












		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lesson 2	Lessons 1 & 2 for the first three weeks	agility balance coordination 	jump shape create 	hands feet equipment 	send receive return 	fair share dare 	look run avoid 
	Lessons 1 & 2 for the last three weeks	run jump throw 	inspire create perform 	throw prepare catch 	target control combine 	react roll retrieve 	duel win lose 
	NCPE link	'Master basic movements including agility, balance and coordination'	'Develop flexibility, strength, technique, control and balance'	'Develop fundamental movement skills - object control'	'Develop fundamental movement skills - object control'	'Embed values such as fairness and respect'	'Competitive games; principles of attacking and defending'
	NCPE link	'Use running, jumping and throwing in isolation and in combination'	'Perform dances using a range of movement patterns'	'Use throwing and catching in isolation and in combination'	'Apply and develop a broader range of skills and use them in different ways'	'Apply and develop a broader range of skills and use them in different ways'	'Competitive games; principles of attacking and defending'