

National Curriculum Coverage		use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)	perform dances using a range of movement patterns	take part in outdoor and adventurous activity challenges both individually and within a team	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 3							
Autumn	Football / basketball / gymnastics	✓	✓	✓			
Spring	Hockey / Dance / Striking and fielding	✓			✓		
Summer	Athletics and Tennis	✓	✓	✓		✓	✓
Year 4							
Autumn	Netball / Tag rugby Handball	✓	✓				
Spring	Dance / Swimming	✓	✓		✓		
Summer	Athletics Tennis	✓	✓	✓		✓	
Year 5							
Autumn	Basketball / Hockey / Dance	✓	✓		✓		✓
Spring	Tchoukball / Gymnastics	✓	✓	✓			✓
Summer	Athletics / Striking and fielding	✓	✓			✓	
Year 6							
Autumn	Tag Rugby / Dance / Netball	✓	✓		✓		
Spring	Cricket / Gymnastics	✓	✓	✓			✓
Summer	Athletics / Pop Lacrosse	✓	✓			✓	✓