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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS Nursery and Reception | Spatial Awareness | Movement and Balance | Hand eye Co-ordination  (Dribbling) | Sending / Throwing  (Balls & Beanbags) | Stopping / Catching | Sports day practice |
| Skills | * Awareness of People * Awareness of Space * Awareness of the area | * Changing direction * Co-ordination * Changing levels * Speeding up * Slowing down | * Moving hands/feet to objects * Tracking the object (Eyes) * Contact with object * Dribbling equipment | * Rolling * Throwing Underarm * Throwing overarm | * Tracking the ball (Hands) * Moving to the ball * Body behind the ball | * Running * Throwing * Catching * Competitive games / Personal best |
| Year 1 & 2 (session 1) | Hockey | Handball – Sport specific skills | Gym – Sport specific skills | Football – Sport specific skills | Athletics | Cricket – Sport specific skills |
| Incremental Skills | * Dribbling * Passing * Shooting * Attacking * Defending | • Dribbling  • Catching  • Passing  • Attacking  • Defending | * Travelling * Landing * Jumping | * Dribbling * Turning * Passing | * Running * Jumping * Throwing * Sprinting | * Stopping the ball * Catching * Batting |
| Year 1 & 2 (session 2) | Netball – Sport specific skills | Basketball – Sport specific skills | Tag Rugby – Sport specific skills | Problem Solving (OAA) | Lesson Catch up | Tennis – Sport specific skills |
| Incremental Skills | * Handling * Passing * Creating Space | * Handling * Passing * Creating space | * Handling * Passing * Running with the ball | * Learning to navigate * Map reading * Teamwork/communication | * Use this time to catch up on any topics missed | * Footwork * Hand eye Co-ordination * Forehand – Accuracy * Forehand |
| Year 3/4/5/6  (Session 1) | Hockey | Handball | Gym | Football | Athletics | Cricket |
| Incremental Skills | • Dribbling  • Passing  • Shooting  • Attacking  • Defending | • Dribbling  • Catching  • Passing  • Attacking  • Defending | * Travelling * Landing * Jumping * Turning | • Dribbling  • Passing  • Shooting  • Attacking  • Defending | * Running * Jumping * Throwing * Sprinting | * Fielding – Catching * Fielding – Throwing * Bowling * Batting |
| Year 3/4/5/6  (Session 2) | Netball | Basketball | Tag Rugby | Outdoor Adventurous Activities (OAA) | Lesson Catch up | Tennis |
| Incremental Skills | * Catching * Passing * Creating Space * Attacking * Defending | * Dribbling * Catching * Passing * Attacking * Defending | * Handling * Passing * Tackling / tagging * Attacking * Defending | * Advanced map reading * Learning to navigate * Teamwork * Communications * Drawing a map * Retrieval | * Use this time to catch up on any topics missed | * Footwork * Forehand – Accuracy * Forehand – Control * Backhand * Serve * Rally |