

| BASED ON<br>2 LESSONS PER WEEK                                        |                                 | AUTUMN TERM                                                                                                                                                          |                                                                                                                                                                  | SPRING TERM                                                                                                                         |                                                                                                                                        | SUMMER TERM                                                                                                                                                                                  |                                                                                                                                                                            |
|-----------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                       |                                 | 1ST HALF                                                                                                                                                             | 2ND HALF                                                                                                                                                         | 1ST HALF                                                                                                                            | 2ND HALF                                                                                                                               | 1ST HALF                                                                                                                                                                                     | 2ND HALF                                                                                                                                                                   |
| MOVING FROM THE EARLY<br>LEARNING GOALS TO THE<br>NATIONAL CURRICULUM | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic activities</b><br>Travelling<br>Use of feet, hands and feet.<br><br><b>QCA 1.1</b>                                                                      | <b>Dance</b><br>Animals - travelling<br>different body parts.<br><br><b>Top Dance/ QCA 1.1</b>                                                                   | <b>Gymnastic activities</b><br>Rocking - forwards,<br>backwards, sideways.<br>Balancing points/patches.<br><br><b>Top cards</b>     | <b>Dance</b><br>Ourselves - responding to<br>different rhythms.<br><br><b>Top cards</b>                                                | <b>Gymnastic Activities</b><br>Jumping and landing<br>action - bent knees, light<br>feet.<br><br><b>Top cards</b>                                                                            | <b>Dance</b><br>Nursery rhymes e.g.<br>Grand Old Duke of<br>York/Incy Wincy Spider<br><b>Top cards/Time to<br/>Move</b>                                                    |
|                                                                       | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Pushing, hands and feet.<br><br><b>QCA 1.1</b>                                                                                                       | <b>Games</b><br>Pushing and stopping<br>using hands and feet.<br><br><b>QCA 1.1</b>                                                                              | <b>Games</b><br>Dropping and catching<br>throw up and catch.<br><br><b>Top cards</b>                                                | <b>Games</b><br>Partner work<br>Catch and throw<br>Underarm throw<br>partner/target<br><br><b>Top cards</b>                            | <b>Games</b><br>Throw for distance (over<br>arm) push ball with bat,<br>hit ball up/down with bat.<br><br><b>Top cards</b>                                                                   | <b>Games</b><br>Jumping activities -<br>using assistance, hoops,<br>ropes, lines, running<br>activities.<br><br><b>Top cards</b>                                           |
| YEAR 1                                                                | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic activities</b><br>Travelling - turning<br>movements balance<br>shapes e.g. wide/narrow.<br><br><b>Top Gym E1/ CA1.1</b>                                 | <b>Dance</b><br>Autumn - body shapes<br>and pathways.<br><br><b>QCA 1.1/ Top<br/>Dance/Time to Move</b>                                                          | <b>Gymnastic Activities</b><br>Rolling sideways<br>Jumping landing - heights<br>and shape.<br><br><b>Top cards</b>                  | <b>Dance</b><br>Mathematics - shapes and<br>body tension e.g. circles,<br>spinning.<br><br><b>Top cards/Time to Move</b>               | <b>Gymnastic Activities</b><br>Taking weight on hands,<br>climbing on apparatus.<br><br><b>Top cards</b>                                                                                     | <b>Dance</b><br>Transport<br><br><b>Top cards/Time to<br/>Move</b>                                                                                                         |
|                                                                       | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Bouncing use of<br>hand/bat. Pushing using<br>bat, hit back, up down<br>using bat.<br><br><b>QCA 1.1</b>                                             | <b>Games</b><br>Striking a still ball - push<br>using stick. Partner work<br>co-operative practices.<br><br><b>QCA 1.1</b>                                       | <b>Games</b><br>Running/stopping<br>Faster ball - bowling to<br>partner - chest pass -<br>travel and throw.<br><br><b>Top cards</b> | <b>Games</b><br>Throw overarm to target.<br>Strike a moving ball.<br>Accurate passing.<br>Kicking to partner.<br><br><b>Top cards</b>  | <b>Games</b><br>Devise and play games in<br>pairs with appropriate<br>equipment.<br><br><b>Top cards</b>                                                                                     | <b>Games</b><br>Running, jumping.<br>running and jumping,<br>skipping (over<br>ropes/canes) galloping<br><br><b>Top cards</b>                                              |
| YEAR 2                                                                | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic Activities</b><br>Travelling considering<br>speed, direction, shape<br>on and off apparatus.<br><b>Top Gym E1, E2/ QCA<br/>2.2</b>                      | <b>Dance</b><br>Fireworks - jumping,<br>spinning, twisting,<br>turning - poetry/art work.<br><b>QCA 2.2/ Top<br/>Dance/Time to Move</b>                          | <b>Gymnastic Activities</b><br>Symmetrical balance<br>shapes - rolling actions<br>different directions.<br><b>Top cards</b>         | <b>Dance</b><br>Water cycle.<br><br><b>Top cards/Time to Move</b>                                                                      | <b>Gymnastic Activities</b><br>Jumping - flight off and<br>shapes e.g. tuck, star.<br>Taking weight into and<br>out of balance.<br><b>Top cards</b>                                          | <b>Dance</b><br>Story e.g. gingerbread<br>man sequence work.<br>Going on a bear hunt.<br><b>Top cards/Time to<br/>Move</b>                                                 |
|                                                                       | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Rolling/stopping/<br>changing direction/<br>speeds. Using a stick<br>passing, stopping with<br>partner (left to right).<br>Striking and hitting. 2.2 | <b>Games</b><br>Develop throwing,<br>catching and kicking;<br>using large balls.<br>Develop attaching skills<br>in games court, grid<br>lines.<br><b>QCA 2.2</b> | <b>Games</b><br>Throwing and running<br>skills using rugby ball,<br>dribbling and kicking<br><br><b>Top cards</b>                   | <b>Games</b><br>Push pass with feet<br>Push pass stick<br>3 v 1, 2 v1 , using above<br>skills. Creative games.<br><br><b>Top cards</b> | <b>Games</b><br>Throwing for distance<br>(sideways action) aiming,<br>hitting - distance,<br>accuracy and catching.<br>Creating small sided game<br>using above skills. <b>Top<br/>cards</b> | <b>Games</b><br>Jumping for height and<br>distance. Running and<br>jumping over low<br>obstacles.<br>Running short distances<br>- skipping activities.<br><b>Top cards</b> |
|                                                                       |                                 | <b>SWIMMING CAN BE AN OPTIONAL EXTRA DURING THIS KEY STAGE<br/>N.B. TOP SPORT TO BE ADDED</b>                                                                        |                                                                                                                                                                  |                                                                                                                                     |                                                                                                                                        |                                                                                                                                                                                              |                                                                                                                                                                            |

| BASED ON 2 (Yr 3/4) or 3 (Yr 5/6) LESSONS PER WEEK |                                 | AUTUMN TERM                                                                                                                                               |                                                                                                                                                                          | SPRING TERM                                                                                                                       |                                                                                                                                          | SUMMER TERM                                                                                                                                                         |                                                                                                                                                                                 |
|----------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                    |                                 | 1ST HALF                                                                                                                                                  | 2ND HALF                                                                                                                                                                 | 1ST HALF                                                                                                                          | 2ND HALF                                                                                                                                 | 1ST HALF                                                                                                                                                            | 2ND HALF                                                                                                                                                                        |
| YEAR 3                                             | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic activities</b><br>Travelling - changing speed direction<br>use of feet and hands<br><br><b>Top Gym E1/ QCA 3.3</b>                           | <b>Gymnastic activities</b><br>Travelling - changing speed direction<br>use of feet and hands<br><br><b>Top Gym E1/ QCA 3.3</b>                                          | <b>Gymnastic activities</b><br>Rolling - forward, sideways, circular. Balance with tension<br><br><b>Top cards</b>                | <b>Dance</b><br>Music - responding to rhythms and mood of music.<br>Country dance/maypole.<br><br><b>Top cards/Time to Move</b>          | <b>Gymnastic Activities</b><br>Jumping/different shapes and turns<br>Taking weight feet → hands → feet<br><b>Top cards</b>                                          | <b>Athletics</b><br>Running long - short distance, relay<br>Jumping activities<br>Throwing sideways action<br><b>Award Scheme</b>                                               |
|                                                    | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Throwing/catching, passing, partner work. Introducing direction game and aiming.<br><br><b>QCA 3.3</b>                                    | <b>Games</b><br>Dribbling, stopping, starting, changing direction, passing game with partner.<br><br><b>QCA 3.3</b>                                                      | <b>Games</b><br>Dribbling, controlling, bouncing ball, passing game with partner/small groups.<br><br><b>Top cards</b>            | <b>Games</b><br>Different types of pass - push, drive. Passing game, small sided.<br><br><b>Top cards</b>                                | <b>Games</b><br><b>Striking games</b><br>Rounders/ cricket<br>fielding skills, overarm throwing, catching high/low.<br><b>Top cards</b>                             | <b>Games</b><br>Net games - Throwing over net in pairs. Catching ball above head.<br>Co-operative practice → small game<br><b>Top cards</b>                                     |
| YEAR 4                                             | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic activities</b><br>Travelling movement<br>Turning to change direction, individual balance shapes<br><br><b>Top Gym E1, C1/ QCA 4.4</b>        | <b>Gymnastic activities</b><br>Travelling movement<br>Turning to change direction, individual balance shapes<br><br><b>Top Gym E1, C1/ QCA 4.4</b>                       | <b>Gymnastic Activities</b><br>Balance shapes in pairs - changing levels and shapes. Jumping and landing.<br><br><b>Top cards</b> | <b>Dance</b><br>Balloons - contrast quality of movement. Respond to stimulus e.g. adjectives, poem.<br><br><b>Top cards/Time to Move</b> | <b>Gymnastic Activities</b><br>Taking weight - climbing, lifting feet high and rolling activities.<br><br><b>Top cards</b>                                          | <b>Athletics</b><br>Running, sprints, distance, relays, jumping for distance, height, throwing.<br><br><b>Award Scheme</b>                                                      |
|                                                    | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Individual dribbling, passing to partner, push pass travelling with partner.<br><br><b>QCA 4.4</b>                                        | <b>Games</b><br>Running to avoid objects. Throwing and catching. Travelling with partner, running with ball.<br><br><b>QCA 4.4</b>                                       | <b>Games</b><br>Pushing to targets, scoring. Small sided game. Directional play.<br><br><b>Top cards</b>                          | <b>Games</b><br>Throwing, catching, movement into space, scoring games 3 v 1 etc.<br><br><b>Top cards</b>                                | <b>Games</b><br><b>Striking games Rounders</b><br>Fielding games, overarm throwing, bowling underarm. Aiming → mini rounders game.<br><b>Top cards</b>              | <b>Games</b><br>Net games - short tennis. Throwing ball over net to partner - throwing ball return with bat. Rally over net/barrier. Pairs, doubles, relay.<br><b>Top cards</b> |
| YEAR 5                                             | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic Activities</b><br>Travelling - selection/apparatus<br><br><b>Top Gym E1-E5/ QCA 5.5</b>                                                      | <b>Gymnastic Activities</b><br>Travelling - selection/apparatus<br><br><b>Top Gym E1-E5/ QCA 5.5</b>                                                                     | <b>Gymnastic Activities</b><br>Balance - symmetrical asymmetrical, pair work<br><br><b>Top cards</b>                              | <b>Dance</b><br>Percussion - respond to rhythm, perform simple travel patterns.<br><br><b>Top cards/Time to Move</b>                     | <b>Gymnastic Activities</b><br>Jumping - flight off taking weight on different parts of the body.<br><br><b>Top cards</b>                                           | <b>Athletics</b><br>Running, jumping, throwing activities.<br>Award schemes.<br><br><b>Award Scheme</b>                                                                         |
|                                                    | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Revision of basic skills; dribbling, stopping, changing direction and passing. Keeping possession activities - end ball<br><b>QCA 5.5</b> | <b>Games</b><br>Revision of basic skills; dribbling, stopping, changing direction and passing. Possession ball, end ball including direction and scoring. <b>QCA 5.5</b> | <b>Games</b><br>Small sided games developing/passing/receiving etc. in 4 v 4, 3 v 2.<br><br><b>Top cards</b>                      | <b>Games</b><br>Small sided games<br>Attack/defence skills<br><br><b>Top cards</b>                                                       | <b>Games</b><br><b>Striking Games Cricket</b><br>Fielding games, overarm, throwing, striking, bowling, overarm, catching high/low. Mini cricket<br><b>Top cards</b> | <b>Games</b><br>Net games - serving over net, rallying, set and dig practices → small game situation.<br><br><b>Top cards</b>                                                   |
| YEAR 6                                             | I<br>N<br>D<br>O<br>O<br>R      | <b>Gymnastic Activities</b><br>Sequence work.<br>Balance and travel<br><br><b>Top Gym E1-E6, C1-C6/ QCA 6.6</b>                                           | <b>Gymnastic Activities</b><br>Sequence work.<br>Balance and travel<br><br><b>Top Gym E1-E6, C1-C6/ QCA 6.6</b>                                                          | <b>Gymnastic Activities</b><br>Small group tasks - floor and apparatus<br><br><b>Top cards</b>                                    | <b>Dance</b><br>Satellites - performing contrasting movements. Rotating and spinning - small groups.<br><b>Top cards/Time to Move</b>    | <b>OAA</b>                                                                                                                                                          | <b>Athletics</b><br>Running, jumping, throwing - recording and measuring performance<br><br><b>Award Scheme</b>                                                                 |
|                                                    | O<br>U<br>T<br>D<br>O<br>O<br>R | <b>Games</b><br>Revision of basic skills; dribbling, stopping, changing direction and passing. Possession ball even side end ball. <b>QCA 6.6</b>         | <b>Games</b><br>Revision of basic skills; dribbling, stopping, changing direction and passing. Possession ball skills and practices. <b>QCA 6.6</b>                      | <b>Games</b><br>Small sided games - use of grid areas → mini game rules/simple activities<br><br><b>Top cards</b>                 | <b>Games</b><br>Small sided games - new image skills - simple tactics two handed touch and scoring.<br><br><b>Top cards</b>              | <b>Games</b><br>Ffielding, games, bowling, striking, mini cricket/mini rounders<br><br><b>Top cards</b>                                                             | <b>Games</b><br>Serving, return of serve, rally volley practice - small games e.g. doubles<br><br><b>Top cards</b>                                                              |
| NB SWIMMING<br>NB OUTDOOR GAMES                    |                                 | TO BE INCLUDED DURING EVERY YEAR AT THIS KEY STAGE<br>ALL OUTDOOR GAMES IN THE WINTER WILL USE THE MEDIUMS OF HOCKEY, NETBALL AND FOOTBALL                |                                                                                                                                                                          |                                                                                                                                   |                                                                                                                                          |                                                                                                                                                                     |                                                                                                                                                                                 |

