

Lesson 1 or Lessons 1 & 2 for the first three weeks	Learning theme	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1 or Lessons 1 & 2 for the first three weeks	Learning theme	hands feet equipment 	react roll retrieve 	Swimming	Swimming	look run avoid 	fair share dare 
Lesson 2 or Lessons 1 & 2 for the last three weeks	Learning theme	NCPE link	'Develop fundamental movement skills – object control'	'Develop fundamental movement skills – locomotion and object control'		'Team games, developing simple tactics for attacking and defending'	'Embed values such as fairness and respect'
	Learning theme	NCPE link	run jump throw 	agility balance coordination 	inspire create perform 	send receive return 	duel win lose 