

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Personal Cog Coordination and Static Balance	Personal Cog Football & Basketball 4 weeks each	Personal Cog Football & Basketball 4 weeks each	Personal Cog Football & Basketball 4 weeks each	Personal Cog (Swimming)	Personal Cog Football & Basketball 4 weeks each	Personal Cog Football & Basketball 4 weeks each
Autumn 2	Social Dynamic and Static Balance	Social Cog Gym	Social Cog Gym	Social Cog Gym	Gym (Swimming)	Social Cog Gym	Social Cog Gym
Spring 1	Cognitive Dynamic and Static Balance	Cognitive Cog Hockey	Cognitive Cog Hockey	Cognitive Cog Hockey	Cognitive Cog (Swimming)	Cognitive Cog Hockey	Cognitive Cog Hockey
Spring 2	Creative Cog - Dance Coordination and Counterbalance	Creative Cog - Dance Rugby	Creative Cog - Dance Rugby	Creative Cog - Dance Rugby	Creative Cog - Dance (Swimming)	Creative Cog - Dance Rugby	Creative Cog - Dance Rugby
Summer 1	Physical Coordination and Agility	Physical Cog Cricket	Physical Cog Cricket	Physical Cog Cricket	Physical Cog (Swimming)	Physical Cog Cricket	Physical Cog Cricket
Summer 2	Health and Fitness Agility and Static Balance	Health and Fitness Tennis/Athletics	Health and Fitness Tennis/Athletics	Health and Fitness Tennis/Athletics	Health and Fitness (Swimming)	Health and Fitness Tennis/Athletics	Health and Fitness Tennis/Athletics