

Early Years Foundation Stage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS: Unit 1	EYFS: Unit 2	EYFS: Unit 3	EYFS: Unit 4	EYFS: Unit 5	EYFS: Unit 6
Multi Ability Cog: Personal	Multi Ability Cog: Social	Multi Ability Cog: Cognitive	Multi Ability Cog: Creative	Multi Ability Cog: Physical	Multi Ability Cog: Health and Fitness
Fundamental Movement Skills: Coordination Static Balance	Fundamental Movement Skills: Dynamic Balance to Agility Static Balance	Fundamental Movement Skills: Dynamic Balance Static Balance	Fundamental Movement Skills: Coordination Counter Balance	Fundamental Movement Skills: Coordination Agility	Fundamental Movement Skills: Agility Static Balance

Cycle A Year 1 and 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1: Unit 1	Year 1: Unit 2	Year 1: Unit 3	Year 1: Unit 4	Athletics	Year 1: Unit 6
Multi Ability Cog: Personal	Multi Ability Cog: Social	Multi Ability Cog: Cognitive	Multi Ability Cog: Creative		Multi Ability Cog: Health and Fitness
Fundamental Movement Skills: Coordination Static Balance	Fundamental Movement Skills: Dynamic Balance to Agility Static Balance	Fundamental Movement Skills: Dynamic Balance Static Balance	Fundamental Movement Skills: Coordination Counter Balance		Fundamental Movement Skills: Agility Static Balance
Year 1: Unit 1 Gymnastics	Year 1: Unit 5	Year 1: Dance	Year 1: Unit 2 Gymnastics	Athletics	Year 1: Unit 6
Multi Ability Cog: Creative	Multi Ability Cog: Physical	Multi Ability Cog: Personal	Multi Ability Cog: Social		Multi Ability Cog: Health and Fitness
Gym Skills: Shape Travel	Fundamental Movement Skills: Coordination Agility	Dance Skills: Shapes Artistry Partnering Circles	Gym Skills: Flight Rotation		Fundamental Movement Skills: Agility Static Balance

Cycle B Year 1 and 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2: Unit 1	Year 2: Unit 2	Year 2: Unit 3	Year 2: Unit 4	Athletics	Year 2: Unit 6
Multi Ability Cog: Personal	Multi Ability Cog: Social	Multi Ability Cog: Cognitive	Multi Ability Cog: Creative		Multi Ability Cog: Health and Fitness
Fundamental Movement Skills: Coordination Static Balance	Fundamental Movement Skills: Dynamic Balance to Agility Static Balance	Fundamental Movement Skills: Dynamic Balance Static Balance	Fundamental Movement Skills: Coordination Counter Balance		Fundamental Movement Skills: Agility Static Balance
Year 2: Unit 1 Gymnastics	Year 2: Unit 5	Year 2: Dance	Year 2: Unit 2 Gymnastics	Athletics	Year 2: Unit 6
Multi Ability Cog: Cognitive	Multi Ability Cog: Physical	Multi Ability Cog: Health and Fitness	Multi Ability Cog: Physical		Multi Ability Cog: Health and Fitness
Gym Skills: Balance Travel	Fundamental Movement Skills: Coordination Agility	Dance Skills: Shapes Partnering Circles Artistry	Gym Skills: Flight Rotation		Fundamental Movement Skills: Agility Static Balance

Cycle A Year 3 and 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3: Unit 1	Year 4: Unit 4	Year 3: Unit 3	Year 4: Unit 6	Athletics	Cricket
Multi Ability Cog: Personal	Multi Ability Cog: Creative	Multi Ability Cog: Cognitive	Multi Ability Cog: Health and Fitness		
Fundamental Movement Skills: Coordination Static Balance	Fundamental Movement Skills: Coordination Counter Balance	Fundamental Movement Skills: Dynamic Balance Coordination	Fundamental Movement Skills: Agility Static Balance		
Year 4: Unit 2	Dance: Carnival of Animals	Year 3: Unit 5	Basketball	Year 3 Gymnastics: Unit 1	Cricket
Multi Ability Cog: Social		Multi Ability Cog: Physical		Multi Ability Cog: Social	
Fundamental Movement Skills: Dynamic Balance to Agility Static Balance		Fundamental Movement Skills: Agility Static Balance		Gym Skills: Travel Rotation	

Cycle B Year 3 and 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4: Unit 1	Year 4: Unit 5	Year 3: Unit 2	Year 3: Unit 6	Athletics	Rounders
Multi Ability Cog: Personal	Multi Ability Cog: Physical	Multi Ability Cog: Social	Multi Ability Cog: Health and Fitness		
Fundamental Movement Skills: Coordination Static Balance	Fundamental Movement Skills: Agility Static Balance	Fundamental Movement Skills: Dynamic Balance to Agility Static Balance	Fundamental Movement Skills: Agility Static Balance		
Year 3: Unit 4	Gymnastics: Shape and Balance (Egyptians)	Year 4: Unit 3	Tag Rugby	Year 4 Dance: Unit 1	Rounders
Multi Ability Cog: Creative		Multi Ability Cog: Cognitive		Multi Ability Cog: Creative	
Fundamental Movement Skills: Coordination Counter Balance		Fundamental Movement Skills: Dynamic Balance Coordination		Dance Skills: Shapes Circle Partnering Artistry	

Cycle A Year 5 and 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1	Unit 1: Dance	Unit 2	Unit 5	Athletics	Hockey
Multi Ability Cog: Personal	Multi Ability Cog: Cognitive	Multi Ability Cog: Social	Multi Ability Cog: Physical		
Fundamental Movement Skills: Coordination Agility	Dance Skills: Shapes Circles Artistry Partnering	Fundamental Movement Skills: Dynamic Balance Counter Balance	Fundamental Movement Skills: Dynamic Balance to Agility Static Balance		
Unit 1: Gymnastics	Swimming	Netball	Dance: World War II	OAA	Hockey
Multi Ability Cog: Social					
Gym Skills: Hand Apparatus Low Apparatus					

Cycle A Year 5 and 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 3	Unit 2: Gymnastics:	Unit 4	Unit 6	Athletics	Rounders
Multi Ability Cog: Cognitive	Multi Ability Cog: Creative	Multi Ability Cog: Creative	Multi Ability Cog: Health and Fitness		
Fundamental Movement Skills: Static Balance Coordination	Gym Skills: Partner Work Large Apparatus	Fundamental Movement Skills: Static Balance	Fundamental Movement Skills: Coordination Agility		
Dance: The Solar System	Swimming	Dance: Street Dance	Circuit Training	Tennis	Rounders