

Term	<u>Autumn 1</u>	Autumn 2	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	<u>8 weeks</u>	7 weeks	<u>6 Weeks</u>	<u>6 weeks</u>	<u>5 Weeks</u>	<u>6 Weeks</u>
Reception	Fundamentals – unit 1 F.M.S <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Fundamentals – unit 2 F.M.S Key skills: Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running Social: working safely, responsibility, working with others Emotional: managing emotions, challenging myself Thinking: selecting and applying actions	Ball skills – Unit 1 Games <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Gymnastics – unit 2 Body Management Key skills: Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: leadership, taking turns, helping others Emotional: determination Thinking: selecting and applying skills, creating sequences	Games – Unit 1 Games Key skills: Physical: running, balancing, changing direction, striking a ball, throwing Social: communication, co-operation, taking turns, supporting and encouraging others Emotional: honesty and fair play, managing emotions Thinking: using tactics, decision making	Ball skills – unit 2 Games Key skills: Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, sharing and taking turns Emotional: determination Thinking: using tactics, decision making



	Fundamentals	Sending and receiving	Striking and Fielding	Dance -Anna James	Athletics	Gymnastics
	F.M.S	Games	Games		F.M.S	Body Management
				Key skills:		
	Key Skills:	Key Skills:	Key Skills:	Perform simple sequences of	Key Skills:	Key Skills:
	Physical: balancing, sprinting,	Physical: rolling, kicking,	Physical: throwing,	movement combining actions		Physical: travelling actions,
	jogging, dodging, jumping,	throwing, catching,	catching, retrieving a ball,	with changes in speed and	Physical: running at varying	shapes, balances, jumps,
	hopping, skipping	tracking	tracking a ball, striking a	changes in level with a	speeds, agility, balance,	barrel roll, straight roll,
			ball	partner.	jumping, hopping and	forward roll progressions
	Social: taking turns,	Social: taking turns,			leaping in combination and	
	supporting and encouraging	supporting and	Social: communication,	To perform in front of a larger	for distance, throwing for	Social: sharing, working
Year 1	others, working safely,	encouraging others,	supporting and	audience	distance	safely
Ye	communication	respect, communication	encouraging others,			
			consideration of others		Social: working safely,	Emotional: confidence
	Emotional: challenging	Emotional: challenging			collaborating with others	
	myself, perseverance,	myself, perseverance,	Emotional: perseverance,			Thinking: observing and
	honesty	honesty, being happy to	honesty and fair play		Emotional: working	providing feedback,
		succeed			independently, honesty and	selecting and applying
	Thinking: selecting and		Thinking: using tactics,		playing to the rules,	actions
	applying, identifying	Thinking: transferring	selecting and applying		determination	
	strengths, listening and	skills	skills, decision making			
	following instructions				Thinking: exploring ideas	



	Dance -Anna James	Net and Wall games Games	Invasion Games	Athletics F.M.S	Gymnastics Body Management	Striking and Fielding Games
	Kovskille	Games	Games	F.IVI.5	Body Management	Games
	<u>Key skills:</u> Perform simple sequences of	Key skills:	Key Skills	Key skills:	Key skills:	Key skills:
	movement combining actions	Physical: throwing,	Physical: dribble, throw,	Physical: running at different	Physical: shapes, balances,	Physical: throwing and
	with changes in speed and	catching, racket skills,	catch, kick, receive, run,	speeds, jumping for distance,	shape jumps, travelling	catching, tracking a ball,
	changes in level with a	ready position, hitting a	jump, change direction,	throwing for distance	movements, barrel roll,	bowling, batting
	partner.	ball	change speed		straight roll, forwards roll	Sowing, Satting
				Social: working safely,		Social: communication,
	To perform in front of a larger	Social: support, co-	Social: communication,	collaborating with others	Social: sharing, working	collaboration
	audience	operation, respect,	kindness, support others,		safely	
		communication	co-operation, respect,	Emotional: working	,	Emotional: honesty,
	Ball skills		collaborate	independently, determination	Emotional: confidence,	acceptance, controlling
	Games	Emotional: perseverance,			independence	emotions
		honesty	Emotional: empathy,	Thinking: observing and		
	Key skills:		perseverance, honesty,	providing feedback, exploring	Thinking: observing and	Thinking: select and apply,
1	Physical: roll, track, dribble	Thinking: decision	integrity, independence	ideas	providing feedback,	using tactics, decision
	with feet, kick, throw, catch,	making, reflection,			selecting and applying	making
	dribble with hands	comprehension, selecting	Thinking: creativity, select		actions	
		and applying	and apply,			
	Social: inclusion,		comprehension, problem			
	communication,	Dance -Anna James	solving, provide feedback			
	collaboration, leadership					
	Emotional: independence,	Key skills:	Dance -Anna James			
	honesty, perseverance,	Perform simple				
	determination	sequences of movement	Key skills:			
	This bis second second second	combining actions with	Perform simple sequences			
	Thinking: comprehension,	changes in speed and	of movement combining actions with changes in			
	select and apply skills, use tactics	changes in level with a	speed and changes in level			
	lactics	partner.	with a partner.			
		To perform in front of a	mara paraier.			
		larger audience	To perform in front of a			
			larger audience			

Year 2



	ΟΑΑ	Dance - Anna James	Football	Rounders	Athletics	Cumpactics
	UAA	Dance - Anna James				Gymnastics
			Games	Games	F.M.S	Body Management
	<u>Key skills:</u>	<u>Key skills:</u>				
	Physical: balance, running	Perform simple	Key skills:	Key skills:	Key skills:	Key skills:
		sequences of movement	Physical: dribbling,	Physical: underarm and	Physical: sprinting, jumping	Physical: individual point
	Social: communication,	combining actions with	passing, ball control,	overarm throwing, catching,	for distance, push and pull	and patch balances,
	teamwork, trust, inclusion,	changes in speed and	tracking/jockeying,	tracking a ball, fielding and	throwing for distance	straight roll, barrel roll,
	listening	changes in level with a	turning, receiving	retrieving a ball, batting	5	forward roll, straight jump,
	6	partner.			Social: working	tuck jump, star jump,
	Emotional: confidence		Social: communication,	Social: collaboration and	collaboratively, working	rhythmic gymnastics
		To perform in front of a	collaboration, cooperation	communication, respect,	safely	iny chine gymnastics
	Thinking: planning, map	larger audience		· · · ·	Salety	Social: collaboration,
æ		larger audience	Frantisusly howesty	supporting and encouraging		
Year 3	reading, decision making,		Emotional: honesty,	others	Emotional: perseverance,	communication, respect
×	problem solving		perseverance		determination	
				Emotional: honesty and fair		Emotional: confidence
			Thinking: selecting and	play, confident to take risks,	Thinking: observing and	
			applying tactics, decision	managing emotions	providing feedback	Thinking: observing and
			making			providing feedback,
				Thinking: observing and		selecting and applying
				providing feedback, using		actions, evaluating and
				tactics, decision making		improving
				, .		1 3



Dance - Anna James	Tag Rugby	Dance - Anna James	Gymnastics	Athletics	OAA
	Games		Body Management	F.M.S	
Key skills: Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner. To perform in front of a larger audience	Key skills:Physical:passing,catching,dodging,tagging, scoringSocial:Social:communication,collaboration, inclusionEmotional:honesty andfairplay,perseverance,confidenceThinking:planningstrategiesandusingtactics,observingandproviding feedback	Key skills: Perform simple sequences of movement combining actions with changes in level with a partner.To perform in front of a larger audienceRounders GamesKey skills: Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, battingSocial: collaboration and communication, respect, supporting and encouraging othersEmotional: honesty and fair play, confident to take risks, managing emotionsThinking: observing and providing feedback, using tactics, decision making	Key Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand Social: work safely, determination, collaboration, communication, respect Emotional: confidence, perseverance Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve	Key skills: Physical: pacing, sprinting technique, jumping for distance, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback, exploring ideas	Key skills: Physical: balance, dodging, runningSocial: communication, teamwork, trust, inclusion, listeningEmotional: confidence, resilience, determination, honesty, integrityThinking: planning, map reading, decision making, tactics, problem solving



	Swimming	Swimming	Swimming	Swimming	Swimming
	Each child will receive	Each child will receive half	Each child will receive	Each child will receive	Each child will receive half
	half a year swimming at	a year swimming at Ogden	half a year swimming at	half a year swimming	a year swimming at Ogden
	Ogden Waters.	Waters.	Ogden Waters.	at Ogden Waters.	Waters.
confidently and proficiency over a	NC objectives:	NC objectives:	NC objectives:	NC objectives:	<b>NC objectives:</b>
	Swim competently,	Swim competently,	Swim competently,	Swim competently,	Swim competently,
	confidently and	confidently and proficiency	confidently and	confidently and	confidently and proficiency
	proficiency over a	over a distance of 25	proficiency over a	proficiency over a	over a distance of 25
	distance of 25 metres.	metres.	distance of 25 metres.	distance of 25 metres.	metres.
nt effectively (e.g. front crawl, backstroke	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self- rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue
				Perform safe self-	



	Football	Volleyball	OAA	Dance -Anna James	Athletics	Rounders
	Games	Games			F.M.S	Games
			<u>Key skills:</u>	<u>Key skills:</u>		
	Key skills:	<u>Key skills:</u>	Physical: stamina, running	Perform simple sequences of	Key skills:	Key skills:
	Physical: dribbling, passing,	Physical: volley, set, dig,		movement combining actions	Physical: pacing, sprinting,	Physical: throwing &
	ball control, tracking /	serve, ready position	Social: communication,	with changes in speed and	jumping for distance, push	catching, bowling, tracking,
	jockeying, turning,		teamwork, trust, inclusion,	changes in level with a	throwing for distance, fling	fielding & retrieving a ball,
	goalkeeping, receiving	Social: communication, respect, supporting and	listening	partner.	throwing for distance	batting
	Social: communication,	encouraging others	Emotional: confidence	To perform in front of a larger	Social: negotiating,	Social: organising & self-
	collaboration, cooperation,			audience	collaborating with others	managing a game, respect,
	respect	Emotional: confidence,	Thinking: planning, map			supporting & encouraging
	Emotional honorty	perseverance, honesty	reading, decision making,		Emotional: perseverance,	others, communicating
	Emotional: honesty, perseverance	Thinking: using tactics,	problem solving		determination	ideas & reflecting with others
Year 6	perseverance	selecting and applying			Thinking: observing and	others
Yea	Thinking: selecting and	skills, identifying			providing feedback	Emotional: honesty & fair
	applying tactics, decision	strengths and areas for			F	play, confident to take
	making	development				risks, managing emotion
						Thinking: decision making,
						using tactics, identifying
						how to improve, selecting skills
						SKIIIS