

Send and return**Reception**

<u>Term</u>	<u>RMS</u>	<u>RG</u>
Autumn 1	Body management	Gymnastics
Autumn 2	Gymnastics	Body management
Spring 1	Manipulation and coordination	Dance
Spring 2	Dance	Manipulation and coordination
Summer 1	Cooperation and solve problems	Cooperation and solve problems
Summer 2	Speed Agility Travel	Speed Agility Travel

At Bishop King, we aim to encourage children to lead active and healthy lives, promoting competence by developing their knowledge to know and understand skill progression, competition and positivity.

Year 1

<u>Term</u>	<u>1BR</u>	<u>1BA</u>
Autumn 1	Attack Defend Shoot (Football)	Attack Defend Shoot (Football)
Autumn 2	Gymnastics	Gymnastics
Spring 1	Hit Catch Run (Rounders)	Hit Catch Run (Rounders)
Spring 2	Dance	Dance
Summer 1	Send and Return (Tennis)	Send and Return (Tennis)
Summer 2	Run Jump Throw (Athletics)	Run Jump Throw (Athletics)

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Year 2

<u>Term</u>	<u>2R</u>	<u>2H</u>
Autumn 1	Invasion games (Send and Return)	Invasion games (Send and Return)
Autumn 2	Gymnastics	Gymnastics
Spring 1	Dance	Dance
Spring 2	Invasion games (Attack, Defend, Shoot)	Invasion games (Attack, Defend, Shoot)
Summer 1	Rounders (Hit Catch Run)	Rounders (Hit Catch Run)
Summer 2	Athletics (Run Jump Throw)	Athletics (Run Jump Throw)

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Year 3

<u>Term</u>	<u>3K</u>	<u>3W</u>
Autumn 1	Gymnastics	Gymnastics
Autumn 2	Dance	Dance
Spring 1	Football	Football
Spring 2	Hockey	Hockey
Summer 1	Tennis	Tennis
Summer 2	Athletics	Athletics

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Year 4

<u>Term</u>	<u>4KC</u>	<u>4SC</u>
Autumn 1	Swimming	Netball
Autumn 2	Netball	Swimming
Spring 1	Swimming	Football
Spring 2	Football	Swimming
Summer 1	Swimming	Athletics
Summer 2	Athletics	Swimming

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Year 5

<u>Term</u>	<u>5M</u>	<u>5T</u>
Autumn 1	Swimming	Netball
Autumn 2	Netball	Swimming
Spring 1	Swimming	Gymnastics
Spring 2	Gymnastics	Swimming
Summer 1	Swimming	Athletics
Summer 2	Athletics	Swimming

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Year 6

<u>Term</u>	<u>6F</u>	<u>6M</u>
Autumn 1	Aerobic/fitness	Hockey
Autumn 2	Hockey	Aerobic/fitness
Spring 1	Football	Netball
Spring 2	Netball	Football
Summer 1	Athletics	Athletics
Summer 2	Tennis	Dance

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