

Y1/2

Term	Indoor (physical education)	Outdoor (competitive sports skills and games)
1	Gymnastics (balance)	Running and jumping
2	Dance (space, poise, rhythm)	Throwing and catching
3	Gymnastics (co-ordination and agility)	Sending and receiving incl kicking and volleyball
4	Dance (sequences and combinations)	Sending and receiving with equip (tennis, hockey,golf)
5	Athletics (multi-skills, throwing and catching)	Simple tactics for attacking and defending
6	Swimming 3 sessions	Small team games

Y3/4

Term	Indoor (physical education)	Outdoor (competitive sports skills and games)
1	Dance (cheerleading)	hockey
2	Gymnastics / Benchball	football
3	Dance (tap)	basketball
4	Gymnastics	cricket
5	orienteering	athletics
6	Swimming 2 sessions	Tennis/cricket

Y5/6

Term	Indoor (physical education)	Outdoor (competitive sports skills and games)
1	Dance	Tag rugby
2	Health and fitness	Volley ball
3	dance	Basket ball/handball
4	Gymnastics	Quidditch
5	orienteering	Cricket
6	Swimming session	Tennis/badminton Athletics