

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Kingfishers	Running	Dance	Sending with body	Receiving with body	Multiskills (A,B,C)	Team Games
	Jumping	Gymnastics	Sending with equipment	Receiving with equipment	Team Games	Swimming
Wagtails	Running	Dance	Sending with body	Receiving with body	Multiskills (A,B,C)	Team Games
	Jumping	Gymnastics	Sending with equipment	Receiving with equipment	Team Games	Swimming
Chickadees	Running and jumping/Striking and Fielding Skills	Net and Wall Skills	Gymnastics	Dance	Athletics	Team Games/Invasion Skills
	Multiskills (A,B,C)	Throwing skills	Catching skills	Health Related Fitness	Team Games/ Invasion Skills	Swimming
Swans	Striking and Fielding Skills	Net and Wall Skills	Gymnastics	Dance	Athletics	Invasion Skills
	Sport Specific Movement Skills	Orienteering	Conditioning (yoga, flexibility, strength, core)	Health Related Fitness	Invasion Skills	Swimming
Penguins	Striking and Fielding Skills	Net and Wall Skills	Gymnastics	Dance	Athletics	Invasion Skills
	Sport Specific Movement Skills	Orienteering	Conditioning (yoga, flexibility, strength, core)	Health Related Fitness	Invasion Skills	Swimming
Hawks	Striking and Fielding Skills	Net and Wall Skills	Gymnastics	Dance	Athletics	Invasion Skills

	Sport Specific Movement Skills	Orienteering	Conditioning (yoga, flexibility, strength, core)	Health Related Fitness	Invasion Skills	Swimming
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