

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

Year 1

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.

<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)

Year 2

<u>Term</u>	<u>2R</u>	<u>2H</u>
Autumn 1	Invasion games (Send and Return)	Invasion games (Send and Return)

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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)

Year 3

<u>Term</u>	<u>3K</u>	<u>3W</u>
Autumn 1	Gymnastics	Gymnastics
Autumn 2	Dance	Dance

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Spring 1	Football	Football
Spring 2	Hockey	Hockey
Summer 1	Tennis	Tennis
Summer 2	Athletics	Athletics

Year 4

<u>Term</u>	<u>4KC</u>	<u>4SC</u>
Autumn 1	Swimming	Basketball
Autumn 2	Basketball	Swimming
Spring 1	Swimming	Tag rugby
Spring 2	Tag rugby	Swimming

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Summer 1	Swimming	Athletics
Summer 2	Athletics	Swimming

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

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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	Dance	Basketball
Spring 2	Basketball	Dance
Summer 1	Netball	Tag Rugby
Summer 2	Athletics	Athletics

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