



All children who leave St Andrews will have the necessary skills, language and range of physical experiences to motivate them to lead lifelong active, healthy lifestyles in which they develop their confidence to continue their participation in physical activity and sport.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Basic Exercises/Basic Game</u> Throwing Catching Running Jumping Hopping Rolling	<u>Basic Exercises/Basic Game</u> Throwing Catching Running Jumping Hopping Rolling	<u>Basic Exercises/Basic Games</u> Throwing Catching Running Jumping Hopping Rolling	<u>Racing techniques, Basic Skills</u> Running Jumping Hopping	<u>Ball Skills</u> Throwing Catching Coordination	<u>Basic Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility
Reception	<u>Gymnastics/ Dance</u> Jumping Rolling Developing Balance	<u>Gymnastics/ Dance</u> Jumping Rolling Developing Balance	<u>Throwing Skills, Catching Skills</u> Throwing Catching Coordination Teamwork	<u>Coordination/Dribbling Skills</u> Coordination Passing Teamwork	<u>Ball Skills (Tennis Ball)</u> Throwing Catching Rolling Coordination	<u>Basic Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility
Year 1	<u>Gymnastics/ Dance</u> Jumping Rolling Developing Balance	<u>Gymnastics/ Dance</u> Jumping Rolling Developing Balance	<u>Teamwork/ Bonding</u> Team Leader Teamwork Throwing Catching Tennis Rackets/ Tennis Balls Encouragement	<u>Benchball Skills/Basic Benchball</u> Throwing Catching Agility Coordination Basic Attacking and Defending	<u>Strike and Field Cricket skills/Kick Cricket</u> Throwing Catching Coordination Running Agility	<u>Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility

Year 2	<u>Gymnastics/</u> <u>Dance</u> Jumping Rolling Developing Balance	<u>Gymnastics/</u> <u>Dance</u> Jumping Rolling Developing Balance	<u>Teamwork/</u> <u>Bonding</u> Team Leader Teamwork Throwing Catching Tennis Rackets/ Tennis Balls Encouragement	<u>Hockey</u> Teamwork Passing Dribbling Shooting Coordination	<u>Strike and Field</u> <u>Cricket skills/Kick</u> <u>Cricket</u> Throwing Catching Coordination Running Agility Playing competitive Games	<u>Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility
Year 3	<u>Gymnastics/</u> <u>Dance</u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u>Gymnastics/</u> <u>Dance</u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u>Net/Wall Games</u> <u>Badminton</u> Agility Coordination Teamwork Running Techniques of serves and shots	<u>Hockey</u> Teamwork Passing Dribbling Shooting Defending and Attacking Coordination	<u>Strike and Field</u> <u>Cricket</u> Throwing Catching Coordination Running Agility Playing competitive Games	<u>Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility
Year 4	<u>Gymnastics/</u> <u>Dance</u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u>Gymnastics/</u> <u>Dance</u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u>Net/Wall Games</u> <u>Badminton</u> Agility Coordination Teamwork Running Techniques of serves and shots	<u>Tag Rugby Skills</u> Throwing Catching Teamwork Coordination Agility Tactics Running Strength Flexibility	<u>Strike and Field</u> <u>Rounders</u> Throwing Catching Coordination Running Agility Playing competitive Games	<u>Athletics</u> Throwing Teamwork Agility Running Tactics Strength Flexibility

<b>Year 5</b>	<u><b>Gymnastics/Dance</b></u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u><b>Gymnastics/Dance</b></u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u><b>Net/Wall Games</b></u> <u><b>Badminton</b></u> Agility Coordination Teamwork Running Techniques of serves and shots Playing Competitive games. Compare performances	<u><b>Hockey</b></u> Teamwork Passing Dribbling Shooting Defending and Attacking Coordination Tactics	<u><b>Strike and Field</b></u> <u><b>Rounders</b></u> Throwing Catching Coordination Running Agility Playing competitive Games Positioning Tactics	<u><b>Athletics</b></u> Throwing Teamwork Agility Running Tactics Strength Flexibility
<b>Year 6</b>	<u><b>Gymnastics/Dance</b></u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u><b>Gymnastics/Dance</b></u> Developing Flexibility Strength Control and Balance Perform dances using variety of movements.	<u><b>Net/Wall Games</b></u> <u><b>Badminton</b></u> Agility Coordination Teamwork Running Techniques of serves and shots Playing Competitive games. Compare performances	<u><b>Basketball</b></u> Throwing Catching Dribbling Passing Shooting Teamwork Developing Movements Focussing on Attacking and Defending Agility Coordination	<u><b>Strike and Field</b></u> <u><b>Rounders</b></u> Throwing Catching Coordination Running Agility Playing competitive Games Positioning Tactics	<u><b>Athletics</b></u> Throwing Teamwork Agility Running Tactics Strength Flexibility
<p>This long term plan indicates the range of sports that are taught across the year for all year groups. The list below the sports are the skills that will be covered and these all link to the National Curriculum. Some skills are revisited several times across the year in different ways depending on the sport.</p>						