



Intent: To challenge and further develop all learners' gross motor skills, regardless of their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Applebee Wood we aim to follow Sports England vision 'Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.'

		CYCLE A - 2025-2026	CYCLE B - 2026-2027	Running throughout each cycle each half term
Autumn	1	Theme- Myself, My Senses Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Master basic movements including running, jumping, developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Theme- My Family and Where I live Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Master basic movements including running, jumping, developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
	2	Theme- Celebrations Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using simple movement patterns.	Theme- Festivals Dance – Nursery Rhymes <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using simple movement patterns.	
Spring	1	Theme- My Community Team Games <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Participate in team games, developing simple tactics for attacking and defending.	Theme- People Who Help Us Team Games <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Participate in team games, developing simple tactics for attacking and defending.	
	2	Theme- Animals in my Community (My Pets/Farm) Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in readiness for Sports Day.	Theme- Animals in the Wild Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in readiness for Sports Day.	

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Summer	1	Theme - Lifecycles Dance National Curriculum coverage to be taught at differentiated Developmental steps. Perform dances using simple movement patterns.	Theme- Growing Plants Gross Motor Movement/Development National Curriculum coverage to be taught at differentiated Developmental steps. Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in relation to Festivals.	
	2	Theme- Moving Gross Motor Movement/Development - Cycling National Curriculum coverage to be taught at differentiated Developmental steps. - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cycling. - Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	Theme- Transport Gross Motor Movement/Development - Cycling National Curriculum coverage to be taught at differentiated Developmental steps. - Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cycling. - Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	