| Cycle A | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| 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 WellbeingTeam Building |
| LKS2  | Gymnastics (Bridges)Football | Dance (Space)Hockey | HandballNetball | Tag Rugby | CricketAthletics | SwimmingRounders |
| UKS2  | Gymnastics (Matching & Mirroring)Football | DodgeballHockey | Dance (Carnival)Netball | BadmintonTag Rugby | TennisCricket | SwimmingAthletics |

| Cycle B | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| 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 WellbeingTeam Building |
| LKS2  | Gymnastics (Symmetry & Asymmetry)Football | Dance (Wild Animals)Hockey | Tag RugbyNetball | BasketballTennis | CricketAthletics | SwimmingRounders |
| UKS2  | Gymnastics (Matching & Mirroring)Football | DodgeballHockey | Dance (The Circus)Tag Rugby | NetballRounders | TennisCricket | SwimmingAthletics |