



# Curriculum Plan KS1

## ( Incorporating Health)

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>YEAR 1</b>	<p><u>Gymnastics</u> Travelling <u>Warm down and warm up- safe movement</u></p> <p><u>Games</u> Bouncing and Catching</p>	<p><u>Dance</u> Simple movements patterns (Healthy Muscles p8)</p> <p><u>Games</u> Travelling with the ball</p>	<p><u>Games</u> Sending, kicking and striking</p> <p><b>Dance</b> Exploring Gesture and Formation. Creating short dances</p>	<p><b>Dance</b> Exploring Patterns and Pathways. Developing a simple dance</p> <p><u>Gymnastics</u> Taking weight on different parts (Warming Up p10)</p>	<p><u>Gymnastics</u> Transferring weight from one body part to another</p> <p><u>Games</u> Receiving with hands and feet</p>	<p><u>Games</u> Creating games in pairs (Being Active-Being Healthy p11)</p> <p><b>Dance</b> Telling a story through dance</p>
<b>YEAR 2</b>	<p><u>Games</u> Dribbling</p> <p><u>Gymnastics</u> Balance (Learning About Energy p12)</p>	<p><b>Dance</b> Communicate different moods, feelings and ideas (Benefits of Being Active p13)</p> <p><u>Games</u> Throwing and catching</p>	<p><u>Gymnastics</u> Parts high and low</p> <p><b>Dance</b> Using dynamics to develop the dance</p>	<p><u>Games</u> Sending skills</p> <p><u>Gymnastics</u> Jumping and landing</p>	<p><b>Dance</b> Learning and performing different styles of cultural dance</p> <p><u>Games</u> Hitting and striking</p>	<p><u>Gymnastics</u> Spinning and turning</p> <p><u>Games</u> Running, jumping and hopping</p>



# KS2 Curriculum Plan 2020/21

## (Incorporating Health)

	Autumn Term 1 <sup>st</sup> half	Autumn Term 2 <sup>nd</sup> half	Spring Term 1 <sup>st</sup> half	Spring Term 2 <sup>nd</sup> half	Summer Term 1 <sup>st</sup> half	Summer Term 2 <sup>nd</sup> half
<b>YEAR 3</b>	<p><b>Dance</b> Linking Dance Actions</p> <p><u>Net/Wall Games</u> Directing the ball</p>	<p><u>Invasion Games</u> <u>Passing</u> Netball; Rugby; Football</p> <p><u>Gymnastics</u> Travelling with a change of direction (Safe lifting and lowering p14)</p>	<p><u>Gymnastics</u> Stretching and curling</p> <p><u>Invasion Games</u> Creating space Netball; Rugby; Football (Warming up and cooling down p15)</p>	<p><u>Invasion Games</u> Playing games – Netball, Rugby, Football</p> <p><b>Dance</b> Cultural dance (2)</p>	<p><u>Athletics</u> Running, throwing, jumping</p> <p><u>Striking/Fielding</u> <u>Games</u> How to hit or strike the ball into space. Fielding as a team</p>	<p><u>Striking/Fielding</u> <u>Games</u> How to hit or strike the ball into space. Fielding as a team</p> <p><u>Athletics</u> Running, throwing and jumping</p>
<b>YEAR 4</b>	<p><u>Net/Wall Games</u> Directing the ball</p> <p><b>Outdoor and</b> <b>Adventurous</b> <b>Activities</b> Enfield Year 4 Unit</p>	<p><u>Invasion Games</u> Controlling and receiving Netball; Rugby; Football</p> <p><b>Dance</b> Re-telling a story</p>	<p><u>Gymnastics</u> Balance</p> <p><u>Invasion Games</u> Keeping possession of the ball Netball; Rugby; Football</p>	<p><b>Dance</b> Characterisation</p> <p><u>Invasion Games</u> Marking and tackling</p>	<p><u>Striking/Fielding</u> <u>Games</u> How to hit or strike the ball into space. Fielding as a team</p> <p><u>Gymnastics</u> Receiving Body Weight</p>	<p><u>Athletics x 2</u> Developing good running, throwing and jumping techniques (Planning To Be Active p16 &amp; Energy Balance p17)</p>



	Autumn Term 1 <sup>st</sup> half	Autumn Term 2 <sup>nd</sup> half	Spring Term 1 <sup>st</sup> half	Spring Term 2 <sup>nd</sup> half	Summer Term 1 <sup>st</sup> half	Summer Term 2 <sup>nd</sup> half
<b>YEAR 5</b>	<p><u>Net/Wall Games</u> Develop individual shots</p> <p><b>Dance</b> Formations in historical dance</p>	<p><u>Invasion Games</u> Support play and formations Netball; Basketball; Hockey; Rugby; Football</p> <p><u>Gymnastics</u> Flight</p>	<p><u>Gymnastics</u> Bridge (Healthy Backs p19)</p> <p><b>Outdoor and Adventurous Activities</b> Enfield Year 5 Unit (Benefits of Being Active p18)</p>	<p><b>Dance</b> Communicating issues through dance</p> <p><u>Invasion Games</u> Shooting and keeping Netball; Basketball; Hockey; Football; Rugby</p>	<p><u>Athletics</u> Set targets &amp; improve performance in running, jumping and throwing activities</p> <p><u>Striking/fielding Games</u> Role of bowler, wicket keeper, backstop, fielder and batter</p>	<p><u>Striking/fielding Games</u> Role of bowler, wicket keeper, backstop, fielder and batter</p> <p><u>Athletics</u> Set targets &amp; improve performance in running, jumping and throwing activities</p>
<b>YEAR 6</b>	<p><u>Net/Wall Games</u> Develop individual shots</p> <p><u>Gymnastics</u> Counter balance/ counter tension</p>	<p><b>Dance</b> Using visual media</p> <p><u>Invasion Games</u> Attacking and defending play Netball; Basketball; Hockey; Rugby; Football</p>	<p><u>Gymnastics</u> Matching and mirroring Core Task</p> <p><u>Invasion Games</u> Tactics Netball; Basketball; Hockey; Football; Rugby</p>	<p><u>Invasion Games</u> Teamwork and formations Netball; Basketball; Hockey; Football; Rugby</p> <p><b>Dance</b> Putting on a dance performance</p>	<p><u>Striking/Fielding Games</u> Role of bowler, wicket keeper, backstop, fielder and batter</p> <p><u>Athletics</u> Set targets &amp; improve performance in running, jumping and throwing activities</p>	<p><u>Athletics x 2</u> Develop technical understanding of athletic activity</p>