



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 (2026-2027)	Cycle B (2024-2025)	Cycle C (2025-2026)	Running throughout each cycle
Autumn	1	Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop their technique and improve their performance in other competitive sports	Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop their technique and improve their performance in other competitive sports	Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop their technique and improve their performance in other competitive sports.	Swimming Swimming lessons are continuously delivered in Key Stage 3, focusing on the areas stated within the key stage 2 National Curriculum description. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) - Perform safe self-rescue in different water-based situations. Dance In key stage 3, pupils access discreet dance lessons (alternate half terms with Drama). Pupils will Perform dances using advanced dance techniques within a range of dance styles and forms
	2	Hockey <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Basketball <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Rugby <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	

Spring	1	Outdoor Education National Curriculum coverage to be taught at differentiated Developmental steps. Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Cricket National Curriculum coverage to be taught at differentiated Developmental steps. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Tennis National Curriculum coverage to be taught at differentiated Developmental steps. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best Take part in competitive sports and activities outside school through community links or sports clubs. School engages in competitions organised through the school sports partnership, including the Youth Games. Pupils are signed posted to clubs where relevant.
	2	Athletics National Curriculum coverage to be taught at differentiated Developmental steps. Develop their technique and improve their performance in other competitive sports	Athletics National Curriculum coverage to be taught at differentiated Developmental steps. Develop their technique and improve their performance in other competitive sports	Athletics National Curriculum coverage to be taught at differentiated Developmental steps. Develop their technique and improve their performance in other competitive sports	
Summer	1	Football National Curriculum coverage to be taught at differentiated Developmental steps. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Outdoor Education National Curriculum coverage to be taught at differentiated Developmental steps. Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Boccia / Curling National Curriculum coverage to be taught at differentiated Developmental steps. Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	
	2	Cycling National Curriculum coverage to be taught at differentiated Developmental steps.	Rounders National Curriculum coverage to be taught at differentiated Developmental steps.	Outdoor Education National Curriculum coverage to be taught at differentiated Developmental steps.	

		Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	<i>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</i>	
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