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| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Indoor Athletics – * Speed bounce
* Vertical jump
* Standing long jump
* Chest push
* Obstacles
* Sprints
* Back boards
* Relays
* Indoor javlein

Invasion games- done as gamesTag rugby/Basketball | Gymnastics- KSSP schemeIndoor Athletics/-TES Y5/6Fitness End of Indoor)-* Circuit training
* Beating personal bests
 | Golf-Y 5 and 6Handball-Years 3 and 4Boccia | Dance- Rebound Dance SchemeTennis- | Striking/fielding- roundersBowlingThrowing/catchingFieldingBattingrulesAthletics | Striking/fielding-cricketAthleticsOrienteering |