|  | **Unit 1:** | **Unit 2:** | **Unit 3:** | **Unit 4:** | **Unit 5:** | **Unit 6:** |
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| **Year R** | **Me & Myself:**  ELGs:  Building Relationships  Managing Self  Fine Motor Skills  Gross Motor Skills | **Movement Matters:**  ELGs:  Managing Self  Fine Motor Skills  Gross Motor Skills | **Working with Others:**  ELGs:  Building Relationships  Managing Self  Fine Motor Skills  Gross Motor Skills | **Fun & Games:**  ELGs:  Building Relationships  Managing Self  Fine Motor Skills  Gross Motor Skills | **Throwing and Catching:**  ELGs:  Building Relationships  Managing Self  Fine Motor Skills  Gross Motor Skills | **Ball Skills:**  ELGs:  Building Relationships  Managing Self  Fine Motor Skills  Gross 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 combination  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.  **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 combination  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 combination  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. |
| **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 combination  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. | **Tennis:**  NC Links:  2a: Use running, jumping, throwing and catching in isolation and in combination  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 combination  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. |
| **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 combination  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. |