

Focus/ Thread	Skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sport	Balance	Multi- skills Brilliant ball skills	Multi- skills Groovy Gymnastics	Multi- skills Groovy gymnastics Dynamic dance	Invaders Striking and fielding Gym sequences	Dynamic dance Gym sequences	Striking and fielding Dynamic dance Gym sequences
	Co-ordination	Multi- skills Brilliant ball skills	Multi- skills Brilliant ball skills	Multi- skills Dynamic dance	Invaders Striking and fielding Nimble nets	Invaders Dynamic dance	Invaders Nimble nets Dynamic dance Gym sequences
	Travel	Multi- skills Story-time dance Groovy gymnastics Active athletics	Groovy gymnastics Brilliant ball skills	Multi- skills Brilliant ball skills Active athletics Groovy gymnastics	Invaders Striking and fielding Young Olympians Gym sequences African dance	Invaders Young Olympians Dynamic dance Gym sequences	Invaders Striking and fielding Nimble nets Young Olympians Dynamic dance Gym sequences
	Dynamic	Story- time dance	Ugly Bug Ball Dance	Groovy gymnastics Dynamic dance	African dance	Dynamic dance Gym sequences	Dynamic dance
	Agility	Brilliant ball skills Active athletics		Multi- skills	Invaders Striking and fielding	Young Olympians	Striking and fielding
	Throwing & catching Striking & Fielding	Brilliant ball skills Games- throwing & catching	Brilliant ball skills Throwing & catching (fielding games)	Brilliant ball skills Throwing & catching (fielding games) Active athletics	Striking and fielding Nimble nets Young Olympians	Invaders Striking and fielding Nimble nets Young Olympians	Invaders Striking and fielding Nimble nets Young Olympians
	Flexibility & posture/ control	Groovy gymnastics	Ugly Bug Ball Dance Groovy gymnastics	Groovy gymnastics	Gym sequences	Striking and fielding Dynamic dance Gym sequences	Striking and fielding Dynamic dance Gym sequences
	Attack & defend			Brilliant ball skills	Invaders	Invaders	Invaders
	Evaluation/ tactics / performance			Brilliant ball skills Throwing & catching (fielding games) Groovy gymnastics Dynamic dance	Invaders Gym sequences African dance	Young Olympians Dynamic dance Gym sequences	Invaders Striking and fielding Nimble nets Young Olympians Dynamic dance Gym sequences
Fitness	Strength	Cool core	Gymfit- circuits Cool core	Cool core Fitness frenzy	Gymfit- circuits Pilates Boxercise Step to the beat	Gymfit (circuits) Pilates Fitness frenzy Boxercise	Gymfit (circuits) Cool core Boxercise Step to the beat

						Step to the beat	
	Balance	Skip to the beat Gymfit- circuits Fitness frenzy	Gymfit- circuits Cool core Bootcamp Mighty Movers Skip to the beat	Gymfit- circuits Bootcamp Mighty movers	Pilates Fitness frenzy Boot camp Step to the beat	Pilates Fitness frenzy Boot camp Boxercise Step to the beat	Cool core Gymfit (circuits) Fitness frenzy Bootcamp
	Agility	Skip to the beat Cool core Fitness frenzy	Gymfit- circuits Cool core Bootcamp Skip to the beat	Gymfit- circuits Cool core Fitness frenzy Bootcamp Mighty movers	Gymfit- circuits Fitness frenzy Boot camp	Fitness frenzy Boot camp	Fitness frenzy Bootcamp Boxercise
	Co-ordination	Skip to the beat Fitness frenzy	Gymfit- circuits Bootcamp Mighty Movers Skip to the beat	Gymfit- circuits Fitness frenzy Bootcamp Mighty movers	Pilates Fitness frenzy Step to the beat Boot camp Boxercise	Pilates Fitness frenzy Boot camp Step to the beat	Cool core Gymfit (circuits) Fitness frenzy Bootcamp Boxercise Step to the beat
	Stamina		Gymfit- circuits	Gymfit- circuits	Gymfit- circuits Fitness frenzy Boxercise Step to the beat	Gymfit (circuits) Boot camp Step to the beat	Gymfit (circuits) Fitness frenzy Bootcamp Boxercise Step to the beat
	Control & technique	Mighty Movers	Bootcamp Mighty Movers Skip to the beat	Fitness Frenzy Bootcamp Mighty movers	Pilates Fitness frenzy Boot camp Boxercise	Gymfit (circuits) Pilates Fitness frenzy Boot camp Boxercise	Gymfit (circuits) Cool core Fitness frenzy Boxercise Step to the beat
	Evaluation	Gymfit- circuits Fitness frenzy	Gymfit- circuits	Gymfit- circuits Fitness Frenzy	Pilates	Fitness frenzy Step to the beat	Gymfit (circuits) Cool core Fitness frenzy Boxercise Step to the beat
Health	Heart health/ rate- changes to body during exercise	Bootcamp	Bootcamp Mighty Movers	Fitness frenzy Boot camp Mighty movers	Pilates Boot camp	Gymfit (circuits) Fitness frenzy Boot camp Boxercise Step to the beat	Gymfit (circuits) Fitness frenzy Bootcamp Boxercise Step to the beat
	Safety	Bootcamp	Bootcamp	Bootcamp Mighty movers	Young Olympians Fitness frenzy	Fitness frenzy Boot camp	Striking and fielding Young Olympians

				Groovy gymnastics	Boot camp Step to the beat	Step to the beat	Gymfit (circuits) Cool core Fitness frenzy Bootcamp Boxercise
	Body parts & functions					Boot camp	Gymfit (circuits) Bootcamp
	Goals, emotions & wellbeing					Gymfit (circuits) Fitness frenzy	Gymfit (circuits)
Other Key Vocabulary							
Sports	Multi-skills (yr 1- 3) Invaders (yr 4- 6)	Push, accuracy, timing, rotate, aim, transitions, fluency,	Base, accuracy, timing, aim, guide, rotate, movement pattern, turn & twist, rock & roll, tuck, crab	Bounce, send, dribble, speed, observation, safety, concentrate, focus, utilise,	Dribble, support play, passing, receiving,	Footwork, land, step, pivot, pass, receive, push, point, chest pass, overhead pass, shoulder pass, bounce pass, dodging, non-contact, marking, signal, High 5 Netball, goal shooter (GS), goal attack (GA), centre (C), goal defence (GD), goal keeper (GK), pass, receive, footwork, positions, goal.	Tag, Hop, skip, forfeit, rugby try, dodging, handover, rules, competition, tournament.
	Dance	Story time dance- Rap, beat, gesture, counting, perform	Ugly bug ball dance- Travel, movements, methods, beat, steps, pattern, independent, flow, performance, medieval dance.	Dynamic dance- Line dancing, Charleston step, chassé, strut, Rhythm, phrasing, improvise, space, endurance, timing, expression, emotion, unison, canon.	African dance- Clock, direction, tempo, timing, pivot, performance, formation, canon, unison, confidence,	Dynamic dance/ Bollywood- Bollywood dancing, lotus, prayer, back point step, posture, fluency, rhythm, phrasing, improvise, space, Sequence, muscles, endurance, timing, expression, emotion, motif, changing order, unison, canon, variation, break-it-down, sections, beats,	Dynamic dance/ Street- Street dance, Canon, unison, mirror, match, pose, routine, choreograph, timing, beat, fluency, performance.

						collaboration, rhythm, phrasing.	
	Brilliant ball skills (Yr1-Yr3) Striking and Fielding (Yr4-Yr6)	Send, receive, underarm, overarm, throw, catch, react, bounce.	Send, receive, control, react, target, Underarm throw, overarm throw, bounce pass, Dribble, trap, kick, festival.	Awareness, tactics, defend, attack, position, Movement, control, ball control, catch, throw, Prepared, ready, gather, receive, clockwise, anti-clockwise, Underarm, overarm, technique, aim, follow, skills, accuracy, power, pass, score.	Underarm throw, overarm throw, wickets, stumps, Receive, field, Beat-the-ball rounders, balance, co-ordination, Long barrier, cricket, tournament.	Watch the ball, grip, Wicket keeper, Action, underarm, overarm, release, Follow through, scatterball, bowl, tournament.	Underarm throw, long barrier, scatterball, backstop, Tournament.
	Throwing and Catching (Yr1-Yr3) Nimble Nets (Yr4- Yr6)	Throw, catch, strike, fielding, target, bat, racket, rounders, warm up, scoring.	Underarm, bounce, sideways, cushion, overarm throw, circuit, kwik cricket.	Accuracy, underarm throw, overarm throw, wickets, stumps, Soft hands, target hands, defenders, stumped, bowling, run, batting, fielding skills, safe zone, retrieve,	Trap, send, receive, drop serve, Forehand, backhand, rally, volley.	Forehand, backhand, drop serve, volley, rally, overhead serve, scoring.	Shuttle, racket, court, net, shot, rally, ready position, serve, high, low, short, long, overhead clear, opponent, contact, pressure, disguise, back line, attack, outwit, opponent, doubles, aim, target, tournament, scoring.
	Active Athletics (Yr1- Yr3) Young Olympians (Yr4-Yr6)	Speed, take-off, landing, hopping, balance, Mobility, underarm, overarm throw, jog, sprint, Obstacle, relay.	Direction, speed, balance, swing, power, hurdle, distance, relaxed, obstacle, relay.	Direction, overarm, underarm, take-off, landing, relay, changeover, technique, improve, competition.	Pace, distance, stride length, arm action, knee lift, relax, effort, javelin, position, direction, target, technique, pull, relay, handover, take off, landing, long jump, extend, bend, Control, carousel.	Continuous, push technique, relay, batton, Take off, landing, long jump, extend, bend, distance, Control, push and pull throw, carousel.	Sprint start, standing start, Javelin, position, direction, target, technique, distance, pull, Relay, pace, handover, positioning, Take off, landing, long jump, extend, bend, control, carousel.
	Groovy Gymnastics (Yr1- Yr3) Gym sequences (Yr4-Yr6)	Travel, link, sequence, level, tension, posture, tuck, pike, straight, straddle, Rolling: egg, log, forward, teddy bear rolls, along, over, onto and off, direction, level, combination.	Balance, tension, points, patches, shoulder stand, shapes, travelling, balance, apparatus.	Landing shapes, jumps, Travelling, shapes, rolls and balance, teamwork, co-operation, empathy, analyse	Balance, tuck, straddle, pike, posture, body, tension, symmetry, asymmetry, counterbalance, canon, unison, sequence, moves, techniques.	Star, dish, arch, symmetrical, asymmetrical, balance, shape, sequence, points of balance, level, direction , rotation, dynamic, movement, rolling, bridging, counterbalance, tension, pull, push, extend, twists, canon,	Front and back support, symmetrical, asymmetrical, balance, shape, sequence, level, direction, rotation, dynamic movement, rolling, bridging, counterbalance, tension, pull, push, extend, canon, unison, forfeit, fluency.

						unison, sequence, moves, technique, evaluate (critique).	
Fitness	Gymfit Circuits	Travelling, spotting, extend, flexible, stretch, reach.	Travelling, spotting, extend, flexible, stretch, reach.	Travelling, spotting, extend, flexible, stretch, reach.	Flexibility, core strength, agility, stamina.	Squat, speed bounce, burpee, abdominal strength, dips, step-ups, press-ups, skipping.	Repetition, fitness programme.
	Cool Core	Bridge, agility, core, plank, balance, front, back, support, strength, wheelbarrow, posture, crab.	Core strength, bridge, agility, abdominals, squat, hopscotch, hoop.	Snake charmer, popcorn, bridge, squat thrust, burpee, running squat, circuit.	Mountain pose, rock, Siamese pose, giraffe, Pilates, mountain top, Pencil point pose, mountain ledge.	Cool core, chair pose, flexibility, fluency, sequence,	Cool core, Pilates, triangle pose, flexibility, fluency, create, sequence, share, evaluate.
	Fitness frenzy	Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, gait skills, circuits, travelling, spotting, extend, flexible, stretch, reach, crab, technique.	Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, circuits, strength and stamina, flexibility, aerobic, hoop.	Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, method, circuit, activity, honesty, skipping, timing, direction, travelling, spotting, extend, flexible, stretch, reach, rolls, challenge, strength and stamina, flexibility, aerobic.	Circuit, heart rate, burpee, spotty dogs, plank, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, heart rate, knee crunch, rhythm, cross step, flexibility, core strength, agility, stamina, Mountain pose, rock, Siamese pose, giraffe, Pilates, mountain top, pencil point pose, mountain ledge, aerobic, circuit training.	Circuit, heart rate, burpee, spotty dogs, plank, ab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, Heart rate, knee crunch, rhythm, cross step, V step, dips, step-ups, press-ups, skipping, sequence, fluency, core strength and stamina, flexibility, aerobic, circuit training.	Circuit, heart rate, burpee, spotty dogs, plank, aerobic warm-up, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, upper cut, hook, combination moves (combos), Repetition, fitness programme, Sequence, fluency, core, share, evaluate, Strength and stamina, flexibility, aerobic, circuit training.
	Boot Camp	Exercise, fitness, heart rate, co-ordination, circuit, technique,	Heart rate/beat, agility, co-ordination, circuit, jacks, exercise, strength, aerobic, travel, technique,	Personal fitness, heart, circuit, exercise, stations, heart rate, Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side.	Running, heart rate, mobility, fitness, jumping, circuit, burpee, spotty dog, plank.	Direction, mobility, fitness, health, circuit, heart rate, burpee, spotty dogs, plank.	Direction, catcher, personal fitness, heart rate, challenge, aerobic fitness, circuit, burpee, spotty dogs, plank
	Mighty Movers Running (Yr1-Yr3) Boxercise (Yr4-Yr6)	Dish, dome, direction, circuit, relay.	Relay, running and gait skills, technique, circuit.	Pace, stamina, speed, relay, catcher, zigzag, balance.	Jab, boxercise, cross jab, boxing twist, tow touch, roll, duck and dodge, sidekick.	Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, jumping jacks, punch, turn.	Aerobic warm-up, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, combination moves

							(combos), upper cut, hook.
	Skip to the beat (Yr1-Yr3) Step to the beat (Yr4-Yr6)	Hop, jump, skipping, step overs, circuit, weave.	Hopping, skipping, jumping, trap, squat, tag, circuit.	Cross over, boxer style, ready, in you go, now, compose, timing, skipping, direction.	Heart rate, knee crunch, rhythm, side step, cross step.	Heart rate, knee crunch, rhythm, cross step, V step, heel flick, repeater squat.	Heart rate, knee crunch, rhythm, cross step, V step, heel flick, squat, abdominals, grapevine, switch arm, push up.

