| Cycle A | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| --- | --- | --- | --- | --- | --- | --- |
| KS1 | Gymnastics (Wide, Narrow, Curled)  Locomotion (Running 1) | Ball Skills (Hands 1)  Gymnastics (Body Parts) | Ball Skills (Feet 1)  Dance (Growing) | Ball Skills (Hands 2)  Dance (The Zoo) | Attack v Defence (Games for Understanding)  Locomotion (Jumping 1) | Health and Wellbeing  Team Building |
| LKS2 | Gymnastics (Bridges)  Football | Dance (Space)  Hockey | Handball  Netball | Tag Rugby | Cricket  Athletics | Swimming  Rounders |
| UKS2 | Gymnastics (Matching & Mirroring)  Football | Dodgeball  Hockey | Dance (Carnival)  Netball | Badminton  Tag Rugby | Tennis  Cricket | Swimming  Athletics |

| Cycle B | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| --- | --- | --- | --- | --- | --- | --- |
| KS1 | Gymnastics (Linking)  Locomotion (Dodging 1) | Ball Skills (Hands 1)  Gymnastics (Pathways) | Ball Skills (Feet 1)  Dance (Water) | Ball Skills (Hands 2)  Dance (Explorers) | Attack v Defence (Games for Understanding)  Locomotion (Jumping 1) | Health and Wellbeing  Team Building |
| LKS2 | Gymnastics (Symmetry & Asymmetry)  Football | Dance (Wild Animals)  Hockey | Tag Rugby  Netball | Basketball  Tennis | Cricket  Athletics | Swimming  Rounders |
| UKS2 | Gymnastics (Matching & Mirroring)  Football | Dodgeball  Hockey | Dance (The Circus)  Tag Rugby | Netball  Rounders | Tennis  Cricket | Swimming  Athletics |