| Half Term 1a | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to tennis | Basic tennis skills | Tennis foundation skills | Introduction to dodgeball | Introduction to dodgeball | Introduction to volleyball | Basic volleyball skills | Basic volleyball skills |

| Half Term 1b  Focus: | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to touch/tag rugby | Playing tag rugby | Playing tag rugby | An introduction to hockey | Hockey skills unit 1 | Hockey skills unit 1 | Circuit training |  |

| Half Term 2a  Focus - Team games | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to basketball | Basic basketball skills | An introduction to handball | Basic handball skills | Basic handball skills |  |  |  |

| Half Term 2b  Focus: | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Developing basic skills for team games (hockey) | Developing basic skills for team games (hockey) | Developing basic skills for team games (football) | Developing basic skills for team games (football) | Developing basic skills for team games (basketball) | Developing basic skills for team games (basketball) |  |  |

| Half Term 3a  Focus: | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to rounders | Rounders (unit 1) | Rounders (unit 1) | Introduction to ultimate frisbee | Introduction to ultimate frisbee | Introduction to ultimate frisbee |  |  |

| Half Term 3b  Focus: | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to football | Football: different types of shots | Beginner: goalkeeping skills | Football skills (unit 1) | Introduction to netball | Netball skills | Netball skills |  |