

<p style="text-align: center;">To explore and develop movement skills.</p> <p style="text-align: center;">To take part in small sided adapted activities - To link set movements together with support</p>							
Term	Weekly Spilt	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1/2/3	Lesson 1	MultiSkills through Fitness & Gymnastics Developing awareness & control		Multi skills/Play Co-ordination	Problem Solving Developing how to work together	Athletics Fundamental movements for athletics Running - throwing - jumping	
	Lesson 2	Games Play - turn taking - movement- agility - balance - coordination		Movement to music Dance: developing movement patterns	Games Net and wall	Striking and fielding Movement, techniques and skills for Striking and fielding Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football	
<p style="text-align: center;">To develop wider range of skills and use these in different sporting activities</p> <p style="text-align: center;">Take part in adapted team games and develop fitness - Link skills/movements together</p>							
Term	KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 4	Lesson 1	Invasion Games Adapted activities, fitness for team sports Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		MultiSkills through Games Developing awareness & control	Gymnastics / Dance	Swimming Water safety	
	Lesson 2	MultiSkills through Gymnastics/Games Developing awareness & control	Fitness - Health related exercise	OAA Problem solving	Invasion Games Adapted activities, fitness for team sports Kinball	Athletics Developing athletics knowledge and understanding Running technique - throwing - jumping	Striking and fielding Movement, techniques and skills for Striking and fielding Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football
Class 5	Lesson 1	Invasion Games Adapted activities, fitness for team sports Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		Swimming Water safety		Athletics Developing athletics knowledge and understanding Running technique - throwing - jumping	
	Lesson 2	MultiSkills through Gymnastics/Games Developing awareness & control	Fitness - Health related exercise	OAA Problem solving	Invasion Games Adapted activities, fitness for team sports Kinball	Striking and fielding Movement, techniques and skills for Striking and fielding Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football	
<p style="text-align: center;">To take part in adapted activities while developing technique.</p> <p style="text-align: center;">Work as part of a team and develop key tactics</p>							
Term	KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 6/7/8/9	Lesson 1	Invasion Games Use a range of techniques to outwit opponents - improving technique and performance Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		Gymnastics/Dance Ongoing development of key techniques Gymnastics & dance sequences - movements	Net & Wall Games Develop technique and improve performance Short tennis - catch volley - Catch tennis	Striking and fielding Movement, techniques and skills for Striking and fielding Rounder's - Kick rounder's - Cricket - softball - Hand football	
	Lesson 2	Fitness Developing knowledge of fitness activities Strength training - Yoga - Circuits - Games		OAA - Invasion team games Problem solving - Adapted activities, fitness for team sports		Athletics Develop and improve techniques and knowledge Athletics events - Sports day activities	
<p style="text-align: center;">Develop and improve performance.</p> <p style="text-align: center;">Develop personal fitness and promotes an active, healthy lifestyle.</p>							
Term	KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 10/11/12/13	Lesson 1	Invasion Games Use a range of techniques to outwit opponents - improving technique and performance Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		Gymnastics/Dance Ongoing development of key techniques Gymnastics & dance sequences - movements	Net & Wall Games Develop technique and improve performance Short tennis - catch volley - Catch tennis	Striking and fielding Movement, techniques and skills for Striking and fielding Rounder's - Kick rounder's - Cricket - softball - Hand football	
	Lesson 2	Fitness Improve and Develop knowledge of fitness activities Strength training - Yoga - Circuits - Sports related fitness - Games		OAA - Invasion team games Problem solving - Adapted activities, fitness for team sports		Athletics Develop and improve techniques and knowledge Athletics events - Sports day activities	
<p style="text-align: center;">Develop and improve performance.</p> <p style="text-align: center;">Prepare for an independent, active lifestyle.</p>							
Term	KS5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 14/15/16/17	Lesson 1	Invasion Games Use a range of techniques to outwit opponents - improving technique and performance Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		Invasion Games/Team Use a range of techniques to outwit opponents - improving technique and performance Hockey - Basketball - Korfball - Tag Rugby - Football - Handball - Benchball		Athletics Improve on already embedded skills - develop fitness Athletics events - Sports day activities	
	Lesson 2	Fitness - Health related exercise Improve and Develop knowledge of fitness activities Strength training - Yoga - Circuits - Sports related fitness - Games		OAA Offsite experiences in the community Take part in OAA activities that are challenging		Net wall/Striking and Fielding Tennis - Rounder's - Kick rounder's - Cricket - softball - foot golf - Bounce ball	

