|  |  |  |  |
| --- | --- | --- | --- |
| **YEAR GROUP** | **AUTUMN TERM** | **SPRING TERM** | **SUMMER TERM** |
| **Cycle A** |
| **Lions****EYFS** | Baseline assessment - * Jump for distance
* Landing appropriately
* Hop on both feet
* Climb with confidence
 | Dance* Use body to create simple theme related shapes.
* Move safely in a space
* Work with a partner
 | Team Games* Travel in a range of ways.
* Throw with increasing accuracy.
* Overarm throw for distance
 | Gymnastics* To perform a range of gymnastics rolls
* To move freely and with confidence when rolling.
* To balance on one leg
* To perform a range of gymnastic jumps.
 | Team Games/Tactics* To catch a large ball.
* To catch with increasing accuracy.
* To throw under arm.
* To throw over arm.
 | Athletics* To experiment with different ways of moving.
* To use increasing control over an object by touching, pushing, patting, throwing or catching.
 |
| **Tigers****1&2** | Dance (fire fire)Baseline* To experiment with travelling dances.
* To learn a dance as a class.
* To develop stillness and balance.
* To demonstrate movement memory.
 | Fundamental movement skills (lost and found)* To develop underarm/overarm throw, kicking and catching a ball.
* To develop the skill of hopping, skipping, running, jumping.
 | Gymnastics 1* To demonstrate a travel and pencil roll.
* Perform a 2 footed jump to land in a straight/tuck/wide shape.
* Demonstrate different travelling actions (frog, bunny hop).
* Apply these skills on apparatus.
 | Invasion games * To demonstrate underarm throw with some accuracy.
* To show catching a ball with some control.
* To be able to pass a ball with some accuracy and then move to a space.
* To show simple tactic in a team game.
 | Athletics 1* To show hopping with a skill of rhythm.
* To demonstrate rolling a ball with some accuracy.
* To show running and changing direction quickly.
* To demonstrate throwing underarm with some accuracy.
* To demonstrate jumping as far as possible and landing safely with control.
* To show good posture when running fast.
 | Net & Wall* To demonstrate how to catch a ball.
* To show side gallop with some rhythm.
* To show the ‘ready’ position.
* To demonstrate how to catch a ball.
* To show how to hold a bat.
* To strike a ball for a partner.
* To apply a simple tactic in a team game.
 |
| **Jaguars****3&4** | Net and Wall core task* Explore different throwing actions.
* To consolidate throwing actions and practice throwing.
* Strike a ball using their hand or a small bat.
* Practice striking with a racquet.
* To devise their own game.
 | Dance- Superheroes * To explore movement, exploring character.
* To use simple choreographic principles and perform and more complex dance narrative with a partner.
* Work as a group to combine movements.
* To combine sequences to create a final performance.
 | Gymnastics* To adapt and demonstrate a sequence of at least 6 gymnastics actions.
* To show travelling and balancing actions using the apparatus.
* To use the apparatus to perform jumping actions.
* To evaluate successful transitions between actions.
 | Invasion games- Handball* To demonstrate passing a ball using a handball pass.
* To move into a space after passing in a game.
* To perform a one handed pass and bounce.
* To apply a simple tactic to outwit a defender.
 | Striking and fieldingRounders* To throw underarm with accuracy.
* To catch a ball in a striking and fielding game.
* To strike a ball from a tee.
* To apply a simple tactic in a striking and fielding game.
 | Athletics* To throw using a pull/push action.
* To explore different running techniques.
* To perform the sling throwing action.
* To develop jumping actions.
* To pass a quoit/baton to a teammate in a relay.
* To perform a combination of 5 jumps.
 |
| **Panthers****5&6** | OAA/ Teambuilding* To demonstrate working as part of a team to solve challenges.
* To demonstrate cooperating with teammates.
* To show encouragement and support
 | Gymnastics / Swimming | Net and WallBadminton | Invasion GamesNetball | Dance- Highway man | Striking and FieldingCricket |
| **Cycle B** |
| **Lions****EYFS** | Baseline Assessment * Jump for distance
* Landing appropriately
* Hop on both feet
* Climb with confidence
 | Dance* Use body to create simple theme related shapes.
* Move safely in a space
* Work with a partner
 | Gymnastics* To perform a range of gymnastics rolls
* To move freely and with confidence when rolling.
* To balance on one leg
* To perform a range of gymnastic jumps.
 | Team Games* Travel in a range of ways.
* Throw with increasing accuracy.
* Overarm throw for distance
 | Team Games & Tactics* To catch a large ball.
* To catch with increasing accuracy.
* To throw under arm.
* To throw over arm.
 | Athletics* To experiment with different ways of moving.
* To use increasing control over an object by touching, pushing, patting, throwing or catching.
 |
| **Tigers****1&2** | Fundamental movement skills (Playground games of the past)Baseline | Gymnastics 2 | Dance (seaside) | Invasion games  | Athletics 2 | Trails and team building |
| **Jaguars****3&4** | Invasion games- Netball  | Dance – Ironman | Gymnastics | Net and Wall Core Task  | Striking and Fielding Cricket | Athletics |
| **Panthers****5&6** | Hockey  | Gymnastics/ Swimming | Dance – Heroes and Villains | Tennis | Athletics | Rounders  |