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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | Warming up  Follow the leader | Target games  Health related fitness | Dance and Gymnastics | Football and throwing  Health related fitness | Multi skills | Athletics |
| **Year 1** | Health Related Fitness  Mini marathon | Target Games  Multi skills  ( inc. borough virtual multiskills competition ) | Interactive Yoga and Dance | Gymnastics | Athletics | Games  inc striking and fielding |
| **Year 2** | Health Related Fitness  Mini marathon | Target Games  Multi skills  ( inc. borough virtual multiskills competition ) | Interactive Yoga and Dance | Gymnastics | Athletics | Games  inc striking and fielding |
| **Year 3** | Health Related Fitness  Mini marathon | Target / Net and Wall games | Basketball  Swimming | Dance | Outdoor & Adventurous Activities  Golf | Athletics |
| **Year 4** | Health Related Fitness  Mini marathon | Target / Net and Wall games | Basketball | Dance | Outdoor & Adventurous Activities  Golf | Athletics |
| **Year 5** | Health Related Fitness  Mini marathon | Target / Net and Wall games | Badminton | Mass Dance  Outdoor & Adventurous Activities  Golf | Athletics | Trampolining |
| **Year 6** | Health Related Fitness  Mini marathon  Sports Leaders | Target / Net and Wall games | Badminton | Outdoor & Adventurous Activities  Golf | Athletics  Swimming intensive course | Trampolining |