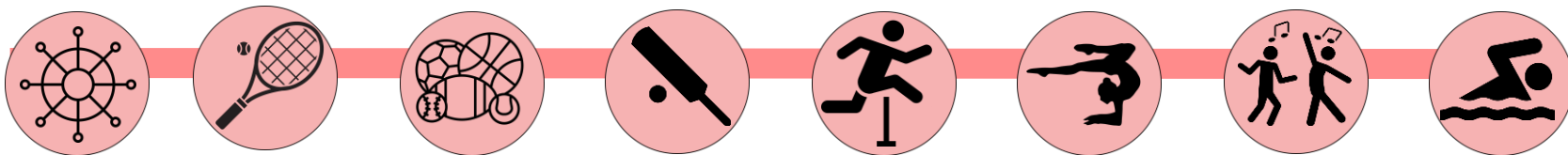
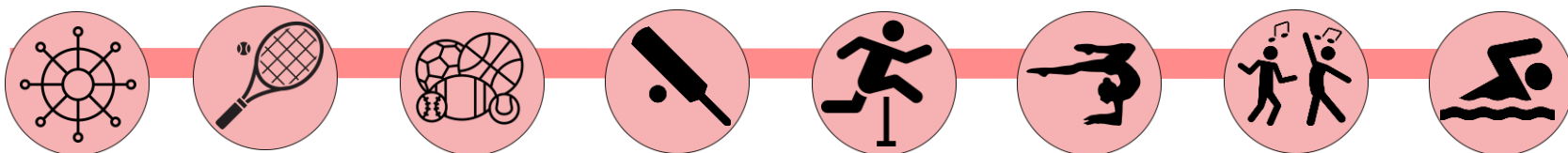


	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	First PE - FoM	Yoga	Gymnastics	Forest School	Fitness	Yoga	Multi Skills
	In this unit, children will experiment with different ways of moving around a given area, and learn how to negotiate space and to be safe when moving. They will be introduced to basic co-ordination skills with a balloon and ball and also begin balancing objects on their body.	Children are being introduced to yoga and will experiment with different poses and stances. They will learn new terminology and practise key skills.	Children will continue to master their basic gymnastic shapes. They will look at a range of jumps and rolls. They will look at balancing on one or more body parts and involve 'hopping'. Children will begin to perform sequences on apparatus – moving on and off.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.	To learn how to balance in different directions – forwards, backwards, side to side. Learn how to coordinate the body to develop a combination of movements or actions and begin new fitness activities.	Children will perform complex yoga poses and use a range of breathing techniques. They will begin to create their own yoga routines collaboratively and perform extended poses.	Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions. Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best
SMSC Strand	1c, 1d, 1e, 2a, 2b, 3a, 3c, 4e	1c, 1e, 2b, 3a, 3c, 4e, 1b	1d, 1e, 2b, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1e, 2a, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b
Autumn 2	FMS	Gymnastics	Yoga	Fitness	Forest School	Gymnastics	OAA
	Children will develop the Fundamental Movement Skills such as agility, co-ordination and balance through a range of different activities. They will apply FoM – running, jumping, hopping, skipping.	Children will begin to perform basic shapes and jumps. They will begin to look at different rolls and use the correct terminology to describe movements. They will take part in a simple 2 part sequence. Roll and jump.	Children will revisit and revise previously taught poses, developing increasing control and balance. They will learn new poses focusing on core strength and flexibility.	Continue to focus on balancing with control on preferred leg. Complete a variety of fitness activities monitoring their personal best. They will Co-ordinate body to perform a combination of movements in a variety of exercises.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.	To perform complex shapes with control and some flexibility. To learn new complex jumps. To learn symmetrical and asymmetrical balances. Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others.	To use a key to follow a route on a map. To use clear and concise communication skills to complete a task. Children will work as a team to ensure all members are able to complete a challenge at a competitive pace. They will be able to evaluate their skills.
SMSC Strand	1c, 1d, 1e, 2a, 2b, 3a, 3c, 4e	1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1e, 2a, 2b, 3a, 3b, 3c, 4e, 1b	1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1	Gymnastics	Multi Skills	Forest School	Yoga	OAA	Fitness	Gymnastics
	Children are beginning their learning journey in gymnastics. They will learn the fundamental shapes in Gymastics and use the correct terminology when practising these.	In this unit children will learn how to balance on the floor and on low apparatuses with different parts of the body. The will focus on changing direction with some control (agility) and being able to co-ordinate the body by using objects while moving.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.	Children will engage in more complex yoga poses showing control and increasing flexibility. They will look at how their breathing supports yoga and their personal development. They will continue to focus on balance through working collaboratively.	Develop methods of communication to complete a goal by giving and following directions. They will learn how to listen to others as well as becoming a leader. They will lead a team to complete a task independently.	To use core strength and keeping control when balancing and moving on different parts of the body. To continue to compare previous achievements and strive for PB. Co-ordinate using both sides of the body when performing exercises - increasing speed and power	To complete complex jumps, rolls and movements accurately and with flexibility on the mat and when using apparatus. Perform various balances counter balance and counter tension. Begin to take part in 'vault' competitions.
SMSC Strand	1c, 1d, 1e2a, 2b, 3a, 3c, 4e	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1e, 2a, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1d, 1e, 2b, 3a, 3c, 4e, 1b
Spring 2	Ball Skills	Fitness	Fitness	Gymnastics	Multi Skills	Forest School	Yoga
	In this unit, children will experiment with different ways to move a ball in a game using their hands and feet. Incorporated into this unit are adapted games, which encourage movement, negotiation of space, listening skills, aiming skills, teamwork and fun competition.	Children will develop their balance, agility and coordination, through exercises. They are introduced to how their heart beats faster when exercising. They also look at how they could improve their scores.	Children will progress onto creating their own exercises, teaching others to help them improve their balance, co-ordination and overall fitness. They look at how exercise increases their Heart rate. They will be introduced to timing their own exercises and challenging themselves, and others to beat their previous scores.	Children will perform a variety of shapes, rolls and movements with good control. They will put together a sequence of movements on the mat using levels directions control. Children will have an introduction to hurdle step.	.Children will learn to balance confidently using various equipment and body parts. They will show good technique when changing direction at speed. Children will complete a number of personal bests.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.	To complete complex yoga poses with good core strength, flexibility and balance for long periods of time. To be able to work collaboratively to perform group poses and create a sequence of poses to perform.
SMSC Strand	1c, 1d, 1e2a, 2b, 3a, 3c, 4e	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e,2b, 3a, 3c, 4e, 1b	1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1e, 2a, 3a, 3b, 3c, 4e, 1b	1c, 1d, 1e, 2b, 3a, 3c, 4e, 1b



	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 1	Multi Skills/Team Games	Forest School	Multi Skills	OAA	Yoga	OAA	Fitness
	To refine the FoM/FMS They will develop their balancing skills on their own: along planks and moving with objects. Children will develop their co-ordination skills with throwing and catching objects. They will also develop their agility skills with fun games which will encourage change of direction at speed. Children will also climb on apparatus.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.	Revisit and revise balancing on low equipment with good control, changing direction quickly with good balance and control. They will also revise moving with objects more accurate. Children will begin to apply this within team games/obstacles.	Children will use a key to follow a plan and complete activities with others through communication. They will extend their knowledge of map skills through points/co-ordinates. They will collaborate with their team to solve problems.	Children to develop core strength and good flexibility. They will extend their knowledge of breathing in more than one pose and continue to work collaboratively to create difficult poses and model/teach these to others.	Children will learn how to use a key to identify orienteering landmarks. They will listen efficiently to work as part of a team and complete a task in isolation. With good, effective leadership skills.	Balance on various body parts using harder balances e.g shutting eyes, adding explosive movements. To evaluate learning and demonstrate improvements. To have fluency and speed when performing. To create their own fitness routines to improve exercises.
SMSC Strand	1c, 1d, 1e2a, 2b, 3a, 3c, 4e	1c, 1d, 1e, 2a, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b	1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1d, 1e, 2b, 3a, 3c, 4e, 1b
Summer 2	Athletic Movements	OAA	OAA	Multi Skills	Gymnastics	Multi Skills	Forest School
	To continue using the FMS/FoM within athletic games. They will begin to jump over a variety of objects. They will learn to throw objects into targets. They will also be developing their balancing skills when moving. Children will also be introduced to fun competitions e.g racing against each other.	Children will be introduced to activities in pairs, learning how to work together with a partner and in small groups. They will work as a team to solve problems/tasks. Children will be introduced to orienteering and used the co-ordinates North, South, East and West.	Children will continue to work within pairs and small groups to develop communication and the ability to provide direction. They will continue to learn about a compass and how to navigate through a map. They will begin to develop leadership qualities while working in a team.	Children will learn to balance on various body parts while moving. They will have a focus on agility – changing direction at speed. They will coordinate their body to perform a combination of movements. They will begin to complete fitness tests and work towards PB's	To learn various jumps and develop travelling across the mat. To learn matching and mirroring balance routines on apparatus. Children will Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes.	In combination with other skills children will learn to balance objects, while moving and co-ordinating other actions, change direction quickly and effectively with equipment. They will compare their performances with previous ones and strive to achieve a PB.	Children will become aware of nature and their outdoor environment in different seasons. They will learn how to tie knots at different levels, use a variety of tools and apply these skills within activities such as den building, lighting fires and exploration of natural materials.
SMSC Strand	1c, 1d, 1e2a, 2b, 3a, 3c, 4e	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3b, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1d, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1e, 2b, 3a, 3c, 4e, 1b	1c, 1d, 1e, 2a, 2b, 3a, 3b, 3c, 4e, 1b