

Year Group	Autumn 1st Half	Autumn 2nd Half	Spring 1st Half	Spring 2nd Half	Summer 1st Half	Summer 2nd Half
Year 1	GYMNASTICS QCA Unit 5 Safety with apparatus. Investigating movement.	DANCE QCA Unit 1 Basic body actions. Using different parts of the body to make movement.	GYMNASTICS QCA Unit 5 How to find and use space safely.	DANCE QCA Unit 2 Creating a short dance that communicates moods, feelings and ideas	ATHLETICS QCA Unit 17 Exploring running, jumping and throwing activities.	SPORTS DAY PRACTICES
	GAMES QCA Unit 3 Throwing and catching.	DANCE Christmas production rehearsals	GAMES QCA Unit 3 Net-Wall games. Basic game-playing skills.	GAMES QCA Unit 19 Outdoor and Adventurous Activities. Simple orienteering activities using maps and diagrams	SWIMMING QCA Unit 7 Water safety and flotation	ATHLETICS QCA Unit 17 Exploring running, jumping and throwing activities
Year 2	GYMNASTICS QCA Unit 6 Roll, jump and a shape	DANCE Christmas production rehearsals	GYMNASTICS QCA Unit 6 Roll, jump and a shape	GAMES QCA Unit 19 Outdoor and Adventurous Activities. Simple orienteering activities using maps and diagrams	GAMES QCA Unit 3 Net-Wall games. Basic game-playing skills.	SPORTS DAY PRACTICES
	GAMES QCA Unit 4 Invasion games Finding space, avoiding opponents, keeping ball, scoring points	GAMES QCA Unit 4 Invasion games Applying basic skills	GAMES QCA Unit 3 Striking & Fielding Basic game-playing skills.	DANCE QCA Unit 2 Creating a short dance that communicates moods, feelings and ideas.	ATHLETICS QCA Unit 17 Explore running, jumping and throwing activities	ATHLETICS QCA Unit 17 Explore running, jumping and throwing activities

Year Group	Autumn 1st Half	Autumn 2nd Half	Spring 1st Half	Spring 2nd Half	Summer 1st Half	Summer 2nd Half
Year 3	<p>GYMNASTICS QCA Unit 14 Improving quality of movement through pointing toes and stretching fingers</p>	<p>DANCE QCA Unit 8 Creating dance by linking actions</p>	<p>GYMNASTICS QCA Unit 14 Improving quality of movement through pointing toes and stretching fingers</p>	<p>DANCE QCA Unit 8 Creating dance by linking actions</p>	<p>OUTDOOR AND ADVENTUROUS ACTIVITIES QCA Unit 20 Read and follow different maps and symbol trails</p>	SPORTS DAY PRACTICES
	<p>INDOOR ATHLETICS QCA Unit 18 Improving running, jumping and throwing, distance and time recording</p>	<p>SWIMMING QCA Unit 7 Water safety, flotation and moving in water</p>	<p>GAMES QCA Unit 10 Invasion games Finding space to keep the ball Basketball/Netball</p>	<p>GAMES QCA Unit 13 Net-Wall Directing ball towards target area Tennis</p>	<p>GAMES QCA Unit 12 Striking and fielding Rounders</p>	
Year 4	<p>GYMNASTICS QCA Unit 14 Sequences to include changes of level and speed</p>	<p>DANCE QCA Unit 9 Creating characters and narrative through movement and gestures</p>	<p>GYMNASTICS QCA Unit 15 Create sequences that include changes of levels and speed</p>	<p>DANCE QCA Unit 9 Creating characters and narrative through movement and gestures</p>	<p>ATHLETICS QCA Unit 18 Improving running, jumping and throwing, distance and time recording</p>	SPORTS DAY PRACTICES
	<p>INDOOR ATHLETICS QCA Unit 18 Improving running, jumping and throwing, distance and time recording</p>	<p>GAMES QCA Unit 13 Net-Wall Directing ball towards target area Tennis</p>	<p>GAMES QCA Unit 11 Invasion games Simple attacking tactics using a range of equipment and skills</p>	<p>OUTDOOR AND ADVENTUROUS ACTIVITIES QCA Unit 20 Read and follow different maps and symbol trails trust and communication activities</p>	<p>GAMES QCA Unit 12 Striking and fielding Cricket Hitting ball into space</p>	

Year Group	Autumn 1st Half	Autumn 2nd Half	Spring 1st Half	Spring 2nd Half	Summer 1st Half	Summer 2nd Half
Year 5	<p>GYMNASTICS QCA Unit 27 Create longer sequences to perform to an audience</p>	<p>DANCE QCA Unit 22 Develop awareness of historical and cultural origins of different dances</p>	<p>GYMNASTICS QCA Unit 27 Create longer sequences to perform to an audience</p>	<p>OUTDOOR AND ADVENTUROUS ACTIVITIES QCA Unit 30 Using orienteering and problem solving skills in unfamiliar situations and environments</p>	<p>DANCE QCA Unit 21 Dancing with others in different styles</p>	SPORTS DAY PRACTICES
	<p>INDOOR ATHLETICS QCA Unit 29 Running, jumping and throwing activities-develop technical understanding of athletic activities</p> <p>Swimming QCA Unit 16 Improving stroke and personal survival techniques</p>	<p>GAMES QCA Unit 23 Invasion games Hockey Attacking & Defending as a team</p>		<p>GAMES QCA Unit 26 Net-Wall games Play strokes and develop technique</p>	<p>QCA Unit 25 Cricket Striking and fielding Improving skills</p>	<p>GAMES ATHLETICS QCA Unit 29 Running, jumping and throwing activities-develop technical understanding of athletic activities</p>

Year Group	Autumn 1st Half	Autumn 2nd Half	Spring 1st Half	Spring 2nd Half	Summer 1st Half	Summer 2nd Half
Year 6	<p>GYMNASTICS QCA Unit 28 Compositional principles Use variations of speed, level, direction with partners on apparatus</p>	<p>DANCE QCA Unit 22 Composing, performing and watching dance</p>	<p>GYMNASTICS QCA Unit 33 Link unit Relationships between performers and timing using own apparatus layouts</p>	<p>GAMES QCA Unit 26 Net-Wall Tennis Develop tactics</p>	<p>DANCE QCA Unit 31 Link unit Learn popular dance styles from different eras</p>	SPORTS DAY PRACTICES
	<p>GAMES QCA Unit 24 Invasion games Rugby Defending and attacking</p>	<p>OUTDOOR AND ADVENTUROUS ACTIVITIES QCA Unit 30 Using orienteering and problem solving skills in unfamiliar situations and environments</p>	<p>GAMES QCA Unit 24 Invasion games Basketball/Netball Defending and attacking</p>	<p>GAMES QCA Unit 32 Link Unit Principles of attack and defence Strategy and tactics</p>	<p>ATHLETICS QCA Unit 29 Running, jumping and throwing activities- develop technical understanding of athletic activities</p>	<p>GAMES QCA Unit 25 Striking & Fielding Playing different roles</p>