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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery** | **1st Session** |  | Teacher led listening and looking games | Gymnastics | Dance | Invasion games Throwing and Catching | Athletics |
| **Reception** | **1st Session** | Multi Skills | Gymnastics | Dance | Invasion GamesKicking with Feet | Athletics |
| **2nd Session** | Outdoor provision focused on locomotion and manipulation skills:Walking, jumping, running, hoppingCollecting, kicking, carrying, pushing, throwing | Outdoor provision focused on locomotion and stabilisation skills:Walking, jumping, running, hoppingBalancing, turning, bending, landing, extending, stretching |  |
| **Year 1** | **1st Session** | Multi skills | ManipulationInvasion games throwing towards a target | ManipulationInvasion games sending and receiving | Athletics | ManipulationNet games using a racket |
| **2nd Session** | Gymnastics | Dance(non PESSN) | Problem solving |
| **Year 2** | **1st Session** | Multi skills | ManipulationAttack vs. defence | Ball gamesDribbling and passing with feet | Athletics | ManipulationNet games using hands and tennis rackets |
| **2nd Session** | Gymnastics | Dance(non-PESSN) | Problem solving |

\*Swimming to take part over a 2 week period in the summer term