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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Early Years | TRAVELLING WITH CONFIDENCE AND EXPERIMENTS WITH DIFFERENT WAYS OF MOVING | THROWING, CATCHING AND KICKING | JUMPING, BALANCE AND CLIMBING EQUIPMENT | NEGOTIATING SPACE ADJUSTING SPEED OR DIRECTION  Swimming | RUNNING AND JUMPING | DANCE |
| Yr 1/2 | RUNNING AND JUMPING | AGILITY | CO-ORDINATION | THROWING  Swimming | CATCHING | BALANCE |
| Yr 3/4 | RUNNING AND JUMPING  Swimming yr 4 | THROWING AND CATCHING | FLEXIBILITY | STRENGTH | CONTROL AND BALANCE  SWIMMING | DANCE MOVEMENTS  SWIMMING |
| Yr 5/6 | RUNNING AND JUMPING | THROWING AND CATCHING  Swimming yr 5/6 | FLEXIBILITY  Swimming yr 5/6 | STRENGTH | CONTROL AND BALANCE | DANCE MOVEMENTS |

Throughout the year classes will also be taking part in outdoor and adventurous activity challenges both individually and within a team.

Autumn Term

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| Tuesday Afternoon  Cramlington Rockets | **Reception year 1/2**  1st Half term- TRAVELLING WITH CONFIDENCE AND EXPERIMENTS WITH DIFFERENT WAYS OF MOVING/ RUNNING AND JUMPING  2nd Half Term - THROWING, CATCHING AND KICKING/ AGILITY | **Year ¾**  1st Half Term - RUNNING AND JUMPING  2nd Half Term - THROWING AND CATCHING |
| Wednesday Afternoon  Cramlington Rockets | **Year5/6**  1st Half Term - RUNNING AND JUMPING  **Year ¾**  2nd Half Term - THROWING AND CATCHING | **Reception year 1/2**  1st Half term- TRAVELLING WITH CONFIDENCE AND EXPERIMENTS WITH DIFFERENT WAYS OF MOVING/ RUNNING AND JUMPING  2nd Half Term - THROWING, CATCHING AND KICKING/ AGILITY |
| Thursday Afternoon  NUFC | **Reception year 1/2**  1st Half term- TRAVELLING WITH CONFIDENCE AND EXPERIMENTS WITH DIFFERENT WAYS OF MOVING/ RUNNING AND JUMPING  2nd Half Term - THROWING, CATCHING AND KICKING/ AGILITY | **Year5/6**  1st Half Term - RUNNING AND JUMPING  2nd Half Term - THROWING AND CATCHING |
| Swimming Wednesday | Year 4 – 1st Half Term  Year 5/6 - 2nd Half Term | |

Spring Term

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| Tuesday Afternoon  Cramlington Rockets | **Year ¾**  1st Half Term - FLEXIBILITY  2nd Half Term - STRENGTH | **Year 5/6**  1st Half Term - FLEXIBILITY  2nd Half Term - STRENGTH |
| Wednesday Afternoon  Cramlington Rockets | **Reception year 1/2**  1st Half term- JUMPING, BALANCE AND CLIMBING EQUIPMENT / CO-ORDINATION  **Year5/6**  2nd Half Term – STRENGTH | **Year ¾**  1st Half Term - FLEXIBILITY  2nd Half Term - STRENGTH |
| Thursday Afternoon  NUFC | **Reception year 1/2**  1st Half term- JUMPING, BALANCE AND CLIMBING EQUIPMENT / CO-ORDINATION  2nd Half Term - JUMPING, BALANCE AND CLIMBING EQUIPMENT/ CO-ORDINATION | **Year ¾**  1st Half Term - FLEXIBILITY  2nd Half Term - STRENGTH |
| Swimming Wednesday | Year 5 – 1st Half Term  Reception/Year ½ - 2nd Half term Water Confidence | |

Summer Term

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| Tuesday Afternoon  Cramlington Rockets | **Reception year 1/2**  1st Half term- RUNNING AND JUMPING / CATCHING  2nd Half Term - DANCE / BALANCE | **Year ¾**  1st Half Term - CONTROL AND BALANCE  2nd Half Term - DANCE MOVEMENTS |
| Wednesday Afternoon  Cramlington Rockets | **Reception year 1/2**  1st Half term- RUNNING AND JUMPING / CATCHING  2nd Half Term - DANCE / BALANCE | **Year 5/6**  1st Half Term - CONTROL AND BALANCE  2nd Half Term - DANCE MOVEMENTS |
| Thursday Afternoon  NUFC | **Reception year 1/2**  1st Half term- RUNNING AND JUMPING / CATCHING  2nd Half Term - DANCE / BALANCE | **Year 5/6**  1st Half Term - CONTROL AND BALANCE  2nd Half Term - DANCE MOVEMENTS |
| Swimming Wednesday | Year ¾ - Swimming All term | |