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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 games  Tag rugby/Basketball | Gymnastics- KSSP scheme  Indoor  Athletics/-TES Y5/6  Fitness End of Indoor)-   * Circuit training * Beating personal bests | Golf-  Y 5 and 6  Handball-  Years 3 and 4  Boccia | Dance-  Rebound Dance Scheme  Tennis- | Striking/fielding- rounders  Bowling  Throwing/catching  Fielding  Batting  rules  Athletics | Striking/fielding-cricket  Athletics  Orienteering |