

Topic Overview

Yr	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Agility, Space & Movements	Gymnastics Balance	Ball Skills	Catching & Throwing Teamwork & Leadership	Skills Based Challenges Yoga	Athletics Personal Care
Year 1	Games Gym - beginning gym journey - balancing Yoga	Dance Games Mindfulness	Gym – mirroring & copying/ travelling & jumping Games Sleep	Games Gym – linking shapes & rolls Teamwork & Leadership	Dance Games Nutrition	Athletics Dance Personal Care
Year 2	Games Gymnastics – linking mirroring & balances Yoga	Dance Games Mindfulness	Dance Games Sleep	Gymnastics - apparatus Games Teamwork & Leadership	Gymnastics – balance & travel Circuit Sessions Nutrition	Athletics Games Personal Care
Year 3	Athletics Gymnastics – contrasting shapes – matching, mirroring & linking Yoga	Dance – bhangra/school production Netball Mindfulness	TAG Rugby Hockey Sleep	Gymnastics – rolling & turning / twisting & spinning Outdoor & Adventure Teamwork & Leadership	Gymnastics – jumps & leaps Football Nutrition	Cricket Athletics Personal Care
Year 4	Athletics Gymnastics – matching, contrasting & linking Yoga	Dance- bhangra/school production Basketball Mindfulness	Gymnastics – stands, balances & rolls Handball Sleep	Gymnastics – mirroring routines Outdoor & Adventure Teamwork & Leadership	Swimming Nutrition	Rounders Athletics Personal Care
Year 5	Swimming Yoga	Swimming/ dance - bhangra/school production Mindfulness	TAG Rugby Hockey Sleep	Gymnastics - rolls Outdoor & Adventure Swimming Teamwork & Leadership	Football Gymnastics – rolls & routines Nutrition	Cricket Athletics Personal Care
Year 6	Athletics Gymnastics – balances & performances Yoga	Basketball/Dance - bhangra/school production Mindfulness	Swimming Sleep	Swimming Teamwork & Leadership	Tennis Rounders Nutrition	Swimming Personal Care

