



# BOLD FUTURES



.....	= Requires hall space
.....	= Specialist outside agency
.....	= External swimming pool

KS1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year R			Body Management		Dance		Gymnastics		Speed and agility		Manipulation and coordination	
Year 1	Gymnastics 1	Run, Jump and Throw 1	Gymnastics 2	Run, Jump and Throw 2	Send and return 1	Hit, Catch and Run 1	Send and return 2	Hit, Catch and Run 1	Dance Teacher led	Attack, Defend and Shoot 1	Dance OA	Attack, Defend and Shoot 2
KPIs	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Perform dances using simple movements and repeated patterns .	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Perform dances using simple movements and repeated patterns .	Participate in game scenarios, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.
Year 2	Gymnastics 1	Run, Jump and Throw 1	Gymnastics 2	Run, Jump and Throw 2	Send and return 1	Hit, Catch and Run 1	Send and return 2	Hit, Catch and Run 1	Dance OA	Attack, Defend and Shoot 1	Dance Teacher led	Attack, Defend and Shoot 2
KPIs	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Perform dances using simple movements and patterns.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.	Perform dances using simple movements and patterns.	Participate in key games, developing simple tactics for attacking and defending.  Master basic movement including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities.



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KS2												
	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 3	Gymnastics 1	Fundamental movement	Gymnastics 2	Outdoor Ed (Outside)	Target Games	Fitness	Invasion games football	Dance OA	Invasion games Netball	Athletics	Net and wall Tennis	Striking and fielding Cricket
KPIs	Develop flexibility and control.  Compare their performances with previous ones.	Use running and jumping in isolation and combination with control and accuracy.	Develop flexibility and control.  Compare their performances with previous ones.	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use running and jumping in isolation and combination with control and accuracy.	Use running and jumping in isolation and combination with control and accuracy.  Take part in outdoor and adventurous activity challenges both individually and within a team.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running and jumping in isolation and combination with control and accuracy.	Perform dances using a range of movement patterns.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running and jumping in isolation and combination with control and accuracy.	Use running and jumping in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running and jumping in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running and jumping in isolation and combination with control and accuracy.
Year 4	Outdoor Ed (Outside)	Fitness	Target Games	Invasion games Football	Gymnastics 1	Dance OA	Gymnastics 2	Invasion games Tag Rugby	Invasion games Netball	Athletics	Net and wall Tennis	Striking and fielding Cricket
KPIs	Take part in outdoor and adventurous activity challenges both individually and within a team.	Take part in outdoor and adventurous activity challenges both individually and within a team.  Use running, jumping and throwing in isolation and combination with control and accuracy.	Use running, jumping and throwing in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running, jumping and throwing in isolation and combination with control and accuracy.	Compare their performances with previous ones and identify at least one possible adaptation.  Develop flexibility, strength and control.	Perform dances using a range of movement patterns in unison.	Compare their performances with previous ones and identify at least one possible adaptation.  Develop flexibility, strength and control.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running, jumping and throwing in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running, jumping and throwing in isolation and combination with control and accuracy.	Use running, jumping and throwing in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running, jumping and throwing in isolation and combination with control and accuracy.	Play competitive games and apply basic principles suitable for attacking and defending.  Use running, jumping and throwing in isolation and combination with control and accuracy.



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Year 5	Outdoor Ed (Outside)	Fitness	Dance OA	Invasion games Football	Gymnastics 1	Swimming	Gymnastics 2	Swimming	Invasion games Basketball	Athletics	Invasion games Tag Rugby	Striking and fielding Cricket
KPIs	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy  Take part in outdoor and adventurous activity challenges both individually and within a team.	Perform dances using a range of movement patterns in unison and as part of a larger group.	Play competitive games and apply basic rules and principles suitable for attacking and defending.  Use running, jumping, throwing and catching in isolation and combination with control and accuracy	Compare their performances with previous ones and identify and implement at least one change.  Develop flexibility, strength, technique and control.	Perform self-rescue in different water based situations.  Use a range of strokes effectively - front crawl, breaststroke and backstroke.  Swim confidently, competently and proficiently over a distance of at least 25 metres.	Compare their performances with previous ones and identify and implement at least one change.  Develop flexibility, strength, technique and control.	Perform self-rescue in different water based situations.  Use a range of strokes effectively - front crawl, breaststroke and backstroke.  Swim confidently, competently and proficiently over a distance of at least 25 metres.	Play competitive games and apply basic rules and principles suitable for attacking and defending.  Use running, jumping, throwing and catching in isolation and combination with control and accuracy	Use running, jumping, throwing and catching in isolation and combination with control and accuracy	Play competitive games and apply basic rules and principles suitable for attacking and defending.  Use running, jumping, throwing and catching in isolation and combination with control and accuracy	Play competitive games and apply basic rules and principles suitable for attacking and defending.  Use running, jumping, throwing and catching in isolation and combination with control and accuracy
Year 6	Dance OA	Fitness	Outdoor Ed (Outside)	Invasion games Football	Gymnastics 1	Invasion games Tag Rugby	Gymnastics 2	Invasion games Hockey	Invasion games Basketball	Athletics	Net and wall Tennis	Striking and fielding Cricket
KPIs	Perform dances using a range of movement patterns using unison, mirroring and larger group work.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Take part in outdoor and adventurous activity challenges both individually and within a team.	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.	Compare their performances with previous ones and demonstrate improvements to achieve their personal best.  Develop flexibility, strength, technique, balance and control.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.	Compare their performances with previous ones and demonstrate improvements to achieve their personal best.  Develop flexibility, strength, technique, balance and control.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and combination with control and accuracy.  Play competitive games and apply basic rules and principles suitable for attacking and defending.