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| **KS1 Coverage:** | **KS2 Coverage:** |
| **Fundamental Movement Skills (FMS)****Dance****Games** | **Fundamental Sports Skills (FSS)****Dance** **Games****Gymnastics****Swimming** **OAA** |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | **LSC FMS:** Running, jumping, skipping, hopping, balancing etc. | **LSC Dance:** perform dances using simple movement patterns (FMS) | **LSC FMS Gymnastics**: Basic shapes, balances and roles. | **LSC FMS Gymnastics** Continuation/development of shapes, balances and roles. | **LSC FMS through Athletics activity**: Running, Jumping, Throwing etc. | **LSC through Athletics activity**: Running, Jumping, Throwing etc.**Sports Day** |
| **Y1** | **LSC FMS:** Throwing and catching/Sending and receiving**PE Hub FMS:** Send and return  | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills**PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles**PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object**PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills  | **LSC Introduction to OAA:** Introduction to Orienteering,**PE Hub Invasion games:** attacking and defending **Tournament Day and Sports Day** |
| **Y1/2** | **LSC FMS:** Throwing and catching/Sending and receiving**PE Hub FMS:** Send and return  | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills**PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles**PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object**PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills  | **LSC Introduction to OAA:** Introduction to Orienteering,**PE Hub Invasion games:** attacking and defending **Tournament Day and Sports Day** |
| **Y2** | **LSC FMS:** Throwing and catching/Sending and receiving**PE Hub FMS:** Send and return  | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills**PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles**PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object**PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills  | **LSC Introduction to OAA:** Introduction to Orienteering,**PE Hub Invasion games:** attacking and defending **Tournament Day and Sports Day** |
| **Y3** | **LSC Invasion games:** (attacking principles) football activities**PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities**PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely**PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting**PE Hub Games:**Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub Games Net and Wall:**Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery**PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**Tournament Day and Sports Day** |
| **Y3/4** | **LSC Invasion games:** (attacking principles) football/netball activities**PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities**PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely**PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting**PE Hub Games:**Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub Games Net and Wall:**Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery**PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**Tournament Day and Sports Day** |
| **Y4** | **LSC Invasion games:** (attacking principles) football/netball activities**PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities**PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely**PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting**PE Hub Games:**Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub Games Net and Wall:**Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery**PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**Tournament Day and Sports Day** |
|  | **Swimming rotation Y3/4 and Y4** |
| **Y5** | **LSC Invasion games:** (attacking principles) football/basketball activities**PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot basketball activities**PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps, balance and transitions. Incorporating peer observation and support. Using these skills on equipment.**PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting**PE Hub Games:**hockey | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub Games Net and Wall:**Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Golf**PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**Tournament Day and Sports Day** |
| **Y6** | **LSC Invasion games:** (attacking principles) football/basketball activities**PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot basketball activities**PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps, balance and transitions. Incorporating peer observation and support. Using these skills on equipment.**PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting**PE Hub Games:**hockey | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**PE Hub Games Net and Wall:**Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Golf, Archery**PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country**Tournament Day and Sports Day** |