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| **Year Group** | **Autumn 1**  **(HHH assessment)** | **Autumn 2** | **Spring 1**  **(HHH assessment)** | **Spring 2** | **Summer 1** | **Summer 2**  **(HHH assessment)** |
| **1** | Multi skills  Dance | Dance  Gymnastics | Multi-skills Gymnastics | Dance  Multi-skills | Athletics  Multi skills | Athletics  Gymnastics |
| **2** | Gymnastics  Dance | Dance  Multi-skills | Multi-skills  Gymnastics | Multi-skills  Dance | Gymnastics  Athletics | Athletics  Multi-skills |
| **3** | Dance  Outdoor & Adventurous | Games- striking and fielding  Gymnastics | Dance  Games- Invasion | Gymnastics  Games- net/wall | Dance  Gymnastics | Games- net/wall  Athletics |
| **4** | Games - Invasion  Outdoor & Adventurous | Dance  Gymnastics | Dance  Games- net/wall | Gymnastics  Games- net/wall | Swimming  Athletics | Athletics  Swimming |
| **5** | Outdoor & Adventurous  Dance | Gymnastics  Games- net/wall | Games- Invasion  Gymnastics | Games- Invasion  Dance | Athletics  Gymnastics | Games- striking and fielding  Athletics |
| **6** | Outdoor & Adventurous  Dance | Games- Invasion  Gymnastics | Games- net/wall  Gymnastics | Games- Invasion | Games- striking & fielding  Dance | Dance  Athletics  Swimming |