

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in no structured PE lessons	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	Sports Day Prep Practice the events for sports day, focussing on completing the specific events.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week
Reception	Settling in no structured PE lessons	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	Sports Day Prep Practice the events for sports day, focussing on completing the specific events.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week
Year 1	Games Unit Throwing and catching skills.	Coordination skills Star jumps, hopping, running backwards & forwards in a straight line	Football Dribbling/movement with a ball; Eg in and out of cones	Athletics Running, throwing, catching, jumping - basic skills.	Hockey Dribbling, Movement/Coordination.	Gymnastics Unit 1 Investigate movement, stillness and how to find space safely.
	Ball Skills (Folder) Partner passes, Caterpillar races, hit the hoop etc	KS1 Games Activities (Folder) Appendix A - E	Tennis Bouncing, throwing, balancing on racket, bouncing on racket, rallies.	Multi-skills (Folder) Hula-hooping, balancing bean bags, spot jumping, ball bouncing.	KS1 Games Activities (Folder) Appendix F - J	Dance UNIT 1 Moving confidently and safely, exploring basic body actions (traveling, jumping, balancing).
Year 2	Games Unit Ball/movement skills with greater accuracy.	Hockey Dribbling, Movement/Coordination, Shooting	Games Unit Apply skills and tactics to game situation.	Football Ball control - striking and moving.	Rounders Throwing (overarm and underarm), catching, striking, fielding.	Basketball Skills development - dribbling, shooting.
	Dance UNIT 1 To explore, remember, repeat and link a range of actions with coordination, control & awareness.	KS1 Games Activities (Folder) Appendix F - J	Multi-skills Hula-hooping, target throwing, spot jumping, ball bouncing, cone flip, obstacle course	Tennis Bouncing, throwing, balancing on racket, bouncing on racket, rallies.	KS1 Games Activities (Folder) Appendix K-N	Gymnastics Unit 1 Increase confidence in basic gymnastic skills such as rolling, jumping, travelling and balancing.

MSSP Coaches will cover the **top row** of skills (blue) for the year group.

Classroom teachers are expected to cover the **second row** of skills (green) in the extra 1 hour a week of physical activity time.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Tag rugby Passing, catching and evading an attacker	Football Ball control – striking and moving.	Netball Passing, pivoting, jumping, finding space.	Cricket Bowling overarm, fielding, striking.	Basketball Skills development – dribbling, shooting.	Gymnastics Focus on improving the quality of their movement to help produce tension and extension.
	Tennis Bouncing, throwing, bouncing on racket, rallies.	Rounders Throwing, catching, striking, fielding	Dance UNIT 1 Focus on creating, adapting & linking a range of actions to develop an awareness of the historical and cultural origins of different dances.	Hockey Dribbling, Movement/Coordination, Shooting	Athletics Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Athletics Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put
Year 4	Tag rugby Skill development – technique + teamwork	Football Developing power, accuracy and teamwork	Netball Passing, pivoting, jumping, finding space.	Tennis Developing technique, serving and rallying	Basketball Skills development – dribbling, shooting	Gymnastics Focus on creating sequences that includes changes of level and speed and creating different body shapes..
	Cricket Bowling overarm, fielding, striking. (Surrey C.C Fridays)	Swimming 10-day intensive swimming program at Better Health Wimbledon	Rounders Bowling, fielding, tactics and technique	Dance UNIT 1 Focus on creating characters and narrative through movement and gesture.	Athletics Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Rounders Bowling, fielding, tactics and technique
Year 5	Tag rugby Attacking and defending in a match scenario.	Football Skills development – attacking and defending	Netball Technique, footwork, boundaries + positions	Basketball Skill development, teamwork and tactics	Gymnastics Focus on creating a longer sequence to perform to an audience	Tennis Serving, accuracy and tactics in match scenario.
	Cricket Bowling, batting, wicket keeping, accuracy (Surrey C.C Fridays)	Sports Leadership Unit 1 Leading, differentiating and organising activities	Dance UNIT 1 Focus on different styles of dancing and dancing with other people.	Swimming 10-day intensive swimming program at Better Health Wimbledon	Athletics Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Hockey Retaining possession, defending in formation.
Year 6	Tag rugby Develop skills and work collaboratively	Football Tactics, technique and teamwork.	Netball Technique, footwork, boundaries + positions.	Hockey Retaining possession, defending in formation	Rounders Bowling, fielding, tactics and technique	Tennis Serving, volleying and working with a partner.
	Cricket Bowling, batting, wicket keeping, accuracy (Surrey C.C Fridays)	Dance UNIT 1 Focus on using different visual images to compose, perform and evaluate a range of dances.	Basketball Focus on skilful attacking and team play. Children learn to play as a team when attacking and explore ways to defend.	Dance UNIT 2 Focus on using different visual images to compose, perform and evaluate a range of dances.	Athletics Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Rounders Bowling, fielding, tactics and technique

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