

Curriculum Plan Overview with Specialist Support
2023 - 2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Wren Class	Multi Skills with Conner Fawdry	Dance with Anna Judge	Gymnastics with Startastic and Multi Skills with Connor Fawdry	Football with Ryan McCarthy and Multi Skills with Class Teacher	Swimming and Multi Skills with Connor Fawdry	Athletics with Connor Fawdry and Dodge Ball with Class Teacher
Owl Class	Multi Skills with Connor Fawdry and Sportshall Athletics with Class Teacher	Dance with Anna Judge and Tag Rugby with Class Teacher	Gymnastics with Startastic and Multi Skills with Connor Fawdry	Football with Ryan McCarthy and Multi Skills with Class Teacher	Cricket with Connor Fawdry and Dodge Ball with Class Teacher	Swimming and Athletics with Connor Fawdry
Woodpecker Class	Badminton with Connor Fawdry and Sportshall Athletics with class teacher	Swimming and Hockey with Connor Fawdry	Dance with Anna Judge and Bench Ball with class teacher	Dance with Anna Judge and Netball with Connor Fawdry	Cricket with Connor Fawdry and Football with Ryan Mc Carthy	Athletics with Connor Fawdry and Gymnastics with Startastic
Red Kite Class	Swimming and Badminton with Connor Fawdry	Sportshall Athletics with Class teacher and Hockey with Connor Fawdry	Dance with Anna Judge and Bench Ball with Class Teacher	Dance with Anna Judge and Netball with Connor Fawdry	Cricket with Connor Fawdry and Football with Ryan McCarthy	Athletics with Connor Fawdry and Gymnastics with Startastic

Physical Education Curriculum Plan

Wren Class Year

2023 - 2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Wren Class	Multi Skills with Conner Fawdry	Dance with Anna Judge	Gymnastics with Startastic and Multi Skills with Connor Fawdry	Football with Ryan McCarthy and Multi Skills with Class Teacher	Swimming and Multi Skills with Connor Fawdry	Athletics with Connor Fawdry and Dodge Ball with Class Teacher

Autumn Term 1 Unit Intent and Coach/Specialist Support	End of Early Years Foundation Stage Expectations (Early Learning Goals) Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, hopping and skipping. Team teaching of Multi Skills with Connor Fawdry						
Assessment	Head Core Knowledge and Skills 1. To be able to follow physical instructions.		Heart Core Knowledge and Skills 1. To work as part of a team taking a turn.		Hands Core Knowledge and Skills 1. To be able to move in and out of spaces successfully.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles

					safely, with consideration for themselves and others.	safely, with consideration for themselves and others.	safely, with consideration for themselves and others.
Autumn Term 2 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as dancing. Team teaching of dance with Anna Judge from Star Steppers. (Tuesdays)						
Assessment	Head Core Knowledge and Skills 1. To perform dance steps with confidence.		Heart Core Knowledge and Skills 1. To dance with a partner or as part of a small group.		Hands Core Knowledge and Skills 1. To link 2/3 dance moves successfully.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Negotiate space safely, with consideration for themselves and others.	Negotiate space safely, with consideration for themselves and others.	Negotiate space safely, with consideration for themselves and others.	Negotiate space safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing.	Negotiate space safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as dancing	Negotiate space safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as dancing	Negotiate space safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as dancing

Spring Term 1 Session 1 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing. Team Teaching of gymnastics with Stacey Oliver from Startastic.						
	Assessment	Head Core Knowledge and Skills 1. To perform one gymnastic move with confidence.	Heart Core Knowledge and Skills 1. To follow instructions given by gymnast coach.	Hands Core Knowledge and Skills 1. To achieve Jade badge.			
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing. See planning towards Jade Badge from Stacey Oliver.						
Spring Term 1 Session 2 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, hopping and skipping. Team teaching of Multi Skills with Connor Fawdry						
	Assessment	Head Core Knowledge and Skills 1. To negotiate space and obstacles successfully.	Heart Core Knowledge and Skills 1. To work as part of a team in a game.	Hands Core Knowledge and Skills 1. To use equipment appropriately and successfully.			
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,

	hopping and skipping	hopping and skipping	hopping and skipping	hopping and skipping	jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and other
Spring Term 2 Session 1 Unit Intent and Coach/Specialist Support	<p>To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in football.</p> <p>To participate in team games, developing simple tactics for attacking and defending.</p> <p>Team Teaching of football with Ryan McCarthy.</p>						
Assessment	Head Core Knowledge and Skills 1. To move the ball successfully from one place to another.		Heart Core Knowledge and Skills 1. To be able to overcome mistakes/failures when dribbling or passing the football.		Hands Core Knowledge and Skills 1. To be able to dribble with a football.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Develop agility, balance, coordination, strength and technique across a number of sports.	Develop agility, balance, coordination, strength and technique across a number of sports.	Developing positional awareness tactics in game situations.	Participate in competitive games and develop attacking & defending tactics.	Participate in competitive games and develop attacking & defending tactics.
Spring Term 2 Session 2 Unit Intent and Coach/Specialist Support	<p><u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u></p> <p>Gross Motor Skills</p> <p>Pupils at the expected level of development will:</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, hopping and skipping. 						

	Class Teacher to teach through multi skills.						
Assessment	Head Core Knowledge and Skills 1. To complete team games successfully by making the correct decision negotiating spaces and obstacles and using equipment.		Heart Core Knowledge and Skills 1. To understand that being physically active makes the heart pump harder which is good for human health.		Hands Core Knowledge and Skills 1. To complete multi-skill games successfully as part of a team.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and other
Wren Class will go swimming for 5 weeks in Summer 1							
Summer Term 1 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, hopping and skipping. Team teaching of Multi Skills with Connor Fawdry						

Assessment	Head Core Knowledge and Skills 1. To use negotiate space and obstacles and use equipment with confidence.		Heart Core Knowledge and Skills 1. To work as part of a team and communicate effectively to them during a team game.		Hands Core Knowledge and Skills 1. To engage in competing in a team game using equipment.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and others.	Move energetically, such as running, jumping, hopping and skipping. Negotiate space and obstacles safely, with consideration for themselves and other
Summer Term 2 Session 1 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing. Team Teaching of athletics with Connor Fawdry.						
Assessment	Head Core Knowledge and Skills 1. To run and jump with confidence.		Heart Core Knowledge and Skills 1. To begin to understand and accept race loses and failures in performance.		Hands Core Knowledge and Skills 1. To compete in Sports Day races and multi-skill stations.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,	Move energetically, such as running, jumping,

	hopping, skipping and climbing.	hopping, skipping and climbing.	hopping, skipping and climbing. Negotiate space and obstacles safely, with consideration for themselves and others.	hopping, skipping and climbing. Negotiate space and obstacles safely, with consideration for themselves and others.	hopping, skipping and climbing. Negotiate space and obstacles safely, with consideration for themselves and others.	hopping, skipping and climbing. Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination.	hopping, skipping and climbing. Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination.
Summer Term 2 Session 2 Unit Intent and Coach/Specialist Support	<u>End of Early Years Foundation Stage Expectations (Early Learning Goals)</u> Gross Motor Skills Pupils at the expected level of development will: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running. Dodgeball taught by class teacher.						
Assessment	Head Core Knowledge and Skills 1. To be able to throw a ball successfully at pupils as part of a dodgeball game.		Heart Core Knowledge and Skills 1. To accept when caught out or when hit by a ball.		Hands Core Knowledge and Skills 1. To be able to throw and catch a ball successfully.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,	Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically,

	such as running.	such as running.	such as running.	such as running.	such as running.	such as running.	such as running.
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Physical Education Curriculum Plan

Owl Class Year 2023 ~ 2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Owl Class	Multi Skills with Connor Fawdry and Sportshall Athletics with Class Teacher	Dance with Anna Judge and Tag Rugby with Class Teacher	Gymnastics with Startastic and Multi Skills with Connor Fawdry	Football with Ryan McCarthy and Multi Skills with Class Teacher	Cricket with Connor Fawdry and Dodge Ball with Class Teacher	Swimming and Athletics with Connor Fawdry

Autumn Term 1 Session 1 Unit Intent and Coach/Specialist Support	<p>To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.</p> <p>To participate in team games, developing simple tactics.</p> <p>Team teaching of multi skills with Connor Fawdry.</p>						
Assessment	Head Core Knowledge and Skills 1. To confidently use equipment used in multi-skill games.		Heart Core Knowledge and Skills 1. To work collaboratively as part of a team.		Hands Core Knowledge and Skills 1. To move with agility to negotiate spaces and objects.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To master basic movements including running, jumping, throwing and catching, as well as	To master basic movements including running, jumping, throwing and catching, as well as	To master basic movements including running, jumping, throwing and catching, as well as	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing

	developing balance, agility and co-ordination, and begin to apply these is a range of activities.	developing balance, agility and co-ordination, and begin to apply these is a range of activities.	developing balance, agility and co-ordination, and begin to apply these is a range of activities.	balance, agility and co-ordination, and begin to apply these is a range of activities.	balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.	balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.	balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.
Autumn Term 1 Session 2 Unit Intent and Coach/Specialist Support	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities. Sportshall athletics taught by the Class Teacher.						
Assessment	Head Core Knowledge and Skills 1. To run and jump with confidence.		Heart Core Knowledge and Skills 1. To know that being active is an important part of staying healthy physically.		Hands Core Knowledge and Skills 1. To be able to throw with co-ordination and accuracy.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility

	balance, agility and co-ordination, and begin to apply these is a range of activities.	balance, agility and co-ordination, and begin to apply these is a range of activities.	balance, agility and co-ordination, and begin to apply these is a range of activities.	and co-ordination, and begin to apply these is a range of activities.	and co-ordination, and begin to apply these is a range of activities.	and co-ordination, and begin to apply these is a range of activities.	and co-ordination, and begin to apply these is a range of activities.
Autumn Term 2 Session 1 Unit Intent and Coach/Specialist Support	<p>To perform dances using simple movement patterns.</p> <p>Team teaching of dance with Anna Judge from Star Steppers.</p>						
Assessment	Head Core Knowledge and Skills 1. To perform directed dance steps with confidence.		Heart Core Knowledge and Skills 1. To complete dance sequence with a partner and/or small group.		Hands Core Knowledge and Skills 1. To perform a simple sequence of dance steps.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Perform dances using a range of movement patterns.	Perform dances using a range of movement patterns.	Perform dances using a range of movement patterns.	Perform dances using a range of movement patterns.
Autumn Term 2 Session 2 Unit Intent and Coach/Specialist Support	<p>To master basic movements including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</p> <p>To participate in team games, developing simple tactics for attacking and defending. Tag Rugby taught by the class teacher.</p>						
Assessment	Head Core Knowledge and Skills 1. To know which direction to move to avoid being tagged.		Heart Core Knowledge and Skills 1. To develop resilience to deal with being caught and tagged.		Hands Core Knowledge and Skills 1. To be able to run quickly and change direction to be able to tag others.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To master basic movements	To master basic movements	To master basic movements	To master basic movements	To master basic movements	To master basic movements	To master basic movements

	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities. To participate in team games, developing simple tactics for attacking and defending.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities. To participate in team games, developing simple tactics for attacking and defending.	including running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities. To participate in team games, developing simple tactics for attacking and defending.
Spring Term 1 Session 1 Unit Intent and Coach/Specialist Support	To mastered basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these through gymnastics . Team Teaching of gymnastics with Stacey Oliver from Startastic						
Assessment	Head Core Knowledge and Skills 1. To be able to put 2 or 3 gymnastic moves as part of a simple sequence.		Heart Core Knowledge and Skills 1. To participate in gymnastic movements to develop balance and co-ordination.		Hands Core Knowledge and Skills 1. To be able to complete movements to achieve *** badge.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, and jumping, in isolation and combination.	Master movements such as running, and jumping, in isolation and combination.	Develop agility, balance, coordination, strength and technique	Develop agility, balance, coordination, strength and technique	Develop agility, balance, coordination, strength and technique	Develop agility, balance, coordination, strength and technique	Develop agility, balance, coordination, strength and technique
Spring Term 1 Session 2	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.						

Unit Intent and Coach/Specialist Support	To participate in team games, developing simple tactics. Team teaching of multi skills with Connor Fawdry.						
Assessment	Head Core Knowledge and Skills 1. To take part in team games with confidence.		Heart Core Knowledge and Skills 1. To have the resilience to manage emotions when their team loses.		Hands Core Knowledge and Skills 1. To move with agility, co-ordination and balance to be able to compete successfully in a team game.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is a range of activities. To participate in team games, developing simple tactics.
Spring Term 2 Session 1	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in football . To participate in team games, developing simple tactics for attacking and defending.						

Unit Intent and Coach/Specialist Support	Team Teaching of football with Ryan McCarthy.						
Assessment	Head Core Knowledge and Skills 1. To know which tactic to take to defend .		Heart Core Knowledge and Skills 1. To have the resilience to be able to manage their emotions if their team loses.		Hands Core Knowledge and Skills 1. To be able to dribble with the ball. 2. To be able to pass the ball to a team member.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.	Master basic movement including running, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. Participate in team games, developing tactics for attacking and defending.
Spring Term 2 Session 2 Unit Intent and Coach/Specialist Support	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in multi-skills . Multi Skills taught by the class teacher .						
Assessment	Head Core Knowledge and Skills		Heart Core Knowledge and Skills		Hands Core Knowledge and Skills		

	1. To know what they need to do to be able to successfully take part in a team game i.e. sprint, hand equipment to team member, listen carefully to instructions.		1. To work collaboratively with team to be successful.		1. To be able to move with balance, agility and co-ordination to be able to compete successfully in team games.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Skills and Knowledge	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.	
Summer Term 1 Session 1 Unit Intent and Coach/Specialist Support	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these is in rounders . To participate in team games, developing simple tactics for attacking and defending. Team Teaching with Connor Fawdry from Visionary Sports. (Fridays)						
Assessment	Head Core Knowledge and Skills 1. To demonstrate an understanding of the basic rules for rounders.		Heart Core Knowledge and Skills 1. To work collaboratively with their team to successfully field in rounders game.		Hands Core Knowledge and Skills 1. To be able throw and catch the rounders ball successfully. 2. To be able to bat the ball successfully using either a racquet or rounders bat.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping,	Master movements such as running, jumping,	Develop agility, balance, coordination, strength and	Develop agility, balance, coordination,	Developing positional awareness	Participate in competitive games and develop	Participate in competitive games and develop

	throwing and catching in isolation and combination.	throwing and catching in isolation and combination.	technique across a number of sports.	strength and technique.	tactics in game situations.	attacking & defending tactics.	attacking & defending tactics.
Summer Term 1 Session 2 Unit Intent and Coach/Specialist Support	Master basic movements including running, throwing and catching. Participate in team games, developing simple tactics for attacking and defending and apply these through dodgeball . Taught by the class teacher.						
Assessment	Head Core Knowledge and Skills 1. To understand the rules of dodgeball and know how to compete successfully.		Heart Core Knowledge and Skills 1. To be able to communicate effectively with their team to be able to compete successfully in a game.		Hands Core Knowledge and Skills 1. To be able to successfully throw a ball and target the opponent. 2. To be able to catch the ball.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Skills and Knowledge	Master basic movements including running, throwing and catching.	Master basic movements including running, throwing and catching.	Master basic movements including running, throwing and catching.	Master basic movements including running, throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, throwing and catching. Participate in team games, developing simple tactics for attacking and defending	
Summer Term 2 Session 1 Unit Intent and Coach/Specialist Support	To mastered basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in athletics . Team Teaching with Connor Fawdry from Visionary Sports. (Fridays)						
Assessment	Head Core Knowledge and Skills 1. To move with confidence in athletics i.e. running, jumping and throwing.		Heart Core Knowledge and Skills 1. To identify an area for improvement in athletic ability		Hands Core Knowledge and Skills 1. To be able to sprint.		

			and then evaluate own performance.			2. To improve own performance in standing long jump. 3. To improve own performance in throwing activity (football throw or javelin).	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.
Owl Class will be swimming for 6 weeks in Summer Term 2.							

Physical Education Curriculum Plan
Woodpecker Class Year 2023 ~ 2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Woodpecker Class	Badminton with Connor Fawdry and Sportshall Athletics with class teacher	Swimming and Hockey with Connor Fawdry	Dance with Anna Judge and Bench Ball with class teacher	Dance with Anna Judge and Netball with Connor Fawdry	Cricket with Connor Fawdry and Football with Ryan Mc Carthy	Athletics with Connor Fawdry and Gymnastics with Startastic

Woodpecker Class have 6 swimming sessions in the Autumn Term.

Autumn Term 1 Session 1 Unit Intent and Coach/Specialist Support	<p>To use running in isolation and in combination.</p> <p>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. To develop strength and technique, control and balance through badminton.</p> <p>Team teaching with Connor Fawdry from Visionary Sports. (Fridays)</p>						
Assessment	Head Core Knowledge and Skills 1. To know the rules of a simple game of badminton.		Heart Core Knowledge and Skills 1. To identify badminton skill which needs improving and evaluate progress.		Hands Core Knowledge and Skills 1. To be able to serve using the badminton racquet and shuttlecock 2. To be able to hit a return to the opponent.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping, throwing and catching in	Master movements such as running, jumping, throwing and catching in	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Participate in games and develop attacking & defending tactics.	Developing positional awareness tactics in game situations.	Developing positional awareness tactics in game situations.

	isolation and combination.	isolation and combination.					
Autumn Term 1 Session 2 Unit Intent and Coach/Specialist Support	<p>To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate improvement to achieve their personal best. Taught through sportshall athletics.</p> <p>Taught by the class teacher.</p>						
Assessment	Head Core Knowledge and Skills		Heart Core Knowledge and Skills		Hands Core Knowledge and Skills		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To use running and jumping in isolation and combination.	To use running and jumping in isolation and combination.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate improvement to achieve their personal best.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate improvement to achieve their personal best.	
Autumn Term 2 Session 1 Unit Intent and Coach/Specialist Support	<p>To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through hockey.</p> <p>Team teaching with Connor Fawdry.</p>						
Assessment	Head Core Knowledge and Skills 1. To know the rules of a simple game of hockey and demonstrate this in their play.		Heart Core Knowledge and Skills 1. To communicate effectively with their team during a game and sustaining this when losing a game.		Hands Core Knowledge and Skills 1. To be able to defend effectively in a game. 2. To be able to attack effectively in a game. 3. To be able to score.		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Woodpecker Class will be swimming for 5 weeks in Autumn Term 2.							
Spring Term 1 Session 1 Unit Intent and Coach/Specialist Support	To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best through dance . Team teaching with Anna Judge from Star Steppers. (Tuesdays)						
Assessment	Head Core Knowledge and Skills 1. To be able sequence dance steps with confidence. 2. To be able to create own simple dance sequence.		Heart Core Knowledge and Skills 1. To be able to dance collaboratively with a partner or small group.		Hands Core Knowledge and Skills 1. To be able to perform a simple dance.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Using movement, speed, direction	Using movement, speed, direction	Using rhythm and control to perform dance actions.	Using rhythm and control to perform dance actions.	Using a variety of dance style reflecting a specific theme.	Using a variety of dance style reflecting a specific theme.	Participate in dance activities both individually

	and travel to build sequences.	and travel to build sequences.					and as part of a team.
Spring Term 1 Session 2	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles suitable for attacking and defending taught through benchball . Taught by class teacher.						
Assessment	Head Core Knowledge and Skills 1. To know the rules of benchball and apply them to their play.		Heart Core Knowledge and Skills 1. To communicate effectively with their team in a game.		Hands Core Knowledge and Skills 1. To be able to throw the ball successfully to their team. 2. To be able to catch the ball successfully.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending.	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles suitable for attacking and defending.	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles suitable for attacking and defending.	
Spring Term 2 Session 1 Unit Intent and Coach/Specialist Support	To develop flexibility, strength, technique, control and balance through gymnastics . To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Team teaching with Stacey Oliver from Startastics.						
Assessment	Head Core Knowledge and Skills 1. To perform gymnastic movements with confidence.		Heart Core Knowledge and Skills 1. To understand the being active is important for being healthy physically and mentally.		Hands Core Knowledge and Skills 1. To be able to perform gymnastic movements to achieve their *** badge.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7

Skills and Knowledge	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Develop speed, direction, level and rotations.	Develop speed, direction, level and rotations.	Develop speed, direction, level and rotations.
	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner.	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner
Spring Term 2 Session 2 Unit Intent and Coach/Specialist Support	<p>To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, taught through netball.</p> <p>Team teaching with Connor Fawdry from Visionary Sports. (Friday)</p>						
Assessment	Head Core Knowledge and Skills 1. To know the rules of High 5 Netball and demonstrate their understanding.		Heart Core Knowledge and Skills 1. To play collaboratively with their team and pass the ball successfully.		Hands Core Knowledge and Skills 1. To be able to throw the ball to their team using the appropriate pass. 2. To be able to defend and attack in a game.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	

Summer Term 1 Session 1 Unit Intent and Coach/Specialist Support	<p>To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through cricket.</p> <p>Team teaching with Connor Fawdry from Visionary Sports. (Fridays)</p>						
Assessment	Head Core Knowledge and Skills 1. To know the rules of Kwik Cricket and demonstrate their understanding.		Heart Core Knowledge and Skills 1. To engage in learning the skills for cricket for bowling, batting and fielding.		Hands Core Knowledge and Skills 1. To bat the ball using a cricket bat. 2. To be able to bowl the ball. 3. To be able to throw and catch as part of fielding.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Summer Term 1 Session 2	<p>To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through football.</p>						

Unit Intent and Coach/Specialist Support	Team teaching with Ryan McCarthy.					
Assessment	Head Core Knowledge and Skills 1. To know the rules of football and demonstrate these in their play.		Heart Core Knowledge and Skills 1. To develop the emotional resilience during a game when their team is losing.		Hands Core Knowledge and Skills 1. To be able to defend the ball effectively. 2. To be able to attack effectively. 3. To be able to pass to team members effectively.	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Skills and Knowledge	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Summer Term 2 Session 1 Unit Intent and Coach/Specialist Support	To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance through athletics . Compared their performances with previous ones and demonstrate improvement to achieve their personal best. Team teaching with Connor Fawdry from Visionary Sports. (Fridays)					
Assessment	Head Core Knowledge and Skills 1. To perform running, jumping and throwing skills with confidence.		Heart Core Knowledge and Skills 1. To identify personal areas for improvement and evaluate progress.		Hands Core Knowledge and Skills 1. To be able to pass the baton in a relay race. 2. To be able to perform a long jump.	

							3. To be able to throw a javelin or football successfully.
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Developing positional awareness tactics in athletic situations.	Developing positional awareness tactics in athletic situations.
Summer Term 2 Session 2 Unit Intent and Coach/Specialist Support	To develop flexibility, strength, technique, control and balance through gymnastics . Team teaching with Stacey Oliver from Startastic.						
Assessment	Heart Core Knowledge and Skills 1. To perform gymnastic skills with confidence. 2. To be able to create a simple sequence of gymnastic movements.		Head Core Knowledge and Skills 1. To show determination and resilience in learning gymnastic skills.		Hands Core Knowledge and Skills 1. To achieve their Pearl 3 badge. (Y3) 2. To achieve their Ruby 1 badge. (Y4)		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	To develop flexibility, strength, technique, control and balance.	

Physical Education Curriculum Plan
Red Kite Class Year 2023-2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Red Kite Class	Swimming and Badminton with Connor Fawdry	Sportshall Athletics with Class teacher and Hockey with Connor Fawdry	Dance with Anna Judge and Benchball with Class Teacher	Dance with Anna Judge and Netball with Connor Fawdry	Cricket with Connor Fawdry and Football with Ryan McCarthy	Athletics with Connor Fawdry and Gymnastics with Startastic

Red Kite Class have 6 swimming sessions in the Autumn Term.

Autumn Term 1 Session 1 Unit Intent and Coach/Specialist Support	<p>To use running in isolation and in combination.</p> <p>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. To develop strength and technique, control and balance through badminton.</p> <p>Team teaching with Connor Fawdry from Visionary Sports. (Fridays)</p>						
Assessment	Head Core Knowledge and Skills <ol style="list-style-type: none"> To understand the rules of badminton and apply these to their play. To be able to choose and perform the correct tactic for successful play. 		Heart Core Knowledge and Skills <ol style="list-style-type: none"> To demonstrate determination and resilience in developing badminton skills. 		Hands Core Knowledge and Skills <ol style="list-style-type: none"> To be able to serve to their opponent. To be able to sustain a sequence of passes. To be able to score points. 		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To use running in isolation and in combination.	To use running in isolation and in combination.	To use running in isolation and in combination.	To use running in isolation and in combination.	To use running in isolation and in combination.	To use running in isolation and in combination.	To use running in isolation and in combination.

	To develop strength and technique, control and balance	To develop strength and technique, control and balance	To develop strength and technique, control and balance	To develop strength and technique, control and balance	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Red Kite Class have 5 swimming sessions in Autumn Term 1.							
Autumn Term 2 Session 1 Unit Intent and Coach/Specialist Support	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate improvement to achieve their personal best. Taught through sportshall athletics . Taught by the class teacher .						
Assessment	Head Core Knowledge and Skills 1. To know how to execute their athletic skill to perform at their personal best.		Heart Core Knowledge and Skills 1. To be able to identify their personal area for growth and evaluate their performance.		Hands Core Knowledge and Skills 1. To be able to run with co-ordination and balance. 2. To be able to jump with technique, control and balance.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To use running and jumping in isolation and combination.	To use running and jumping in isolation and combination.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance.	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate	To use running and jumping in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare their performance with previous and demonstrate	

					improvement to achieve their personal best.	improvement to achieve their personal best.	
Autumn Term 2 Session 2 Unit Intent and Coach/Specialist Support	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through hockey . Team teaching with Connor Fawdry.						
Assessment	Head Core Knowledge and Skills 2. To know the rules of a simple game of hockey and demonstrate this in their play.			Heart Core Knowledge and Skills 2. To communicate effectively with their team during a game and sustaining this when losing a game.		Hands Core Knowledge and Skills 4. To be able to defend effectively in a game. 5. To be able to attack effectively in a game. 6. To be able to score.	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Spring Term 1 Session 1	To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best through dance .						

Unit Intent and Coach/Specialist Support	Team teaching with Anna Judge from Star Steppers. (Tuesdays)						
Assessment	Head Core Knowledge and Skills 1. To be able to perform a dance. 2. To create own dance sequence as part of a whole class dance.		Heart Core Knowledge and Skills 1. To be able to dance with a partner or group.		Hands Core Knowledge and Skills 1. To be part of a dance performance. 2. To show dance skills as an individual and as part of the whole dance.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Using movement, speed, direction and travel to build sequences.	Using movement, speed, direction and travel to build sequences.	Using rhythm and control to perform dance actions.	Using rhythm and control to perform dance actions.	Using a variety of dance style reflecting a specific theme.	Using a variety of dance style reflecting a specific theme.	Participate in dance activities both individually and as part of a team.
Spring Term 1 Session 2 Unit Intent and Coach/Specialist Support	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles suitable for attacking and defending taught through benchball . Taught by class teacher.						
Assessment	Head Core Knowledge and Skills 1. To know the rules of benchball and demonstrate these in their play.		Heart Core Knowledge and Skills 1. To communicate effectively with their team during a game for successful play and sustain this when they are losing.		Hands Core Knowledge and Skills 1. To be able to be able to throw successfully to their team. 2. To be able to catch successfully. 3. To identify and communicate tactics to enable the team to be effective.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination.	To use throwing and catching in isolation and in combination To play competitive games and apply basic principles	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles	To use throwing and catching in isolation and in combination. To play competitive games and apply basic principles	

				suitable for attacking and defending.	suitable for attacking and defending.	suitable for attacking and defending.	
Spring Term 2 Session 1 Unit Intent and Coach/Specialist Support	To develop flexibility, strength, technique, control and balance. To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best through dance . Team teaching with Anna Judge from Star Steppers. (Tuesdays)						
Assessment	Head Core Knowledge and Skills 3. To be able to perform a dance. 4. To create own dance sequence as part of a whole class dance.		Heart Core Knowledge and Skills 2. To be able to dance with a partner or group.		Hands Core Knowledge and Skills 3. To be part of a dance performance. 4. To show dance skills as an individual and as part of the whole dance.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Using movement, speed, direction and travel to build sequences.	Using movement, speed, direction and travel to build sequences.	Using rhythm and control to perform dance actions.	Using rhythm and control to perform dance actions.	Using a variety of dance style reflecting a specific theme.	Using a variety of dance style reflecting a specific theme.	Participate in dance activities both individually and as part of a team.
Spring Term 2 Session 2 Unit Intent and Coach/Specialist Support	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, taught through netball . Team teaching with Connor Fawdry from Visionary Sports. (Friday)						
Assessment	Head Core Knowledge and Skills 1. To demonstrate understanding of netball rules and skills through their play. 2. To demonstrate understanding of tactics through their play.		Heart Core Knowledge and Skills 1. To identify areas for personal development in their play and evaluate their progress.		Hands Core Knowledge and Skills 1. To demonstrate the most effective passes in their play for the moment in the game. 2. To demonstrate effective attacking and defending skills.		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Skills and Knowledge	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	
Summer Term 1 Session 1 Unit Intent and Coach/Specialist Support	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through cricket . Team teaching with Connor Fawdry from Visionary Sports. (Fridays)						
Assessment	Head Core Knowledge and Skills 1. To demonstrate understanding of cricket rules in their play.		Heart Core Knowledge and Skills 1. To identify own areas of personal growth and evaluate their own progress.		Hands Core Knowledge and Skills 1. To demonstrate effective batting skills. 2. To demonstrate effective fielding skills. 3. To demonstrate effective bowling skills.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.	To use running, jumping, throwing and catching in isolation and in combination.

					To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Summer Term 1 Session 2 Unit Intent and Coach/Specialist Support	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending through football . Team teaching with Ryan McCarthy.						
Assessment	Head Core Knowledge and Skills 1. To demonstrate the rules of football in their play. 2. To demonstrate an understanding of the most effective tactic during a game for successful play.		Heart Core Knowledge and Skills 1. To communicate effectively with their team and sustain this when their team is losing.		Head Core Knowledge and Skills 1. To demonstrate effective passing skills. 2. To demonstrate effective defending and attacking skills.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Skills and Knowledge	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	To use running in isolation and in combination. To play competitive games, modified where appropriate and apply basic principles suitable	

	for attacking and defending.	for attacking and defending.	for attacking and defending.	for attacking and defending.	for attacking and defending.	for attacking and defending.	for attacking and defending.
Summer Term 2 Session 1 Unit Intent and Coach/Specialist Support	To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance through athletics . Compared their performances with previous ones and demonstrate improvement to achieve their personal best. Team teaching with Connor Fawdry from Visionary Sports. (Fridays)						
Assessment	Head Core Knowledge and Skills 1. To be able to perform athletic skills in races, jumping and throwing with confidence.		Heart Core Knowledge and Skills 1. To be able to explain why being physically active is important for physical and mental wellbeing.		Hands Core Knowledge and Skills 1. To be able to pass the baton quickly and accurately in relay racing. 2. To be able to pace themselves in longer distance races.		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movements such as running, jumping, throwing and catching in isolation and combination.	Master movements such as running, jumping, throwing and catching in isolation and combination.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Develop agility, balance, coordination, strength and technique.	Developing positional awareness tactics in athletic situations.	Developing positional awareness tactics in athletic situations.
Spring Term 2 Session 1 Unit Intent and Coach/Specialist Support	To develop flexibility, strength, technique, control and balance through gymnastics . To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Team teaching with Stacey Oliver from Startastics.						
Assessment	Head Core Knowledge and Skills 1. To be able to create and perform a sequence of gymnastic movements with confidence.		Heart Core Knowledge and Skills 1. To identify own area for personal growth on the floor and using apparatus and evaluate own progress.		Hands Core Knowledge and Skills 1. To achieve *** badge. (Y5) 2. To achieve *** badge. (Y6)		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Skills and Knowledge	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Master movement, sequences and shape in isolation and combination.	Develop speed, direction, level and rotations.	Develop speed, direction, level and rotations.	Develop speed, direction, level and rotations.
	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner.	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner	Using equipment in a safe manner