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|  **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** |  **Summer 2** |
| **Reception** | Warming upFollow the leader | Target gamesHealth related fitness | Dance and Gymnastics | Football and throwingHealth related fitness | Multi skills | Athletics |
| **Year 1** | Health Related FitnessMini marathon | Target GamesMulti skills( inc. borough virtual multiskills competition ) | Interactive Yoga and Dance | Gymnastics | Athletics | Gamesinc striking and fielding |
| **Year 2** | Health Related FitnessMini marathon | Target GamesMulti skills( inc. borough virtual multiskills competition ) | Interactive Yoga and Dance | Gymnastics | Athletics | Gamesinc striking and fielding |
| **Year 3** | Health Related FitnessMini marathon | Target / Net and Wall games | BasketballSwimming | Dance | Outdoor & Adventurous ActivitiesGolf | Athletics |
| **Year 4** | Health Related FitnessMini marathon | Target / Net and Wall games | Basketball | Dance | Outdoor & Adventurous ActivitiesGolf | Athletics |
| **Year 5** | Health Related FitnessMini marathon | Target / Net and Wall games | Badminton | Mass DanceOutdoor & Adventurous ActivitiesGolf | Athletics | Trampolining |
| **Year 6** | Health Related FitnessMini marathonSports Leaders | Target / Net and Wall games | Badminton | Outdoor & Adventurous ActivitiesGolf | AthleticsSwimming intensive course | Trampolining |