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| Year  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| N | Stop/go games | Parachute games | Dance/movement to music | Ball skills | Gymnastics | Athletics |
| R | Cooperation games | Ball skills | Movement in different ways | Dance | Gymnastics | Athletics |
| 1 | Gymnastics | Dance | Games | Gymnastics | Dance | Games |
| 2 | Dance | Gymnastics | Dance | Gymnastics | Games | Games |
| 3 | Games | Gymnastics | Gymnastics | Dance | Dance (folk) | Games |
| 4 | Dance (Brazilian) | Gymnastics | Gymnastics | Dance (rainforest) | Games | Games |
| 5 | Team building and speed games | Invasion games | Gymnastics and fitness | Dance (Tudor) | Athletics | Athletics |
| 6 | Orienteering | Games | Gymnastics | Dance | Athletics | Invasion Games |