



	Advent 15 weeks (26 <sup>th</sup> Aug - 16 <sup>th</sup> Dec)	Lenten 12 weeks (4 <sup>th</sup> Jan - 31 <sup>st</sup> March)	Pentecost 12 weeks (17 <sup>th</sup> April - 13 <sup>th</sup> July)
Nursery			
Reception	<p><u>Whole Class</u> Wake and Shake Rotation group playground games Funky Feet Spatial Awareness games Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. Develop fine motor skills in preparation for effective scissor control and using tools for creating, making and writing Funky Feet music and movement: Hand eye coordination, stopping and starting, moving to music, showing awareness of others.</p> <p><u>PE Session</u> Sessions to develop their core strength, stability, balance, spatial awareness, co-ordination and agility through fundamental skills, balance bikes and music and movement.</p> <p>Advent / Autumn 1&amp;2</p> <ul style="list-style-type: none"> <li>Black - Not taking part in the lesson.</li> <li>Red - can walk around the space without bumping into his surroundings.</li> <li>Yellow - can move freely and walk with confidence. Can walk into a space.</li> <li>Green - can move (walk) with confidence, and experiment traveling in different ways. can move into a space and changing direction to avoid the defenders.</li> <li>Blue - can walk with confidence, moving into a space and changing direction. can apply the correct technique for walking, opposite arm and leg action, swinging their arms, keeping their head up.</li> </ul> <p><u>Balanceability</u> Balance Bikes Safely walk with the bike including manoeuvring around corners To get on and off safely - lifting leg behind the saddle not in front Propel the bike using either small steps, big steps or bunny hops Ride in a straight line and begin to turn corners</p>	<p><u>Whole Class</u> Wake and Shake Rotation group playground games Funky Feet Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, <b>being a safe pedestrian.</b> Funky Feet music and movement: lift arms above head, respond to musical instructions, move the parachute energetically</p> <p><u>PE Session</u> Sessions to develop their core strength, stability, balance, spatial awareness, co-ordination and agility</p> <p><u>Lent / Spring 1 - Gymnastics</u> Black - Is in control of their body when moving around. Red - Can move freely with confidence. Yellow - can move freely and with confidence in a range of ways, such as rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Green - Child can experiment and move in different ways. Child can jump and land safely. Child can move in high/low, big/small ways. Blue - Child can create 'Champion' movements and balances using a variety of body parts in high/low, big/small ways. Child can be creative and move in a variety of ways on apparatus.</p> <p><u>Lent / Spring 2 - Ball skills hands -</u> Black - Doesn't take part in PE Red - Child can throw a large ball. Child can attempt to catch a large ball. Yellow - Child can move freely and with confidence in a range of ways. Child can move into a space and has started to do this with a ball. Child can catch a large ball. Green - Child can move into space, keeping away from the defenders. Child can push, roll and dribble a ball with increasing control. Child can dribble with their dominant hand. Blue - Child can dribble the ball with control using the correct technique. Child can roll and throw (pass) the ball to a target. Child understands why we need to dribble and pass the ball into space away from defenders.</p> <p><u>Balanceability</u> Balance Bikes: turning corners, stop and turn, show awareness of others and obstacles</p>	<p><u>Whole Class</u> Wake and Shake Rotation group playground games Funky Feet Combine different movements with ease and fluency. Develop the foundations of a handwriting style which is fast, accurate and efficient. Dance: Move in time, mirroring, linking moves and responding to music in new ways</p> <p><u>PE Session</u> Sessions to develop their core strength, stability, balance, spatial awareness, co-ordination and agility</p> <p><u>Summer 1 / Pentecost</u> NATHAN TBC</p> <p><u>Summer 2 Pentecost</u> NATHAN TBC</p> <p><u>Balanceability</u> Balance Bikes Balance Bikes: Stop and turn, lifting feet and gliding, helmet safety and fastening</p>

<b>Year 1</b>	6wks SAQ running Dance Superhero	8wks SAQ jumping Gymnastics-Body parts	6wks Ball skills - feet Balls skills - hands	6wks Ball skills - feet 2 Ball skills - hands 2	6wks Health and Wellbeing Games Attack v Defence	6wks Athletics
<b>Year 2</b>	6wks SAQ Dodging 1 Dance explorers	8wks SAQ Jumping Gymnastics - linking	6wks Ball skills rackets, bats and balls. Ball skills - hands 1	6wks Ball skills - feet 1 Ball skills - hands 2	6wks Health and wellbeing Games Attack v Defence	6wks Athletics Team building
<b>Year 3</b>	6wks SAQ communications and tactics Swimming	8wks SAQ problem solving Swimming	6wks Ball skills tennis Swimming	6wks Ball skills invasion Football Swimming	6wks Athletics Swimming	6wks Basketball Swimming
<b>Year 4</b>	6wks SAQ communications and tactics Dance WW2	8wks SAQ Teamwork Gymnastics bridges	6wks Ball skills tennis Games Cricket	6wks Ball skills invasion football Games invasion Tag Rugby	6wks Athletics techniques Athletics competitions	6wks Basketball Team building orienteering
<b>Year 5</b>	6wks SAQ and health related exercise Swimming	8wks Individual health related sport- boxing pads Swimming	6wks Invasion game basketball Swimming	6wks Invasion Game Handball Swimming	6wks Athletics Swimming	6wks Health related exercise and SAQ linked to home app- based activity. Swimming
<b>Year 6</b>	6wks SAQ and health related exercise Dance Carnival	8wks Individual health related sport- boxing pads Gymnastics matching and mirroring	6wks Invasion game basketball Games invasion uni hoc	6wks Ball skills invasion Football Games invasion Netball	6wks Athletics techniques Athletics competitions	6wks Health related exercise and SAQ linked to home app- based activity. Team building orienteering.