|  |  |  |
| --- | --- | --- |
| **Reception** | Autumn B: Block 1  Teacher: Mrs Parker  7 Weeks | Autumn B: Block 2  Teacher: Miss Housden  7 weeks |
| Reception  1hour | **Dance:** using action dances and songs to encourage body movement and help improve motor skills.  **Theme:** Transport and Super hero  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 * 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 |

|  |  |  |
| --- | --- | --- |
| **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. |

|  |  |  |
| --- | --- | --- |
| **Year 2** | Autumn B: Block 1  Teacher: Mrs Parker  7 Weeks | Autumn B: Block 2  Teacher: Miss Housden  7 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 event  Both year 2 classes attending a term of swimming |

|  |  |  |
| --- | --- | --- |
| **Year 3** | Autumn B: Block 1  Teacher: Mrs Parker  7 Weeks | Autumn B: Block 2  Teacher: Miss Housden  7 weeks |
| 1hour | Gymnastics  National 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. |