

To explore and develop movement skills. To take part in small sided adapted activities - To link set movements together with support							
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 <i>Running - throwing - jumping</i>	
	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 <i>Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football</i>	
To develop wider range of skills and use these in different sporting activities Take part in adapted team games and develop fitness - Link skills/movements together							
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 <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		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 <i>Running technique - throwing - jumping</i>	Striking and fielding Movement, techniques and skills for Striking and fielding <i>Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football</i>
Class 5	Lesson 1	Invasion Games Adapted activities, fitness for team sports <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		Swimming Water safety		Athletics Developing athletics knowledge and understanding <i>Running technique - throwing - jumping</i>	
	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 <i>Short tennis - Rounder's - Kick rounder's - Cricket - softball - Hand football</i>	
To take part in adapted activities while developing technique. Work as part of a team and develop key tactics							
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 <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		Gymnastics/Dance Ongoing development of key techniques <i>Gymnastics & dance sequences - movements</i>	Net & Wall Games Develop technique and improve performance <i>Short tennis - catch volley - Catch tennis</i>	Striking and fielding Movement, techniques and skills for Striking and fielding <i>Rounder's - Kick rounder's - Cricket - softball - Hand football</i>	
	Lesson 2	Fitness Developing knowledge of fitness activities <i>Strength training - Yoga - Circuits - Games</i>		OAA - Invasion team games Problem solving - Adapted activities, fitness for team sports		Athletics Develop and improve techniques and knowledge <i>Athletics events - Sports day activities</i>	
Develop and improve performance. Develop personal fitness and promotes an active, healthy lifestyle.							
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 <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		Gymnastics/Dance Ongoing development of key techniques <i>Gymnastics & dance sequences - movements</i>	Net & Wall Games Develop technique and improve performance <i>Short tennis - catch volley - Catch tennis</i>	Striking and fielding Movement, techniques and skills for Striking and fielding <i>Rounder's - Kick rounder's - Cricket - softball - Hand football</i>	
	Lesson 2	Fitness Improve and Develop knowledge of fitness activities <i>Strength training - Yoga - Circuits - Sports related fitness - Games</i>		OAA - Invasion team games Problem solving - Adapted activities, fitness for team sports		Athletics Develop and improve techniques and knowledge <i>Athletics events - Sports day activities</i>	
Develop and improve performance. Prepare for an independent, active lifestyle.							
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 <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		Invasion Games/Team Use a range of techniques to outwit opponents - improving technique and performance <i>Hockey - Basketball - Korfbal - Tag Rugby - Football - Handball - Benchball</i>		Athletics Improve on already embedded skills - develop fitness <i>Athletics events - Sports day activities</i>	
	Lesson 2	Fitness - Health related exercise Improve and Develop knowledge of fitness activities <i>Strength training - Yoga - Circuits - Sports related fitness - Games</i>		OAA Offsite experiences in the community Take part in OAA activities that are challenging		Net wall/Striking and Fielding <i>Tennis - Rounder's - Kick rounder's - Cricket - softball - foot golf - Bounce ball</i>	

