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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 skillsDraw lines and circles using gross motor movementsHold pencil/paint brush beyond whole hand grasppencil gripTeach and model correct letter formation.Develop muscle tone to put pencil pressure on paper Use tools to effect changes to materials Engage children in structuredactivities: guide them in what to draw, write or copy.**Gross motor skills**BalanceDifferent ways of movingNegotiate spaceTravelling with confidenceRefining fundamental skillsBall skills: throwing, catching, kickingUsing different sized ballsFollow the rules of a game**Bike Ability** | **Fine motor skills**Threading, cutting, weaving,Playdough and fine motor activities.Begin to form letters correctlyHandle tools, objects, constructionand malleable materials withincreasing controlHolding Small Items /Button Clothing / zipsCutting with Scissors**Gross motor skills**Move energeticallyCopy basic actionsMove to musicNegotiate spaceBalanceCore muscle strengthJumping and landingAwareness 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 correctlyHandle tools, objects, constructionand malleable materials withincreasing controlHolding Small Items /Button Clothing / zipsCutting with ScissorsHold pencil effectively withcomfortable grip Forms recognisable letters most correctly formed**Gross motor skills**Follow the rules of a gamesJoin in with team gamesRunning skillsAgility**Multiskills**  | **Fine motor skills**Threading, cutting, weaving, playdough and other fine motor activities.Manipulate objects with good fine motor skillsDraw lines and circles using gross motor movementsHold pencil/paint brush beyond whole hand grasppencil gripTeach and model correct letter formation.Develop muscle tone to put pencil pressure on paper Use tools to effect changes to materials Engage children in structuredactivities: guide them in what to draw, write or copy.**Gross motor skills**BalanceDifferent ways of movingNegotiate spaceTravelling with confidenceRefining fundamental skillsBall skills: throwing, catching, kickingUsing different sized ballsFollow the rules of a game**Balance Ability** | **Fine motor skills**Threading, cutting, weaving,Playdough and fine motor activities.Begin to form letters correctlyHandle tools, objects, constructionand malleable materials withincreasing controlHolding Small Items /Button Clothing / zipsCutting with Scissors**Gross motor skills**Move energeticallyCopy basic actionsMove to musicNegotiate spaceBalanceCore muscle strengthJumping and landingAwareness 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 correctlyHandle tools, objects, constructionand malleable materials withincreasing controlHolding Small Items /Button Clothing / zipsCutting with ScissorsHold pencil effectively withcomfortable grip Forms recognisable letters most correctly formed**Gross motor skills**Follow the rules of a gamesJoin in with team gamesRunning skillsAgility**Multiskills** |
| **Year 1/2** | **Team Building (Y1) Week 1&2**Physical: run, jump, hit, balance, co-ordinationSocial: trust, communication, inclusionEmotional: determination, confidenceThinking: identify, comprehension, reflection, planning**Fundamentals (Y1) /Boogie Bounce**Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordinationSocial: collaboration, work safely, support othersEmotional: determination, self regulation, honesty, perseveranceThinking: comprehension, select and apply skillsVocab – dodge, jog, skip, swing, ready position**Ball Skills (in hand)**Physical: dribble with hands, roll, throw, catch, trackSocial: communication, support others, co-operationEmotional: perseverance, honesty, determinationThinking: exploration, make decisions, comprehension, use tacticsVocab – ready position, soft, swing, track, underarm, control | **Dance (toy story)** Physical: actions, dynamics, space, relationshipsSocial: respect, collaboration, work safely, communicationEmotional: independence, confidence, perseverance, determinationThinking: provide feedback, comprehension, reflection, observation, creativityVocab – balance, beat, copy, fast, level, pathway, pose, timing**Gymnastics (GS4PE Y1)**Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward rollSocial: respect, collaboration, sharing, work safelyEmotional: confidence, self regulation, perseveranceThinking: comprehension, select and apply action, creativityVocab – 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 racketSocial: support others, communicationEmotional: determination, honesty, independenceThinking: comprehension, select and apply skillsVocab – 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, throwSocial: work safely, collaborationEmotional: perseverance, independence, honesty, determinationThinking: reflection, comprehension, select and apply skillsVocab – walk, time, quickly, leap, underarm, overarm, further, control, **Swimming – see swimming progression document** | **Team Building (Y2) Week 1&2**Physical: balance, jump, run, co-ordinationSocial: support and encourage others, communication, inclusion, trust, kindnessEmotional: perseverance, confidence, determination, acceptingThinking: comprehension, identify strengths and areas for development, problem solving**Fundamentals (Y2)/ Boogie Bounce**Physical: run, speed, agility, dodge, balance, jump, hop, skipSocial: collaboration, respect, take turns, communication, encourage othersEmotional: determination, honesty, perseveranceThinking: comprehension, make decisions, creativity, use tactics, recallVocab – sprint, weight, take off, hurdle, speed**Ball Skills (on floor)**Physical: roll, track, dribble with feet, kickSocial: inclusion, communication, collaboration, leadershipEmotional: independence, honesty, perseverance, determinationThinking: comprehension, select and apply skills, use tacticsVocab – collect, release, receive, prepare, touch | **Dance (Trolls)** Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordinationSocial: respect, consideration, sharing ideas, decision making with othersEmotional: acceptance, confidenceThinking: selecting and applying actions, counting, observing and providing feedback, creatingVocab – dynamics, expression, matching, mirroring, perform, speed, unison, create**Gymnastics (GS4PE Y2)**Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards rollSocial: sharing, working safelyEmotional: confidence, independenceThinking: observing and providing feedback, selecting and applying actionsVocab – tuck, straddle, sequence, pike, pathway, link | **Games - Net and Wall (Tennis)**Physical: throwing, catching, hitting a ball, tracking a ballSocial: respect, communicationEmotional: honesty and fair play, determinationThinking: decision making, using simple tactics, recalling information, comprehensionVocab – against, defend, quickly, trap, receive, return, net, ready position, track, racket, underarm**Athletics** Physical: running at different speeds, jumping for distance, throwing for distanceSocial: working safely, collaborating with othersEmotional: working independently, determinationThinking: observing and providing feedback, exploring ideasVocab - 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 speedSocial: support others, inclusion, communication, collaboration, respectEmotional: determination, honesty, independence, perseveranceThinking: decision making, comprehension, select and apply, reflection, identify strengths and areas for developmentVocab – 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 rollSocial: work safely, collaboration, supportiveEmotional: perseverance, confidence, independenceThinking: observe and provide feedback, creativity, select and apply skillsVocab – body tension, contrast, flow, extend, match, landing position, patch, point, take off**Dance – Machines & Country and Western (GS4PE Y3)**Physical: actions, dynamics, space, relationshipsSocial: share ideas, respect, collaboration, inclusion, leadership, work safelyEmotional: confidence, acceptance, sensitivity, perseveranceThinking: select and apply actions, creativity, observe and provide feedbackVocab – 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 barrierSocial: collaboration and communication, respectEmotional: perseverance, honesty, determinationThinking: observing and providing feedback, applying strategies**Athletics (GS4PE Y3)**Physical: point and patch balances, jumps, straight roll, barrel roll, forward rollSocial: work safely, collaboration, supportiveEmotional: perseverance, confidence, independenceThinking: observe and provide feedback, creativity, select and apply skillsVocab – 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, shootSocial: communication, collaboration, support othersEmotional: honesty and fair play, persevere, confidenceThinking: comprehension, decision making, recognition, identify, observe and provide feedback, select and applyVocab – 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 standSocial: work safely, determination, collaboration, communication, respectEmotional: confidence, perseveranceThinking: observe and provide feedback, select and apply actions, creativity, evaluate and improveVocab – wrist grip, stability, shoulder stand, rotation, perform, momentum, inverted, fluidly, bridge**Dance – Egyptians (HSSP Planning)**Physical: actions, dynamics, space, relationshipsSocial: co-operation, communication, inclusion, collaborationEmotional: confidence, empathy, determinationThinking: observe and provide feedback, select and apply skills, creativity, comprehensionVocab – 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, rallyingSocial: co-operation, collaboration, respect, support and encourage othersEmotional: honesty, perseveranceThinking: comprehension, decision making, select and apply, understand rules, use tactics, reflectionVocab – 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 distanceSocial: collaboration, leadershipEmotional: perseverance, determination, honesty,Thinking: reflection, observing and providing feedback, exploring ideas, comprehensionVocab – 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 speedSocial: communication, support others, collaborationEmotional: honesty and fair play, confidence, determination, trustThinking: decision making, comprehension, reflection, identify strengths and areas for development, planVocab – 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, relationshipsSocial: collaboration, consideration and awareness of others, inclusion, respect, leadershipEmotional: empathy, confidence, perseveranceThinking: creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skillsVocab – 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 standSocial: work safely, support others, collaborationEmotional: confidence, perseverance, resilience, determinationThinking: observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequencesVocab – 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, rallyingSocial: encourage and support others, co-operation, collaboration, communicationEmotional: perseverance, honestyThinking: observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tacticsVocab – 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 throwSocial: collaboration, negotiation, communication, supporting othersEmotional: perseverance, confidence, concentration, determinationThinking: observing and providing feedback, selecting and applying, comprehensionVocab – 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 unaidedFloat for 30 secondsTread 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 speedSocial: communication, kindness, respect, collaborationEmotional: confidence, honesty and fair play, determination, perseveranceThinking: select and apply, decision making, problem solving, comprehension, reflectionVocab – align, angle, fake, force, par, officiate, stance, situation, abide, anticipate, assess, collaborate, trajectory, appropriate | **Dance – Bhangra & Disco (GS4PE Y6)**Physical: actions, dynamics, space, relationshipsSocial: share ideas, collaboration, support, communication, inclusion, respect, leadershipEmotional: confidence, self-regulation, perseverance, determination, integrity, empathyThinking: creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skillsVocab – 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, flightSocial: work safely, collaboration, communication, respectEmotional: independence, confidence, determinationThinking: observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequencesVocab – 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, battingSocial: collaboration, communication, respectEmotional: honesty, perseveranceThinking: observation, provide feedback, select and apply skills, tactics, assessingVocab – 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 throwSocial: negotiating, collaborating, respectEmotional: empathy, perseverance, determinationThinking: observing and providing feedback, comprehensionVocab – 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 unaidedFloat for 30 secondsTread 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 )