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|  | **Cycle A** | | | **Cycle B** | | |
|  | **AUTUMN** | **SPRING** | **SUMMER** | **AUTUMN** | **SPRING** | **SUMMER** |
| **FS** | **Fine motor skills**  Threading, cutting, weaving, playdough and other fine motor activities.  Manipulate objects with good fine motor skills  Draw lines and circles using gross motor movements  Hold pencil/paint brush beyond whole hand grasp  pencil grip  Teach and model correct letter formation.  Develop muscle tone to put pencil pressure on paper  Use tools to effect changes to materials  Engage children in structured  activities: guide them in what to draw, write or copy.  **Gross motor skills**  Balance  Different ways of moving  Negotiate space  Travelling with confidence  Refining fundamental skills  Ball skills: throwing, catching, kicking  Using different sized balls  Follow the rules of a game  **Bike Ability** | **Fine motor skills**  Threading, cutting, weaving,  Playdough and fine motor activities.  Begin to form letters correctly  Handle tools, objects, construction  and malleable materials with  increasing control  Holding Small Items /  Button Clothing / zips  Cutting with Scissors  **Gross motor skills**  Move energetically  Copy basic actions  Move to music  Negotiate space  Balance  Core muscle strength  Jumping and landing  Awareness of space  **Get set for PE- unit 1 and 2** | **Fine motor skills**  Threading, cutting, weaving,  Playdough and fine motor activities.  Begin to form letters correctly  Handle tools, objects, construction  and malleable materials with  increasing control  Holding Small Items /  Button Clothing / zips  Cutting with Scissors  Hold pencil effectively with  comfortable grip  Forms recognisable letters most correctly formed  **Gross motor skills**  Follow the rules of a games  Join in with team games  Running skills  Agility  **Multiskills** | **Fine motor skills**  Threading, cutting, weaving, playdough and other fine motor activities.  Manipulate objects with good fine motor skills  Draw lines and circles using gross motor movements  Hold pencil/paint brush beyond whole hand grasp  pencil grip  Teach and model correct letter formation.  Develop muscle tone to put pencil pressure on paper  Use tools to effect changes to materials  Engage children in structured  activities: guide them in what to draw, write or copy.  **Gross motor skills**  Balance  Different ways of moving  Negotiate space  Travelling with confidence  Refining fundamental skills  Ball skills: throwing, catching, kicking  Using different sized balls  Follow the rules of a game  **Balance Ability** | **Fine motor skills**  Threading, cutting, weaving,  Playdough and fine motor activities.  Begin to form letters correctly  Handle tools, objects, construction  and malleable materials with  increasing control  Holding Small Items /  Button Clothing / zips  Cutting with Scissors  **Gross motor skills**  Move energetically  Copy basic actions  Move to music  Negotiate space  Balance  Core muscle strength  Jumping and landing  Awareness of space  **Get set for PE- unit 1 and 2** | **Fine motor skills**  Threading, cutting, weaving,  Playdough and fine motor activities.  Begin to form letters correctly  Handle tools, objects, construction  and malleable materials with  increasing control  Holding Small Items /  Button Clothing / zips  Cutting with Scissors  Hold pencil effectively with  comfortable grip  Forms recognisable letters most correctly formed  **Gross motor skills**  Follow the rules of a games  Join in with team games  Running skills  Agility  **Multiskills** |
| **Year 1/2** | **Team Building (Y1) Week 1&2**  Physical: run, jump, hit, balance, co-ordination  Social: trust, communication, inclusion  Emotional: determination, confidence  Thinking: identify, comprehension, reflection, planning  **Fundamentals (Y1) /Boogie Bounce**  Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination  Social: collaboration, work safely, support others  Emotional: determination, self regulation, honesty, perseverance  Thinking: comprehension, select and apply skills  Vocab – dodge, jog, skip, swing, ready position  **Ball Skills (in hand)**  Physical: dribble with hands, roll, throw, catch, track  Social: communication, support others, co-operation  Emotional: perseverance, honesty, determination  Thinking: exploration, make decisions, comprehension, use tactics  Vocab – ready position, soft, swing, track, underarm, control | **Dance (toy story)**  Physical: actions, dynamics, space, relationships  Social: respect, collaboration, work safely, communication  Emotional: independence, confidence, perseverance, determination  Thinking: provide feedback, comprehension, reflection, observation, creativity  Vocab – balance, beat, copy, fast, level, pathway, pose, timing  **Gymnastics (GS4PE Y1)**  Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll  Social: respect, collaboration, sharing, work safely  Emotional: confidence, self regulation, perseverance  Thinking: comprehension, select and apply action, creativity  Vocab – action, control, direction, level, speed | **Games – Sending and Receiving / Striking and Fielding (Cricket) (GS4PE Y1)**  Physical: roll, throw, catch, track, kick, receive with feet, send with racket  Social: support others, communication  Emotional: determination, honesty, independence  Thinking: comprehension, select and apply skills  Vocab – batter, batting, bowl, bowler, fielder, fielding, hit, overarm, out, ready position, track, underarm  **Athletics (GS4PE Y1)**  Physical: run, balance, agility, co-ordination, hop, jump, leap, throw  Social: work safely, collaboration  Emotional: perseverance, independence, honesty, determination  Thinking: reflection, comprehension, select and apply skills  Vocab – walk, time, quickly, leap, underarm, overarm, further, control,  **Swimming – see swimming progression document** | **Team Building (Y2) Week 1&2**  Physical: balance, jump, run, co-ordination  Social: support and encourage others, communication, inclusion, trust, kindness  Emotional: perseverance, confidence, determination, accepting  Thinking: comprehension, identify strengths and areas for development, problem solving  **Fundamentals (Y2)/ Boogie Bounce**  Physical: run, speed, agility, dodge, balance, jump, hop, skip  Social: collaboration, respect, take turns, communication, encourage others  Emotional: determination, honesty, perseverance  Thinking: comprehension, make decisions, creativity, use tactics, recall  Vocab – sprint, weight, take off, hurdle, speed  **Ball Skills (on floor)**  Physical: roll, track, dribble with feet, kick  Social: inclusion, communication, collaboration, leadership  Emotional: independence, honesty, perseverance, determination  Thinking: comprehension, select and apply skills, use tactics  Vocab – collect, release, receive, prepare, touch | **Dance (Trolls)**  Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination  Social: respect, consideration, sharing ideas, decision making with others  Emotional: acceptance, confidence  Thinking: selecting and applying actions, counting, observing and providing feedback, creating  Vocab – dynamics, expression, matching, mirroring, perform, speed, unison, create  **Gymnastics (GS4PE Y2)**  Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll  Social: sharing, working safely  Emotional: confidence, independence  Thinking: observing and providing feedback, selecting and applying actions  Vocab – tuck, straddle, sequence, pike, pathway, link | **Games - Net and Wall (Tennis)**  Physical: throwing, catching, hitting a ball, tracking a ball  Social: respect, communication  Emotional: honesty and fair play, determination  Thinking: decision making, using simple tactics, recalling information, comprehension  Vocab – against, defend, quickly, trap, receive, return, net, ready position, track, racket, underarm  **Athletics**  Physical: running at different speeds, jumping for distance, throwing for distance  Social: working safely, collaborating with others  Emotional: working independently, determination  Thinking: observing and providing feedback, exploring ideas  Vocab - take off, aim, far, landing, height, sprint, distance  **Swimming – see swimming progression document** |
| **Year 3/4** | **Boogie Bounce/Healthy Lifestyles (HSSP cardiovascular fitness)**  **Games – Tag Rugby (GS4PE Y3/Y4)**  Physical: throw, catch, run, change direction, change speed  Social: support others, inclusion, communication, collaboration, respect  Emotional: determination, honesty, independence, perseverance  Thinking: decision making, comprehension, select and apply, reflection, identify strengths and areas for development  Vocab – accurate, communicate, intercept, invasion, offside, tackle, opposition, pitch, court, receiver, referee, teamwork, tournament, control, umpire, onside, technique | **Gymnastics (GS4PE Y3)**  Physical: point and patch balances, jumps, straight roll, barrel roll, forward roll  Social: work safely, collaboration, supportive  Emotional: perseverance, confidence, independence  Thinking: observe and provide feedback, creativity, select and apply skills  Vocab – body tension, contrast, flow, extend, match, landing position, patch, point, take off  **Dance – Machines & Country and Western (GS4PE Y3)**  Physical: actions, dynamics, space, relationships  Social: share ideas, respect, collaboration, inclusion, leadership, work safely  Emotional: confidence, acceptance, sensitivity, perseverance  Thinking: select and apply actions, creativity, observe and provide feedback  Vocab – canon, explore, extend, feedback, formation, interact  **Swimming – see swimming progression document** | **Games – Cricket (GS4PE Y3/Y4)**  Physical: underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier  Social: collaboration and communication, respect  Emotional: perseverance, honesty, determination  Thinking: observing and providing feedback, applying strategies  **Athletics (GS4PE Y3)**  Physical: point and patch balances, jumps, straight roll, barrel roll, forward roll  Social: work safely, collaboration, supportive  Emotional: perseverance, confidence, independence  Thinking: observe and provide feedback, creativity, select and apply skills  Vocab – strength, accuracy, event, baton, replay, power, technique, speed, personal best | **Boogie Bounce/ Healthy Lifestyles (HSSP cardiovascular fitness)**  **Games – Netball (GS4PE Y3/Y4)**  Physical: throw, catch, change direction, change speed, shoot  Social: communication, collaboration, support others  Emotional: honesty and fair play, persevere, confidence  Thinking: comprehension, decision making, recognition, identify, observe and provide feedback, select and apply  Vocab – competition, control, cooperation, court, face, tactic, react, opposition, compete, reflect, deny, co-operative | **Gymnastics (GS4PE Y4)**  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  Vocab – wrist grip, stability, shoulder stand, rotation, perform, momentum, inverted, fluidly, bridge  **Dance – Egyptians (HSSP Planning)**  Physical: actions, dynamics, space, relationships  Social: co-operation, communication, inclusion, collaboration  Emotional: confidence, empathy, determination  Thinking: observe and provide feedback, select and apply skills, creativity, comprehension  Vocab – action and reaction, flow, order, phrase, performance, relationship, represent, rhythm, structure  **Swimming – see swimming progression document** | **Games – Tennis (GS4PE Y3)**  Physical: forehand, backhand, throwing, catching, rallying  Social: co-operation, collaboration, respect, support and encourage others  Emotional: honesty, perseverance  Thinking: comprehension, decision making, select and apply, understand rules, use tactics, reflection  Vocab – backhand, competition, control, cooperation, court, face, forehand, opponent, tactic, rally, react, opposition, receiver, compete, reflect  **Athletics (GS4PE Y4)**  Physical: pace, sprint, jump for distance, throw for distance  Social: collaboration, leadership  Emotional: perseverance, determination, honesty,  Thinking: reflection, observing and providing feedback, exploring ideas, comprehension  Vocab – stamina, stride, measure, pace, transfer of weight, heavy, launch, official, officiate, record |
| **Year 5/6** | **Boogie Bounce/ Healthy Lifestyles (HSSP fitness circuits)**  **Games – Tag Rugby (GS4PE Y5/6)**  Physical: throw, catch, run, change direction, change speed  Social: communication, support others, collaboration  Emotional: honesty and fair play, confidence, determination, trust  Thinking: decision making, comprehension, reflection, identify strengths and areas for development, plan  Vocab – angle, ball carrier, barrier, close down, create, dominant, drive, sportsmanship, maintain, situation, support, stance, rebound | **Dance – Rock and Roll & Chinese Dance (GS4PE Y5)**  Physical: actions, dynamics, space, relationships  Social: collaboration, consideration and awareness of others, inclusion, respect, leadership  Emotional: empathy, confidence, perseverance  Thinking: creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills  Vocab – choreograph, choreography, collaboratively, genre, posture, motif, quality, transition  **Gymnastics (GS4PE Y5)**  Physical: symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand  Social: work safely, support others, collaboration  Emotional: confidence, perseverance, resilience, determination  Thinking: observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences  Vocab – decide, canon, cartwheel, extension, mirroring, observe, asymmetrical, identify, performance, quality, transition, stable, symmetrical, synchronisation | **Tennis (GS4PE Y5)**  Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying  Social: encourage and support others, co-operation, collaboration, communication  Emotional: perseverance, honesty  Thinking: observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics  Vocab – pressure, dominant, grip, serve, adjust, baseline, situation, readjust, release, option, cushion, create, technique, consecutive, communicate, sportsmanship, non-dominant, groundstroke  **Athletics (GS4PE Y5)**  Physical: pace, sprint, relay changeovers, jump for distance, push throw, pull throw  Social: collaboration, negotiation, communication, supporting others  Emotional: perseverance, confidence, concentration, determination  Thinking: observing and providing feedback, selecting and applying, comprehension  Vocab – force, javelin, field, shot put, dominant, drive, momentum, approach, consistent, changeover, track  **Swimming - see swimming progression document**  Aim for children to be able to:  Show HELP/huddle position in the water for 2 minutes  Swim for 25m unaided  Float for 30 seconds  Tread water for 1 minute  Feet first surface dive and then swim from 5m | **Boogie Bounce/ Healthy Lifestyles (HSSP fitness circuits)**  **Handball (GS4PE Y5&6)**  Physical: throw, catch, run, dribble, shoot, change direction, change speed  Social: communication, kindness, respect, collaboration  Emotional: confidence, honesty and fair play, determination, perseverance  Thinking: select and apply, decision making, problem solving, comprehension, reflection  Vocab – align, angle, fake, force, par, officiate, stance, situation, abide, anticipate, assess, collaborate, trajectory, appropriate | **Dance – Bhangra & Disco (GS4PE Y6)**  Physical: actions, dynamics, space, relationships  Social: share ideas, collaboration, support, communication, inclusion, respect, leadership  Emotional: confidence, self-regulation, perseverance, determination, integrity, empathy  Thinking: creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skills  Vocab – aesthetic, freeze frame, mood, inspiration, style, rehearse, express, refine, stimulus  **Gymnastics (GS4PE Y6)**  Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight  Social: work safely, collaboration, communication, respect  Emotional: independence, confidence, determination  Thinking: observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences  Vocab – aesthetics, competent, engage, execution, contrasting, progression, flight, handstand, formation, refine, counter tension, counter balance, structure, vault | **Cricket (GS4PE Y5&6)**  Physical: deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting  Social: collaboration, communication, respect  Emotional: honesty, perseverance  Thinking: observation, provide feedback, select and apply skills, tactics, assessing  Vocab – close catch, deep catch, long barrier, situation, stance, backing up, abide, assess, consistency, consecutive, appropriate, collaborate  **Athletics (GS4PE Y6)**  Physical: pace, sprint, jump for distance, push throw, fling throw  Social: negotiating, collaborating, respect  Emotional: empathy, perseverance, determination  Thinking: observing and providing feedback, comprehension  Vocab – maximum, pattern, fling, meet, strategy, phase, stance, explosive, rhythm, grip, release, discus  **Swimming – see swimming progression document**  Aim for children to be able to:  Show HELP/huddle position in the water for 2 minutes  Swim for 25m unaided  Float for 30 seconds  Tread water for 1 minute  Feet first surface dive and then swim from 5m |

Stand alone lessons/clubs in preparation for tournaments:

Football

Table Tennis

Hockey

Netball

Flag Football

Cricket

**Clubs 2022-2023**

Autumn 1

Tag Rugby (lunch)

Autumn 2

Mixed football

Girls football

Spring 1

Netball (5/6) or Gym (3/4)

Spring 2

WizzKids

Summer 1

Tri Golf – Year ¾ (lunch)

Summer 2 –

Tag Rugby (girls )