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| **Year** | **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Reception** | **Locomotion: Walking and Jumping** | | **Dance  Nursery Rhymes/Nativity** | | **Gymnastics: High, Low, Over, Under** | | **Ball Skills Hands 1 and 2** | | **Ball Skills Feet** | | **Health & Wellbeing- Yoga Bugs** | |
| **Year 1**  **(Cycle A)** | **Locomotion: Running** | **Dance: Growing** | **Ball Skills Hands 1** | **Dance:**  **Nativity** | **Ball Skills Feet** | **Gymnastics: Wide, Narrow, Curled** | **Ball Skills Hands 2/Balancability** | **Gymnastics: Body Parts/Yoga Bugs** | **Locomotion: Jumping** | **Balancability** | **Team Building** | **Health and Wellbeing-**  **Yogabugs** | |
| **Year 2**  **(Cycle B)** | **Locomotion: Dodging** | **Dance: Water** | **Ball Skills Hands 1** | **Dance: Nativity** | **Ball Skills Feet** | **Gymnastics: Linking** | **Ball Skills Hands 2/ Balancability** | **Gymnastics: Pathways/Yoga Bugs** | **Locomotion: Jumping** | **Balancability** | **Team Building** | **Health and Wellbeing-**  **Yogabugs** | |