

| Year | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | Coaches |
|------|-----|--|-----------------------------|---|----------------------------|---------------|-------------------------------|---|
| Rec | | Me and Myself | Movement and Development | Throwing and Catching | Ball Skills | Fun and Games | Dance/ Working with Others | Cycling – balance bikes |
| Y1 | In | Fundamental skills – balance | Dodgeball | Dance | Basic shapes in Gymnastics | Fencing | Athletics | Fencing (Summer 1) |
| | Out | Ball Skills (rolling, throwing, catching) | Fundamental Football Skills | Teamwork and problem solving (Basic Orienteering) | Netball | Tennis | Cricket | |
| Y2 | In | Basic Gymnastics | Tennis | Dance | Gymnastics | Volleyball | Dodgeball | Tennis |
| | Out | Basic Skills (rolling, throwing, catching) | Tag Rugby | Teamwork and problem solving (Basic Orienteering) | Basketball | Athletics | Rounders | |
| Y3 | In | Squash | Volleyball | Dance | Orienteering | Gymnastics | Netball | Squash |
| | Out | Football | Hockey | Tag Rugby | Athletics | Tennis | Cricket | |
| Y4 | In | Gymnastics | Yoga | Dance | Dodgeball | Basketball | Fitness | Yoga (Autumn) |
| | Out | Football | Hockey | Tag Rugby | Athletics | Tennis | Rounders | |
| Y5 | In | Gymnastics | Athletics | Dance | Volleyball | Orienteering | Fitness | Cricket? |
| | Out | Football | Netball | Hockey | Handball | Tennis | Cricket | |
| Y6 | In | Gymnastics | Athletics | Dance | Dodgeball | Basketball | Fitness | Cycling Modern Pentathlon Laser (Summer 2) |
| | Out | Tag Rugby | Netball | Hockey | Handball | Tennis | Rounders | |

Curriculum Coverage

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| Invasion Games | <ul style="list-style-type: none">• football (Years 1, 3, 4 and 5)• tag rugby (Years 2, 3, 4 and 6)• hockey (Years 3, 4, 5 and 6)• basketball (Years 2, 4 and 6)• netball (Years 1, 3, 5 and 6)• handball (Years 5 and 6) |
| Net and Wall | <ul style="list-style-type: none">• tennis (Years 1, 2, 3, 4, 5 and 6)• volleyball (Years 2, 3 and 5)• squash (Year 3) |
| Striking and Fielding | <ul style="list-style-type: none">• cricket (Years 1,3 and 5)• rounders (Years 2, 4 and 6) |
| Target Games | <ul style="list-style-type: none">• dodgeball (Years 1, 2, 4 and 6)• fencing (Year 1) |
| Outdoor and Adventurous | <ul style="list-style-type: none">• orienteering (Years 1, 2, 3 and 5)• residential (Years 4 and 6) |
| Artistic | <ul style="list-style-type: none">• dance (Years 1, 2, 3, 4, 5 and 6)• gymnastics (Years 1, 2, 3, 4, 5 and 6)• yoga (Year 4) |
| Fundamentals | <ul style="list-style-type: none">• athletics (Years 1, 2, 3, 4, 5 and 6)• fitness (Years 4, 5 and 6) |
| Swimming | <ul style="list-style-type: none">• Years 4 and 6 |