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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
 |