

PHYSICAL EXERCISE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Running club and Ball Skills	Apparatus and Dance	Apparatus and Ball Skills	Dodge Ball and Yoga	Tennis and Parachute Games	Athletics and Team Games
Reception	Running club and Ball Skills	Apparatus and Dance	Apparatus and Ball Skills	Dodge Ball and Yoga	Tennis and Parachute Games	Athletics and Team Games
Years 1 and 2	Throwing and Catching Fundamental Movement (agility and balance circuits)	Dance Hockey	Health and Fitness circuits Football	Gymnastics Athletics	Tennis Multi Skills	Striking and fielding Tag Rugby
Year 3	Gymnastics Hockey	Tennis Tag Rugby	Football Bench ball	Dance (Maypole prep)	Cricket Athletics	Rounders Multi Skills
Year 4	Swimming Gymnastics	Swimming Tag Rugby	Swimming Bench ball	Swimming Tennis	Swimming Athletics	Swimming Rounders
Years 5 and 6	Cross-Country (PB) Football	Hockey Basketball	Yr 6- Yoga Dance (mental health support SATS) Yr 5- Football	Yr 6- Yoga Dance (mental health support SATS) Yr 5- Netball	Dance and movement (play performance) Athletics	Rounders Cricket