

CURRICULUM MAP YEAR B 2023-2024 YEAR A 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Year A	Forest School:	Throwing and catching: <ul style="list-style-type: none"> • Ball Skills • Aiming 	Forest School	Dance	Forest School	Balanceability
EYFS Year B	Yoga: <ul style="list-style-type: none"> • Cosmic Yoga 	Forest School	Gymnastics: <ul style="list-style-type: none"> • Balancing • Travelling 	Forest School	Athletics <ul style="list-style-type: none"> • Jumping • Running • throwing 	Forest School
Year 1/2 – Year A	Yoga: <ul style="list-style-type: none"> • Cosmic Yoga Forest School	Indoor Athletics Net/Wall Skills <ul style="list-style-type: none"> • Tennis • Badminton • Volleyball 	Gymnastics Attacking and Defending – no equipment	Dance Forest School	Striking and Fielding: <ul style="list-style-type: none"> • Cricket • Rounders • Softball • Baseball Athletics	Attacking and Defending – with equipment <ul style="list-style-type: none"> • Hockey • Pop lacrosse Throwing and catching <ul style="list-style-type: none"> • Netball • Basketball • Ball Skills • Tchoukball • Dodgeball • Handball • Ultimate Frisbee
Year 1/2 Year B	Yoga: <ul style="list-style-type: none"> • Cosmic Yoga Net/Wall Skills: <ul style="list-style-type: none"> • Tennis • Badminton • Volleyball 	Indoor Athletics Forest School	Gymnastics Attacking and Defending – no equipment	Dance Throwing and Catching Skills <ul style="list-style-type: none"> • Netball • Basketball • Ball Skills • Tchoukball • Dodgeball • Handball • Ultimate Frisbee 	Forest School Athletics	Attacking and Defending – with equipment <ul style="list-style-type: none"> • Hockey • Pop lacrosse Striking and Fielding
Year 3/4 Year A	Yoga: <ul style="list-style-type: none"> • Cosmic Yoga Forest School:	Indoor Athletics Net Wall Skills <ul style="list-style-type: none"> • Tennis • Badminton 	Gymnastics Attacking and Defending – no equipment	Dance Forest School	Striking and Fielding: <ul style="list-style-type: none"> • Cricket • Rounders • Softball 	Attacking and Defending – with equipment <ul style="list-style-type: none"> • Hockey

		<ul style="list-style-type: none"> Volleyball 			<ul style="list-style-type: none"> Baseball 	<ul style="list-style-type: none"> Pop lacrosse
					Athletics	Throwing and Catching Skills <ul style="list-style-type: none"> Netball Basketball Ball Skills Tchoukball Dodgeball Handball Ultimate Frisbee
Year 3/4 – Year B	Yoga: <ul style="list-style-type: none"> Cosmic Yoga Net/Wall skills: <ul style="list-style-type: none"> Tennis Badminton Volleyball 	Indoor Athletics Forest School	Gymnastics Attacking and Defending – no equipment	Dance Throwing and Catching Skills <ul style="list-style-type: none"> Netball Basketball Ball Skills Tchoukball Dodgeball Handball Ultimate Frisbee 	Forest School Athletics	Attacking and Defending – with equipment: <ul style="list-style-type: none"> Hockey Pop lacrosse Striking and Fielding: <ul style="list-style-type: none"> Cricket Rounders Softball Baseball
Year 5 Year A	Yoga: <ul style="list-style-type: none"> Cosmic Yoga Tennis:	Indoor Athletics Netball	Gymnastics Tag Rugby	Dance OOA	Forest School Athletics	Cricket Hockey
Year 6	Yoga: <ul style="list-style-type: none"> Cosmic Yoga Badminton:	Indoor Athletics Basketball	Gymnastics Football	Dance OOA	Forest School Rounders	Athletics Pop Lacrosse

Indoor Athletics – obstacle course – hurdles – rebound boards – chest push throw – Javelin – long jump – triple jump – height jump - skipping

Throwing and catching skills – netball – basketball – tchoukball – handball - dodgeball – Ultimate frisbee (Wet Weather alternative -Boccia – New Age Kurling)

Gymnastics – balancing, shapes, travelling, equipment, rolls,

Attacking and defending – no equipment – football – tag rugby – (wet weather alternative - Goal Ball)

Dance

OOA – Year 5 and 6 only – other year groups will do some as part of forest school.

Athletics – hurdles – Long jump – high jump – triple jump – skipping – relay races – sprinting – distance work – javelin – shot putt – discuss – hammer – tennis /cricket ball throw

Striking and Fielding – Cricket – rounders – baseball - softball

Attacking and defending with equipment – Hockey – Pop Lacrosse