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| **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 fielding  Rounders   * 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 Wall  Badminton | Invasion Games  Netball | Dance- Highway man | Striking and Fielding  Cricket |
| **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 |