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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **3**  **ESSP** | OAA  PPA – yoga/Pilates/team games | Hockey  PPA- Health and fitness | Tennis  PPA-gymnastics | Athletics  PPA-basketball/netball | Football  PPA-dodgeball/benchball | Rounders  PPA-Athletics  (Sports Day prep) |
| **4**  **ESSP** | OAA  PPA – yoga/Pilates/team games | Hockey  PPA- health and fitness | Tennis  PPA-gymnastics | Athletics and Swimming  PPA-basketball/netball | Football and Swimming  PPA-dodgeball/benchball | Rounders and Swimming  PPA-Athletics  (Sports Day prep) |
| **5**  **CS** | Danish Longball and Swimming  PPA-Benchball/Dodgeball | Gymnastics-synchronisation and canon and Swimming  PPA-Paceball | Basketball and Swimming  PPA-Football | Team Building and Problem Solving  PPA-Health and Fitness | Lacrosse  PPA-Cricket | Rounders  PPA-Athletics |
| **6**  **CS** | Danish Longball  PPA-Benchball/Dodgeball | Gymnastics-balance and counter tension  PPA-Paceball | Netball  PPA-Football | Team Building and Problem Solving  PPA-Health and Fitness | Tag Rugby  PPA-Cricket | Rounders  PPA-Athletics |