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| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| 3 | **Gymnastics-‘jumping-slashing rivers’****PPA – multi/getting to know schools.** | **Invasion-passing for possession: basketball and football****PPA- Health and fitness** | **Invasion-dribbling to invade: hockey and football****PPA-basketball** | **Dance science: magnets****PPA-paceball** | **Striking and exploring-strike and field****PPA-dodgeball/benchball** | **OAA-‘thinking aloud’ and Dodgeball****PPA-Athletics**(Sports Day prep) |
| 4 | **Gymnastics-‘what’s my direction?’****PPA – multi/getting to know schools.** | **Invasion-passing and moving: netball and basketball****PPA- health and fitness**  | **Invasion-dribbling, movement and teamwork: hockey and football** **PPA-basketball** | **Dance science: electricity***PPA(Swimming)* | **Fielding-strike and field***PPA(Swimming)* | **OAA-‘decisions’ and Dodgeball**Athletics(Sports Day prep) where possible.*PPA(Swimming)* |
| 5 | **Gymnastics-‘abstract angles’*****PPA****(Swimming)* | **Invasion-rules and concepts: football and netball*****PPA****(Swimming)* | **Invasion-in a team: hockey and ball skills*****PPA****(Swimming)* | **Dance-science: space****PPA-paceball** | **Exploring, striking and fielding****PPA-dodgeball/benchball** | **OAA-‘leadership’ and Dodgeball****PPA-Athletics**(Sports Day prep) |
| 6 | **Gymnastics-‘perfecting in which quadrant’****PPA (Joe)- dodgeball** | **Invasion-competitive: basketball and netball****PPA (Joe)-TBC** | **Invasion-to score: football and hockey****PPA (Joe)-TBC** | **Dance-street dance****PPA (Joe)-kwik cricket** | **Striking and fielding-teamwork****PPA (Joe)-TBC** | **OAA-‘finding success’ and Dodgeball****PPA (Joe)-TBC** *+ (Swimming)* |