

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
R	<p>Movement Stability and Locomotion Fundamentals of movement: Different ways of travelling, stopping and starting. Changing directions, speed and pathways. Dynamic Balance through body control Spatial awareness</p>	<p>Class reader Dance Story book dance approach</p>	<p>Animals Dance Thematic dance approach.</p>	<p>Stability Gymnastics Stretching and curling. Curled up balances on different body parts, travelling in curled positions. Stretched out balances travelling in stratched positions. Val sabin unit 3</p>	<p>Rolling Object Control Different equipment, what rolls, what can you roll, can you get a change of direction. For target, individual and partner.</p>	<p>Multi skills Games Object Control Application of skills from previous units. Completion with self and against others (small sided)</p>	
	<p>Object Control Familiarisation with a variety of equipment 'what can you do with it. Exploration with hands, feet and other body parts etc.</p>	<p>Gymnastics Fundamentals of gym: Travelling: in different direction, hand and feet, high and low Along over and through apparatus 'Val sabin unit 2'</p>	<p>OAA Teamwork working cooperatively with others OAA resource folder</p>	<p>Aiming and Throwing Object control Target throwing: in to, on to, though. On their own and with a partner/ small group.</p>	<p>Athletics Lessons that focus on: Running: sprint, relay, obstacle course, longer run. Throwing: quoit throw, under arm, over arm throw. Object control throw aiming for an area. Jumping: standing jump, vertical jump, speed bounce. Level 1 competition carousel</p>		
1	<p>Games Stability and Locomotion object control GAMES - Movement games – sending skills – receiving skills – sending and receiving – aiming games Developing the skills of movement without a ball, rolling, throwing, kicking, striking, movement with a ball, aiming, catching and controlling. (Use of Top Play cards + Val Sabin and core tasks cards) End of spring term Level 1 competition</p>				<p>Athletics Athletic skills Using the UKA folder elevating athletics Activities 1-5 running Activities 1-3 Jumping Activities 1-3 Throwing Level 1 competition carousel</p>		
	<p>Gymnastics Flight- Jumping, bouncing and landing Val Sabin yr1 unit 1</p>	<p>Dance Book approach Development of a dance through story book approach.</p>	<p>Gymnastics Core tasks 'Making Shapes' Sequence development</p>	<p>Dance Topic approach Development of a dance through topic book approach.</p>	<p>OAA Teamwork working cooperatively with others OAA resource folder</p>	<p>Multi skills Games Strike and field. Development of hitting with a variety of objects. Completion with self and against others (small sided)</p>	
2	<p>Games Movement Kho kho,</p>	<p>Games Hand eye coordination Throwing catching piggy in middle, zig zag throw, over under rolling tunnel ball.</p>	<p>Games Tag Games Stuck in the mud, line tag, snake take (tag), octopus and crabs.</p>	<p>Games Aiming games Throwing, kicking, rolling and pushing for a target.</p>	<p>Athletics Athletic skills Using the UKA folder elevating athletics Activities 6-10 running Activities 4-7 Jumping Activities 4-7 Throwing Level 1 competition carousel</p>		
	<p>Gymnastics Points and patches Sequence development Val sabin yr1 unit 2</p>	<p>Dance Book approach Development of a dance through story book approach.</p>	<p>Gymnastics Core tasks Family of actions Developing a sequence.</p>	<p>Dance Topic approach Development of a dance through topic book approach.</p>	<p>OAA Teamwork working cooperatively with others OAA resource folder</p>	<p>Multi skills Games Strike and field. Development of hitting with a variety of objects. Completion with self and against others (small sided)</p>	
Events			Multi skills		Striking and fielding		
3	<p>Games Invasion games Tag rugby and football Focus</p>	<p>Games Invasion games Netball and Hockey focus Level 1 Competition</p>	<p>Games Target games Inclusive sports boccia, Kurling etc</p>	<p>OAA Teamwork working cooperatively with others OAA resource folder</p>	<p>Athletics Athletic skills Using the UKA folder elevating athletics Activities 1-4 running Activities 1-4 Jumping Activities 1-3 Throwing Level 1 competition carousel</p>		

		-quick stick -passes to partner -dribbling relays			-Run, jump or throw challenge	
	Gymnastics Symmetry and asymmetry Val Sabin yr3 unit 2	Dance Thematic dance approach	Dance Story book dance approach	Gymnastics Core skills PE Skills	Games Net and wall Tennis focus Level 1 -Keep ups on racket -Target serve Ralies -balance ball for distance	Games Striking and fielding Cricket and tri golf focus. Level 1 -howzat cards -6 ball how many runs (groups of 5 rotate positions) -off cone targets.
4	Games Invasion games Tag rugby and football Focus	Games Invasion games Basketball and Hockey focus Level 1 Competition quick stick -passes to partner -dribbling relays	Games Target games Tri golf and Inclusive sports boccia, Kurling etc Level 1 Target challenges Official challenges on trigolf cards.	OAA Teamwork working cooperatively with others OAA resource folder	Athletics Athletic skills Using the UKA folder elevating athletics Activities 5-8 running Activities 5-8 Jumping Activities 4-7 Throwing Level 1 competition carousel -Run, jump or throw challenge	
	Gymnastics Rolling Val Sabin yr4 unit 4	Dance Thematic dance approach	Dance Story book dance approach	Gymnastics Balancing Val Sabin yr4 unit 1	Games Net and wall Tennis focus Level 1 -Keep ups on racket -Target serve Ralies -balance ball for distance	Games Striking and fielding Cricket and tri golf focus.
Events	Tag Rugby Girls football	Quickstick hockey Kho kho		OAA and Problem solving	Archery Arows Tri golf Tennis	
5	Games Tag rugby Tag taking, dodging, ball carrying and player support tactics. Level 1 Tag rugby matches	Games Football Ball control, Passing under pressure, Attacking and defending tactics Level 1 invasion -dribbling relays -penalty shoot out -Scored games	HRF Circuits and fitness programme Programmes for different purposes, muscles of the body (linked to science), muscular endurance, CV development.	OAA Teamwork working cooperatively with others OAA resource folder	Games Alternative sports Ultimate Frisbee and rock-it ball	Games Striking and fielding Rounders
	Athletics Indoor Athletics Variety of track and field events And x-country (level 1 - Trials)	Gymnastics Bridges Val Sabin yr5 unit 1	Dance Thematic dance approach	Gymnastics Core tasks Partner work	Dance Core task Time	Athletics Using the UKA folder elevating athletics Activities 1-3 running Activities 1-3 Jumping Activities 1-3 Throwing
6	Games Basketball / Netball PE Skills Level 1 Passes in a time Shots (timed or amount)	Games Hockey PE Skills	Games Badminton PE Skills	Alternative yoga and mindfulness PE	OAA Teamwork working cooperatively with others OAA resource folder	Games Striking and fielding cricket
	Athletics	Gymnastics	Dance	Gymnastics	Athletics	Dance

	Indoor Athletics <i>Variety of track and field events</i> <i>And x-country(level 1)</i>	Matching & mirroring and canon & synchronising <i>Val Sabin yr6 units 1&3</i>	Core task <i>Making the grade</i>	Core tasks <i>Acrobatic Gymnastic</i>	<i>Using the UKA folder elevating athletics</i> <i>Activities 4-6 running</i> <i>Activities 4-6 Jumping</i> <i>Activities 4-6 Throwing</i>	<i>Thematic dance approach</i> <i>'Leaving'</i>
Events	Tag Rugby Indoor Athletics Cross country Practice Football league Girls football	Cross country h	Kuling and boccia	Netball league	Orienteering Archery Aroows Tennis rounder	Athletics
EVENTS ALL				DANCE		Dodge ball Ks2