



Scheme of Work

Foundation/ Key Stage 1

September – October (Games Activities Movement Games), **Tag Games, Spatial Awareness Games,**

November – December (Gymnastics Activities) **Gymnastics, Movement**

January – February (Dance Activities) **Movement Coordination**

February – April (Games Activities Coordination Games) **Hand and Eye Coordination**

April – May (Games Activities Strike and Fielding) **Throwing and Catching**

June – July (Games Activities Athletic Activities) **Skipping, Running, Jumping, Throwing and Balancing**