|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Cycle 1 2022/23** | **EYFS1** | **EYFS2** | **KS1** | | **Lower KS2** | **Upper KS2** |
| **Autumn 1** | Social Distance | Net & Wall Games - Intro | Tennis | | Tennis | Tennis |
|  |  |  | |  |  |
| **Autumn 2** | **\*Gymnastics (Travelling, Stopping & Making Shapes)** | **\*Gymnastics (Flight: Bouncing, Jumping & Landing)** | **\*Gymnastics (Pathways: Straight, Zipzag & Curving)** | | **\*Gymnastics (Linking Movements Together)** | **\*Gymnastics (Matching, Mirroring & Contrast)** |
|  |  | *\*Striking & Fielding* | | *\*Cricket* | *\*Cricket* |
|  | | | |  | | |
| **Spring 1** | **\*Dance (Circus)** | **\*Dance (Jungle)** | **\*Dance (Fire of London)** | | **\*Dance (Romans)** | **\*Dance (The Victorians)** |
|  |  | *\*Striking & Fielding* | | *\*Hockey* | *\*Hockey* |
| **Spring 2** | Busy Feet | Object Manipulation | Invasion Games | | Handball | Handball |
|  |  |  | |  |  |
|  | | | |  | | |
| **Summer 1** | Target Games - Intro | Target Games 1 | Target Games 2 | | Football | Football |
|  |  |  | |  |  |
| **Summer 2** | Stability | Athletics | Athletics | | Athletics | Athletics |
|  |  |  | |  |  |

**\* If no specialist coach in then this is the unit planning to follow.**

**\* Second option for outside / alternate if Dance/Gym is delivered by a specialist coach.**

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**\* Second option for outside / alternate if Dance/Gym is delivered by a specialist coach.**

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| --- | --- | --- | --- | --- | --- | --- |
| **Cycle 2 2023/24** | **EYFS** | **EYFS2** | **KS1** | | **Lower KS2** | **Upper KS2** |
| **Autumn 1** | Social Distance | Striking & Fielding Games - Intro | Striking & Fielding Games 1 | | Cricket | Cricket |
|  |  |  | |  |  |
| **Autumn 2** | **\*Gymnastics (Parts High & Parts Low)** | **\*Gymnastics (Rocking & Rolling)** | **\*Gymnastics (Spinning, Turning & Twisting)** | | **\*Gymnastics (Partner Work: Pushing & Pulling)** | **\*Gymnastics (Counterbalance & Counter Tension)** |
|  |  | *\*Striking & Fielding* | | *\*Danish Longball* | *\*Danish Longball* |
|  | | | |  | | |
| **Spring 1** | **\*Dance (Nursery Rhymes)** | **\*Dance (Toys)** | **\*Dance (Mini Beasts)** | | **\*Dance (Vikings)? or**  **\*Dance (Egyptians)?** | **\*Dance (The Haka)** |
|  |  | *\*Net & Wall Games* | | *\*Netball* | *\*Netball* |
| **Spring 2** | Target Games - Intro | Target Games 1 | Target Games 2 | | Tag-Rugby | Tag-Rugby |
|  |  |  | |  |  |
|  | | | |  | | |
| **Summer 1** | Locomotion | Invasion Games 1 | Invasion Games 2 | | Basketball | Basketball |
|  |  |  | |  |  |
| **Summer 2** | Stability | Athletics | Athletics | | Athletics | Athletics |
|  |  |  | |  |  |