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| **Reception**  | Autumn B: Block 1Teacher: Mrs Parker 7 Weeks  | Autumn B: Block 2 Teacher: Miss Housden7 weeks  |
| Reception1hour  |  **Dance:** using action dances and songs to encourage body movement and help improve motor skills.**Theme:** Transport and Super heroCurriculum Objectives : * Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
* Travels with confidence and skill around, under, over and through balancing and climbing equipment
* Responds to instructions involving a two-part sequence.
* Two-channelled attention – can listen and do for short span.
* Shows understanding of how to transport and store equipment safely.

**Skills:** skipping, hopping, galloping, balancing, core body movements | **Warm up: Pilates** **Main session: Fundamentals of movement –Unit 1** Curriculum objectives : * Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
* Travels with confidence and skill around, under, over and through balancing and climbing equipment
* Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
* Can handle equipment effectively
* Responds to instructions involving a two-part sequence.
* Two-channelled attention – can listen and do for short span.
* Shows understanding of how to transport and store equipment safely.

**Skills:** Throwing, catching, kicking, moving into space, listening, balance, agility and co-ordination  |
| Additional Coaching  |  | Reception and nursery classes took part in a Rugby tots trial session |

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| **Year 1**  | Autumn B Block 1 | Autumn B: Block 2 Teacher: Miss Housden  |
| 1hour  | **Gymnastics:** Children will learn set routines, as well as create their own movement and action sequences as a solo, in pairs and in small groups.**Theme:** Rainbows National curriculum objectives: * perform dances using simple movement patterns

**Assessment:** he/she can copy short motifs (a short phrase, movement or gesture that is repeated.)he/she can perform the basicdance actions e.g. travel and change direction, turn, jump, gesture, balance/stillness, change of size and shape.he/she can link two or more actions together.**Skills:** performance, team work, pattern, core body movement, balance, postureand co-ordination |  **Fundamentals Unit 1:**National Curriculum Objectives : * 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
* participate in team games, developing simple tactics for attacking and defending

**Assessment:** he/she can pass a ball to a partner using his/her hands and feet. he/she can stop a ball with his/her feet before passing it. he/she can throw a ball underarm, over arm and use a bounce pass.he/she can move into a given space within a game.**Skills:** Throwing, catching, dribble, strike, aim, roll, control, balance, agility and co-ordination  |
| Events/coaching  |  |  Bumblebee and Dragonfly both had multi skills coaching for a 5 week block.  |

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| **Year 2**  | Autumn B: Block 1Teacher: Mrs Parker 7 Weeks  | Autumn B: Block 2Teacher: Miss Housden7 weeks  |
| 1hour  |  **Gymnastics/dance** National curriculum objectives: * perform dances using simple movement patterns
* 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

**Assessment:** he/she can copy short motifs (a short phrase, movement or gesture that is repeated.)he/she can perform the basicdance actions e.g. travel and change direction, turn, jump, gesture, balance/stillness, change of size and shape. he/she can link two or more actions together.**Skills:** rolling, jumping, balancing, coordination, leaping, vaulting, team work, imagination and performance.  | **Unit 1- Fundamental skills** National Curriculum objectives : * 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
* participate in team games, developing simple tactics for attacking and defending
* They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Assessment:** he/she is beginning to understand where to stand to make a game more difficult for an opponent.he/she can hit a ball with a tennis style bat or racquet.he/she can move into a given space to catch a ball.**Skills:** Throwing, catching, striking, dribbling, travelling, hitting, coordination, tactics and control.  |
| Coaching/ Events |  |  Caterpillars: Attended a playground games eventBoth year 2 classes attending a term of swimming  |

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| **Year 3** | Autumn B: Block 1Teacher: Mrs Parker 7 Weeks  | Autumn B: Block 2Teacher: Miss Housden7 weeks  |
| 1hour  | GymnasticsNational Curriculum objectives : * perform dances using a range of movement patterns
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* compare their performances with previous ones and demonstrate improvement to achieve their personal best

**Assessment:** he/she can use all parts of his/her body when travelling in different ways.he/she can make a range of different shapes when balancing.he/she can combine shapes and balances in a performance.he/she can create his/her own stretching routine to prepare for gymnastics.**Skills:** Straddle, forward kick, pike jump, forward leap, cartwheels, routines, performance and team work | **Unit: Ball handling skills** National Curriculum objectives : * play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending
* use running, jumping, throwing and catching in isolation and in combination
* They should enjoy communicating, collaborating and competing with each other.

**Assessment:** he/she can show control of a range of different throws / passes e.g. Over arm, underarm, chest pass.he/she can move to catch a ball within a game, maintaining eye contact with the ball.he/she can pass a ball accurately when moving around during a game.he/she can find space to move into within a game.**Skills:** Throwing, catching, striking, dribbling, travelling, hitting, coordination, tactics, control, avoid, chase, dodge, attack, aim and defend.  |
| Events /coaching  | All children to take part in an inter house gymnastic competition. Some children to attend Witchford Sports Partnership gymnastic competition in the new year.  | All children to take part in a inter house cross country competition. Some children to attend a Cross Country competition held by Witchford Sports Partnership.  |