with increasing		game with an opposing	Develop an understanding	
	Use hands to control a ball with	accuracy.		side.	of how to improve in	
	increasing accuracy.			Be able to control a ball	different physical	
				within a game setting.		
Year 4	Sandwell Leisure Trust	Sandwell Leisure Trust	Swimming	Swimming	Gymnastics and Dance	Athletics
	Basic catching and throwing	Basic catching and	Learning vital and life-	Learning vital and life-	Improving balance and	Working as part of a
	skills.	throwing skills.	saving skills.	saving skills.	fitness.	team and considering
	Hand-eye co-ordination and	Hand-eye co-ordination	Improving fitness.	Improving fitness.	Develop flexibility,	others' ideas and
	good movement/special	and good movement/	Children know the	Cricket	strength, technique and	strategies.
	awareness within small and	special awareness within	importance for good	Further developing	control.	Developing fitness
	large spaces.	small and large.	ealth of physical exercise	catching and throwing	Working independently	Engaging with other
	Ball skills.	Ball skills.	and a healthy diet, and	skills.	and as part of a group	children.
	Be able to participate in a game	Be able to participate in a	talk about ways to keep	Hand-eye co-ordination	Developing skills and	Understanding and
	with an opposing side.	game with an opposing	healthy and safe.	Ball skills.	learning how to use them	adhering to game rules.
	Be able to control a ball within a	side.		Be able to participate in a	in different ways and to	Compare their
	game setting.	Be able to control a ball		game with an opposing	link them to make actions	performances with
	Use hands to control a ball with	within a game setting.		side.	and sequences of	previous ones and
	increasing accuracy.	Use hands to control a		Be able to control a ball	movement.	demonstrate improvement
	Be able to play a game following	ball with increasing		within a game setting.	Develop an understanding	to achieve their personal
	a set of rules.	accuracy.		Use hands to control a	of how to improve in	best.
		Be able to play a game		ball with increasing	different physical	
		following a set of rules.		accuracy.	activities and sports and	



	Use running, jumping, throwing and catching in isolation and in combination	Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  Use running, jumping, throwing and catching in isolation and in combination.		Be able to play a game following a set of rules and apply basic principles suitable for attacking and defending Developing an en joyment of communicating, collaborating and competing with each other.  Use running, jumping, throwing and catching in isolation and in combination.	learn how to evaluate and recognise their own success.	
Year 5	Cymnastics and Dance Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Cymnastics and Dance Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Sandwell Leisure Trust Basic catching and throwing skills. Hand-eye co-ordination and good movement/ special awareness within small and large. Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules. Develop an understanding of how to improve in different physical activities and sports and	Sandwell Leisure Trust Basic catching and throwing skills. Hand-eye co-ordination and good movement/ special awareness within small and large. Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules. Develop an understanding of how to improve in different physical activities and sports and	Invasion games. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.	Athletics Working as part of a team and considering others' ideas and strategies. Developing fitness Engaging with other children. Understanding and adhering to game rules. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.



			and recognise their own success. Use running, jumping, throwing and catching in isolation and in combination.	and recognise their own success. Use running, jumping, throwing and catching in isolation and in combination.		
Year 6	SLT Cricket  Improve hand eye coordination with a number of ball exercises. Work in small groups and bowl the ball towards the wickets. Work in small group and bowl the ball to the batter while the bowler tries to catch the ball-plus one/two fielders. Play a game in small groups Play a cricket game as a class: two batter, one bowler and fielders. The fielders have to catch the batters out.	SLT Nethall  Improve hand eye coordination with a number of ball exercises (with the appropriate sized balls).  Work in pairs to practise all the passes: bounce pass, chest pass and shoulder pass.  Work in small groups to develop getting free and special awareness— 6 per group; 3 on each team)  Practise shooting skills (aim)  Spilt class into 4 teams for children to play a game.	SLT Tennis  Practise balancing the tennis ball on the tennis racket.  Practise bouncing the ball on the racket  Work in pairs to develop passing skills; children gradually get further apart as they become more confident.  How many times can you pass the ball to a partner without it touching the floor?  Work in teams (in a line behind each other) passing the tennis ball over the net: forehand and backhand.  Work in pairs to play a mini game of tennis.	SLT Athletics  Sprint run Move in and around cones. Learn to jump over hurdles correctly. Self-assessment: be able to beat your personal best. Work as a team in a relay race. Learn to throw a javelin correctly.	SLT Hockey  Learn to hold the hockey stick correctly. Dibble a ball. Dibble a ball around stationery and moving obstacles. Pass the ball to a partner Pass the ball to a partner in a straight line. Be able to use all skills learnt and practised above in a game situation.	Athletics  Work as part of a team and considering others' ideas and strategies.  Developing fitness.  Engaging with other children.  Understanding and adhering to game rules.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  Track events: Sprint Hurdles  Relay  Field events: Tug of War  Shot Putt Javelin