

	<u>Infants</u>	<u>Y3&amp;4</u>	<u>Y5&amp;6</u>
<u>Autumn 1</u>	<p><b>Fundamentals 1</b></p> <p><i>Basic locomotion, jumping, hopping &amp; skipping</i></p>	<p><b>Net &amp; Wall:</b></p> <p><i>Fundamentals &amp; beginning to play in tennis, badminton &amp; volleyball</i></p>	<p><b>Net &amp; Wall:</b></p> <p><i>Tennis, badminton &amp; volleyball</i></p>
<u>Autumn 2</u>	<p><b>Dance</b></p> <p><i>Cheerdance, Flamenco, Salsa</i></p>	<p><b>Dance:</b></p> <p><i>Jive, Bollywood, Hip-hop</i></p>	<p><b>Dance:</b></p> <p><i>Disco, Freestyle, Charleston</i></p>
<u>Spring 1</u>	<p><b>Gymnastics / Pilates</b></p> <p><i>Fundamentals in flexibility, core strength, body control, movement &amp; co-ordination</i></p>	<p><b>Gymnastics / Pilates:</b></p> <p><i>Flexibility, core strength, body control, movement &amp; co-ordination</i></p>	<p><b>Gymnastics / Athletics:</b></p> <p><i>Flexibility, core strength, body control, movement &amp; co-ordination</i></p> <p><i>Jumping, throwing, running</i></p>
<u>Spring 2</u>	<p><b>Fundamentals 2</b></p> <p><i>Spatial awareness &amp; stability</i></p>	<p><b>Invasion Games:</b></p> <p><i>Fundamentals &amp; beginning to play in football &amp; rugby</i></p>	<p><b>Invasion Games:</b></p> <p><i>Football &amp; rugby</i></p>
<u>Summer 1</u>	<p><b>Fundamentals 3</b></p> <p><i>Throwing &amp; catching</i></p>	<p><b>Invasion Games:</b></p> <p><i>Fundamentals &amp; beginning to play in netball, basketball &amp; hockey</i></p>	<p><b>Invasion Games:</b></p> <p><i>Fundamentals &amp; beginning to play in netball, basketball &amp; hockey</i></p>
<u>Summer 2</u>	<p><b>Fundamentals 4</b></p> <p><i>Striking with the hands, feet &amp; an implement</i></p>	<p><b>Striking &amp; Fielding Games:</b></p> <p><i>Fundamentals &amp; beginning to play in rounders &amp; cricket</i></p>	<p><b>Striking &amp; Fielding Games:</b></p> <p><i>Fundamentals &amp; beginning to play in rounders &amp; cricket</i></p>