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| 2022-2023 |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | **Indoor** **Routine Development****Introduction to PE***Changing* *Spatial awareness**Baseline testing* *Dance teacher*  | **Fundamental Skill Development****Physical Literacy** *Throwing & Catching**Dance teacher*  | **Fundamental Skill Development****Physical Literacy***Working together and movement skills* | **Gymnastics / Dance***Strength, Flexibility, Balance and Developing a range of movement skills.* | **Fundamental Skill Development***Playing games and understanding rules* |  **Athletics Skill Development***Personal best, running, throwing and jumping* |
| Y1  |  **Indoor** **Routine Development****Introduction to PE***Changing* *Spatial awareness**Bench marking*  | **Fundamental Skill Development****Physical Literacy** *Throwing & Catching* | **Fundamental Skill Development****Physical Literacy** *Agility and Coordination* | **Gymnastics** *Strength, Flexibility, Balance and control* | **Fundamental Skill Development***Invasion games football*  | **Physical literacy** *Net games*  |
| **Fundamental Skill Development***Playing games and understanding rules* | **OAA***Directional language, basic map skills, team work, problem solving*  | **Dance / yoga** **Physical literacy**  | **Invasion Games** Basketball skill development |  **Athletics Skills Development***Personal best, running, throwing and jumping**Bench Marking*  | **Fundamental skill development** *Throwing and catching, striking a ball* *Cricket / rounder skills* |
| Y2  |  **Indoor** **Routine Development****Introduction to PE***Changing* *Spatial awareness**Bench marking* | **Fundamental Skill Development****Physical Literacy** *Throwing & Catching**Invasion games netball / matball / basketball / dodgeball*  | **Dance / yoga** **Physical literacy** Christmas show production  | **Gymnastics** *Balancing, traveling, rolling and jumping*  | **Fundamental Skill Development***Invasion games football*  | **Fundamental skill development** *Net / Wall games* *Physical literacy* *Tennis skills* |
| **Outdoor** **Fundamental Skill Development***Playing games and understanding rules* |  **OAA****Problem solving, fundamental orienteering skills** | **Outdoor** **Fundamental Skill Development***Agility and Coordination /playground games*  |  **Invasion Games** Football / handball skill development |  **Athletics Skills Development***Personal best, running, throwing and jumping**Bench Marking*  | **Fundamental skill development** *Striking and fielding* *Skill development* *Cricket / rounder skills* |

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Y3 | **Outdoor****Health and fitness** **Introduction** *Health and fitness, circuits, SAQ, team work*  Bench marking  | **OAA***Problem solving, teamwork, map skills*  | **Yoga / Movement skills**  | **Gymnastics***Skill development travelling, rolling, balancing, jumping, and using equipment.* | **Athletics Skills Development***Personal best, running, throwing and jumping*Bench Marking  | **Striking and fielding** *skill development* *Striking a ball, throwing and catching.**How to use equipment correctly.*  |
| Indoor **Dance**  With Dance Daze | **Invasion Game** *Rugby League with Sheffield Eagles*  | **Invasion games** *Football / handball skill development*  | **Gymnastics / Dance***Routine development travelling, rolling, balancing, jumping, and using equipment skills.* | **Net Games** *skill development* *hitting a ball over a net.**How to use equipment correctly* | **Athletics Skills Development***Personal Challenges / School games competitions / sports day preparation* |
| Y4 | **Health and fitness** **Introduction***Health and fitness, circuits,* Bench marking | **Swimming**  | **OAA**  *basic map skills, team work, problem solving* | **Swimming** | **Gymnastics***travelling, rolling, balancing, jumping, and using equipment skills.* | **Swimming** | **Gymnastic***travelling, rolling, balancing, jumping, and using equipment skills.* | **Swimming** | **OAA***basic map skills, team work, problem solving* | **Swimming** | **Health & Fitness***Health and fitness, circuit.* | **Swimming** |
| **Rugby League** *Sheffield Eagles* *Or Tag rugby*  | **Dance** *Dance Daze*  | **Invasion Games** **Basketball***Sheffield Hatters*  | **Net/Wall games** *Tennis creating a rally, understanding rules.**(Wet weather indoor classroom lessons)* | **Athletics Skills***Personal Challenges / School games competitions /analysing performance* | **Striking & fielding***Rounders / baseball / cricket. Learning rules and skill development.* |

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| Y5 | **Swimming**  | **Athletics Skills Development***Personal best, running, throwing and jumping**Leadership*  | Swimming  | **OAA – Orienteering** *Directional language, basic map skills, team work, problem solving* | **Dance** *Routine development* | **Gymnastics** *Performance analysis / assessment*  | **Net / Wall Games** *Tennis*  | **Striking & fielding***Cricket / Rounders /Baseball* |
| **Outdoor****Health and fitness** **Introduction** *Health and fitness, circuits, SAQ, team work*  Bench marking  | **Invasion Games** Handball / football  | **Invasion Games**Basketball  | **Invasion Games**Football | **Athletics** *Personal Challenges / School games competitions / sports*Bench Marking  | **Golf** *Tri-golf*  |
| Y6 | **Health and fitness** **Introduction** *Health and fitness, circuits, SAQ, team work*  *Bench marking*  | **Dance** *Dance Daze*  | **Health and fitness** *Health and wellbeing**Yoga / fitness / warm ups. Creating and leading fitness circuits ( possible theory/ classroom lessons)*  | **Gymnastics** *Routine performance and development/* *Performance analysis / assessment*  | **Net / Wall Games***Tennis* | **Striking & fielding***Rounders / baseball / cricket. Tactics and completion preparation*  |
| **Athletics Skills Development***Personal best, running, throwing and jumping**Leadership* *Sports hall Athletics completion*  | **OAA- Orienteering** *Directional language, basic map skills, team work, problem solving.**Leadership skills*  | **Invasion Games***Handball / game play competition preparation*  | **Invasion Games** *Football*  | **Athletics** *Performance analysis / assessment*Bench Marking  | **Golf** *Tri-golf lessons at Concord golf course* |