|  | **Unit 1:** | **Unit 2:** | **Unit 3:** | **Unit 4:** | **Unit 5:** | **Unit 6:** |
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| **Year R** | **Me & Myself:**ELGs:Building RelationshipsManaging SelfFine Motor SkillsGross Motor Skills | **Movement Matters:**ELGs:Managing SelfFine Motor SkillsGross Motor Skills | **Working with Others:**ELGs:Building RelationshipsManaging SelfFine Motor SkillsGross Motor Skills | **Fun & Games:**ELGs:Building RelationshipsManaging SelfFine Motor SkillsGross Motor Skills | **Throwing and Catching:**ELGs:Building RelationshipsManaging SelfFine Motor SkillsGross Motor Skills | **Ball Skills:**ELGs:Building RelationshipsManaging SelfFine Motor SkillsGross Motor Skills |
| **Year 1** | **Netball:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.  | **Tag Rugby:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.  | **Dance:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 1c: Perform dances using simple movement patterns. | **Gymnastics:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 1c: Perform dances using simple movement patterns. | **Cricket:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.  | **Athletics:**NC Links:1a: Master basic movements including running, throwing, and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.  |
| **Year 2** |
| **Year 3** | **Football:**NC Links:2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Basketball:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Dance:**NC Links:2c: Develop flexibility, strength, technique, control and balance.2d: Perform dances using a range of movement patterns. **Swimming:**NC Links:Swim competently, confidently, and proficiently over a distance of least 25m.Use a range of strokes effectively.Perform safe rescue in different water-based situations. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics:**NC Links:2c: Develop flexibility, strength, technique, control and balance.**Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Tennis:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Athletics:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. |
| **Year 4** |
| **Year 5** | **Football:**NC Links:2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Basketball:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Dance:**NC Links:2c: Develop flexibility, strength, technique, control and balance.2d: Perform dances using a range of movement patterns. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics:**NC Links:2c: Develop flexibility, strength, technique, control and balance.**Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Tennis:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Athletics:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. |
| **Year 6** | **Hockey:**NC Links:2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Tag Rugby:**NC Links:2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Dance:**NC Links:2c: Develop flexibility, strength, technique, control and balance.2d: Perform dances using a range of movement patterns. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Gymnastics:**NC Links:2c: Develop flexibility, strength, technique, control and balance.**Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Cricket:**NC Links:2b: Play competitive games, modified where appropriate, and apply basic principles for attacking and defending. 2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | **Athletics:**NC Links:2a: Use running, jumping, throwing and catching in isolation and in combination2f: Compare their performances with previous best ones and demonstrate improvement to achieve their personal best. **Forest school:**NC Links:2e: Take part in outdoor and adventurous activity challenges both individually and within a team. |