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Year Group	Autumn 1 (8 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (7 Weeks)	Summer 1 (4 weeks)	Summer 2 (7 weeks)
6	Badminton 6 weeks + 1 week consolidation	Dance 6 weeks  	Gymnastics 10 weeks 		Bootcamp 6 weeks (first 2 weeks at end of Spring 2)	Athletics 6 weeks 
	Basketball 6 weeks + 1 week consolidation 	Football 6 weeks + 1 week consolidation 	Cricket 6 weeks 	Tennis 6 weeks	Tag rugby 5 weeks 	Rounders 5 weeks 
5	Tag rugby 6 weeks + 1 week consolidation 	Dance 6 weeks  	Gymnastics 10 weeks 		Badminton 6 weeks (first 2 weeks at end of Spring 2)	Athletics 6 weeks 
	Swimming 	Swimming 	Netball 6 weeks 	Hockey 6 weeks 	Rounders 5 weeks 	Cricket 5 weeks 

4	Basketball 6 weeks + 1 week consolidation 	Dance 6 weeks  	Gymnastics 10 weeks 		Badminton 6 weeks (first 2 weeks at end of Spring 2)	Athletics 6 weeks 
	Tennis 6 weeks + 1 week consolidation	Hockey 6 weeks + 1 week consolidation 	Swimming 	Swimming 	Cricket 5 weeks 	Rounders 5 weeks 
3	Invasion games fundamentals 6 weeks + 1 week consolidation 	Dance 6 weeks  	Gymnastics 10 weeks 		Badminton 6 weeks (first 2 weeks at end of Spring 2)	Athletics 6 weeks 
	Football 6 weeks + 1 week consolidation 	Netball 6 weeks + 1 week consolidation 	Hockey 6 weeks 	Tennis 6 weeks	Rounders 5 weeks 	Cricket 5 weeks 

2	Fundamental skills 6 weeks + 1 week consolidation	Dance 6 weeks  	Gymnastics 10 weeks 	Ball skills (invasion games) 6 weeks (first 2 weeks at end of Spring 2) 	Athletics 6 weeks 
1	Fundamental skills 6 weeks + 1 week consolidation	Dance 6 weeks  	Gymnastics 10 weeks 	Ball skills (invasion games) 6 weeks (first 2 weeks at end of Spring 2) 	Athletics 6 weeks 
R	Fundamental skills 6 weeks + 1 week consolidation	Dance Samba (3) Animals (3) 6 weeks  	Gymnastics 10 weeks 	Ball skills (invasion games) 6 weeks (first 2 weeks at end of Spring 2) 	Athletics 6 weeks 

Key of Golden Threads:

[Strike and Fielding](#), [Invasion Games](#), [Net and Wall](#), [Dance](#), [Gymnastics](#), [Athletics](#), [Cardiovascular](#)