

Timetable of Activities

	Autumn	Spring	Summer
Reception	Basic skills (running, throwing, agility, coordination)	Team games (football, cricket, rugby, basketball, netball)	Team races/athletics (preparing for sports day)
Year 1	Basic skills (running, throwing, agility, coordination) Football (attack and defence) Hockey (attack and defence) Tag Rugby (attack and defence/throwing & catching)	Teamwork /activity Challenges (communication games) Basketball (passing, control, dribbling)	Athletic races (agility, running, jumping, throwing etc) (preparing for sports day) Cricket (throwing, catching, running)
Year 2	Basic skills (running, throwing, agility, coordination) Football (attack and defence) Hockey (attack and defence) Tag Rugby (attack and defence/throwing & catching)	Teamwork /activity Challenges (communication games) Basketball (passing, control, jumping, dribbling))	Athletics (agility, running, jumping, throwing etc) (preparing for sports day) Cricket (throwing, catching, running)
Year 3	Cross country, football, hockey & tag rugby & basketball (running, throwing, catching, attack and defence)	Netball, rounders & athletics (running, throwing, catching, agility, coordination, attack and defence)	Athletics (agility, running, jumping, throwing etc) Cricket (throwing, catching, running) Tennis (flexibility, technique, control)

Year 4	Cross country, football, hockey & tag rugby & basketball (running, throwing, catching, attack and defence)	Netball, rounders & athletics (running, throwing, catching, agility, coordination, attack and defence)	Athletics (agility, running, jumping, throwing etc) Cricket (throwing, catching, running) Tennis (flexibility, technique, control)
Year 5	Cross country, football, hockey & tag rugby & basketball (running, throwing, catching, attack and defence)	Netball, rounders & athletics (running, throwing, catching, agility, coordination, attack and defence)	Athletics (agility, running, jumping, throwing etc) Cricket (throwing, catching, running) Tennis (flexibility, technique, control)
Year 6	Cross country, football, hockey & tag rugby & basketball (running, throwing, catching, attack and defence)	Netball, rounders & athletics (running, throwing, catching, agility, coordination, attack and defence)	Athletics (agility, running, jumping, throwing etc) Cricket (throwing, catching, running) Tennis (flexibility, technique, control)

Please note that an additional block of at least 4 dance, gymnastic and orienteering sessions need to take place any time throughout the year.