

Reception/EYFS	Personal, Social and Emotional Development	Physical Development	Expressive Arts and Design
Unit: All About Me	<p>Manages own needs -Hygiene</p> <p>See themselves as a valuable individual</p> <p>Know and talk about different factors that support their overall health and wellbeing.</p> <ul style="list-style-type: none"> - toothbrushing - sensible amounts of 'screen time' <p>Builds constructive and respectable relationships</p> <p>See themselves as a valuable individual</p>	<p>Confidently use a range of small and large equipment.</p> <p>Further develop the skills they need to manage the school day effectively:</p> <ul style="list-style-type: none"> - Lining up and queuing. - Mealtimes. - Personal hygiene. <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen-time' - having a good sleep routine <p>- being a safe pedestrian</p>	<p>Explores, uses and refines artistic effects.</p> <p>Return to and build on their previous learning, refining ideas and developing their ability to represent them. Develop storylines in their pretend play</p>
Unit: Celebrations Around the World	Builds respectful relationships	Develop co-ordination and balance	Listens to music and talks about music. Dance and performing arts.
Unit: Traditional Tales	Develop resilience and perseverance skills	Use a range of tools competently, safely and confidently- scissors, pencils tools.	Develop stories in their play. (Traditional Tales) Performance and roleplay
Unit: Fantasy	Understand the importance of	Develop ball skills including:	Builds on prior learning to be

	being healthy	throwing, catching, kicking, passing batting and aiming.	creative Works collaboratively
Unit: Famous British Author – Julia Donaldson	N/A	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sports and swimming.	N/A
Unit: Growing/Minibeasts/Change	N/A	Hitting using equipment Develop overall body strength, balance, co-ordination and agility.	Explores and engages in music making and dance.

	Winter Games	Xmas - fundamental skills and fitness	Dance	Gymnastics	Summer Games	Athletics	Fundamental Skills and outdoor games	Swimming
Y1	Invasion Games Dodge Catch Kick	Throwing and catching Passing and receiving Catch Kick	The Seasons Line walk Jump for distance Jump for height	Animals – Balancing and different methods of travel Line walk Hop Jump for distance Jump for height	Bat and Ball skills Overarm throw Underarm throw	Summer Games Line walk Long Jump High Jump Overarm throw Underarm throw	Throwing and catching Passing and receiving Dodge Catch Kick Overarm throw Underarm throw	
Y2	Dodgeball/ Goalball Dodge Catch Kick	Throwing and catching Passing and receiving Catch Kick	The Circus Line walk Jump for distance Jump for height	Using Apparatus – Balancing and Rolling Line walk Hop Jump for distance Jump for height	Boccia/Tennis Overarm throw Underarm throw Catch Dodge	Summer Games Triple jump High jump Long jump Curling Javelin Shotput	Throwing and catching Passing and receiving Dodge Catch Kick Overarm throw Underarm throw	

Y3	LFC	Hockey Dodge Sprint Punt	LFC	Carnival of the Animals Line walk Jump for distance Jump for height Balance Skip	LFC	Summer Games Sprint Skip Relay Triple jump High jump Long jump Curling Ball Throw	Throwing and catching Passing and receiving Dodge Catch Kick Overarm throw Underarm throw Chest pass kick	Level 1-3
Y4	Football Dodge Hop Kick Skip Sprint kick	LFC	Gymnastics – Using Apparatus to explore jumping, balance and rolling Line walk Hop Jump for distance Jump for height Balance Climb Forward roll	LFC	Summer Games Sprint Skip Relay Triple jump High jump Long jump Ball Throw Javelin Curling	LFC	Tennis Dodge Catch Overarm throw Underarm throw	Level 3-5

Y5	<p>Netball / Basketball</p> <p>Dodge Catch Skip Sprint Chest pass Foot dribble Hand dribble</p>	<p>Circuit Training</p> <p>Hop Jump for distance Jump for height Catch Kick Balance Climb Skip Sprint Gallop Side gallop</p>	<p>High School Musical - Get Back in the Game</p> <p>Line walk Hop Jump for distance Jump for height Balance Climb Skip Continuous leap Gallop Side gallop</p>	<p>Working with apparatus - Partner balance and coordination</p> <p>Line walk Hop Jump for distance Jump for height Balance Climb Forward roll Skip</p>	<p>Volleyball and handball</p> <p>Dodge Catch Kick Overarm throw Underarm throw Skip Sprint 2 handed strike</p>	<p>Summer Games</p> <p>Sprint Skip Relay Triple jump High jump Long jump Ball Throw Javelin Curling</p>	<p>Kicking, dribbling, invading, passing and receiving</p> <p>Dodge Catch Overarm throw Underarm throw Skip Sprint Chest pass kick Gallop Side gallop Foot dribble Hand dribble Punt 2 handed strike</p>	<p>Level 5-7</p>
Y6	<p>Hockey</p> <p>Dodge Sprint Hand dribble Punt 2 handed strike</p>	<p>Circuit Training</p> <p>Line walk Dodge Hop Jump for distance Jump for height Catch Kick Balance Climb Skip</p>	<p>Rocky Theme</p> <p>Line walk Dodge Hop Jump for distance Jump for height Kick Skip</p>	<p>Working with apparatus / Partner Work</p> <p>Line walk Hop Jump for distance Jump for height Balance Climb Forward roll Skip</p>	<p>Rounders / Cricket</p> <p>Dodge Catch Overarm throw Underarm Throw Climb Forward roll Skip Sprint</p>	<p>Summer Games</p> <p>Sprint Skip Relay Triple jump High jump Long jump Ball Throw Javelin Curling</p>	<p>Aiming with accuracy</p> <p>Jump for distance Jump for height Catch Kick Overarm throw Underarm throw Chest pass Foot dribble Hand dribble</p>	<p>Catch up on levels not achieved</p> <p>Push for Level 8/9 outcomes</p>

Daily Exercise Opportunities

		Sprint Chest pass Continuous leap Gallop Side gallop	Continuous leap Gallop Side gallop	Continuous leap	Punt 2 handed strike		Punt 2 handed strike	
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Skills that must be mastered by the end of key stages – added to the long-term plan for appropriate topics

KS1	Lks2	UKS2				
	Line walk Dodge Hop Jump for distance Jump for height Catch Kick Overarm throw Underarm throw	Balance Climb Forward roll Skip Sprint Chest pass kick				
		Balance Climb Forward roll Continuous leap Gallop Side gallop Foot dribble Hand dribble Punt 2 handed strike				
<table border="1"> <tr> <td>Lunch time opportunities</td> </tr> <tr> <td>Skipping ropes</td> </tr> <tr> <td>Football and Basketball</td> </tr> <tr> <td>Table tennis</td> </tr> </table>			Lunch time opportunities	Skipping ropes	Football and Basketball	Table tennis
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Daily mile

Mindfulness lessons

Just dance videos on staff share

Joe Wicks - { HYPERLINK "https://www.youtube.com/watch?v=d3LPrhI0v-w" }

BBC Supermovers

Disney 10 minute Shakeup

BBC Boogie Beebies

Dough Disco

Cosmic yoga

Active Phonics