

Year 1	Lesson focus	Lunchtime focus
Autumn 1	Throwing and catching	Invasion games-Football
Autumn 2	Dance	Multi-skills
Spring 1	Gymnastics	Curling/ Frisbee/ Tri-golf
Spring 2	Athletics- Linked to sports day preparations.	Athletics- Linked to sports day preparations.
Summer 1	Invasion games- Twinkl unit for ideas.	Invasion game
Summer 2	Athletics	Hitting games- Tennis

Year 2	Lesson focus	Lunchtime focus
Autumn 1	Throwing and catching	Invasion games- Football type
Autumn 2	Dance	Multi-skills
Spring 1	Gymnastics	Invasion games- Dodgeball
Spring 2	Athletics- linked to sports day	Athletics- linked to sports day
Summer 1	Invasion games	Athletics
Summer 2	Athletics	Hitting games/ Playground games

Year 3	Lesson focus	Lunchtime focus
Autumn 1	Invasion games- Cricket	Invasion games- Football type
Autumn 2	Dance	Core skills- coordination throwing catching strength Fitness
Spring 1	Gymnastics	Curling/Frisbee
Spring 2	Athletics- Linked to sports day preparations.	Athletics- Linked to sports day preparations.
Summer 1	Invasion games- Rounders	Invasion games - Basketball
Summer 2	OOA	Teambuilding games

Year 4	Lesson focus	Lunchtime focus
Autumn 1	OOA	Invasion games- Football type
Autumn 2	Gymnastics	Core skills- coordination throwing catching strength Fitness
Spring 1	Invasion games- Cricket	Curling/Frisbee
Spring 2	Athletics- Linked to sports day preparations. <i>Swimming</i>	Athletics- Linked to sports day preparations.
Summer 1	Invasion games- Rounders <i>Swimming</i>	Invasion games - Netball/Dodgeball type
Summer 2	Dance <i>Swimming</i>	Teambuilding games

Year 5	Lesson focus	Lunchtime focus
Autumn 1	Invasion games- Rounders <i>Swimming</i>	Invasion games- Hockey
Autumn 2	Dance <i>Swimming</i>	Core skills- coordination throwing catching strength Fitness
Spring 1	Gymnastics <i>Swimming</i>	Curling/Frisbee
Spring 2	Athletics- Linked to sports day preparations.	Athletics- Linked to sports day preparations.
Summer 1	Invasion games- Cricket	Invasion games - Netball type
Summer 2	OOA	Frisbee golf, Tri-golf and foot golf.

Year 6	Lesson focus	Lunchtime focus
Autumn 1	OOA	Invasion games- Hockey
Autumn 2	Dance	Core skills- coordination throwing catching strength Fitness
Spring 1	Gymnastics	Curling/Frisbee
Spring 2	Invasion games- Rounders	Athletics- Linked to sports day preparations.
Summer 1	Athletics- Linked to sports day preparations.	Invasion games - Netball type
Summer 2	Invasion games- Cricket	Frisbee golf, Tri-golf and foot golf.