

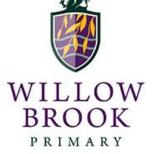
Foundation Stage

	Wk 1	Wk 2	Wk 3	Wk 4	Wk	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
NM	ıction			Locomotion	– Walking 1					Ва	ll Skills – Hand	1		
AUTUMN	Introduction	Explore walking	Develop walking	Explore walking in different pathways	Sustain walking	Explore marching	Apply walking into a game	Explore pushing	Explore rolling	Explore rolling	Explore bouncing into space	Combine pushing and rolling	Combine rolling, pushing and bouncing	Ball games
			Values	– Curiosity, S	Self-Belief, E	mpathy				Values – Imag	ination, Gratitı	ude, Courage		
و		Gymn	astics – High, l	₋ow, Over, U	nder				Dance – Ni	ursery Rhymes				
SPRING	Introduction to high	Introduction to low	Introduction to apparatus	High & low on apparatus	High, low, over & under	High, low, over & under extended	Humpty Dumpty: Moving in sequence	Jack & Jill: Creating our own movements	Hickor, Dickory, Dock: Creating simple movement sequences	3Little Pigs: Responding in movement to words & movement	3Little Pigs: Exploring contrasting tempos	Little Miss Muffet: Working with a partner exploring character movements		
		Values -	– Curiosity, Gr	atitude, Self-	Belief	1		Value	es – Concentra	tion, Fairness, F	lonesty			



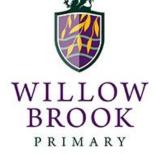


JER			Ball Skills -	- Feet 1				Games	for Understan	ding – Attack v	s Defence		Festival	
SUMIN	Explore moving with a ball using our feet	Develop moving with a ball using our feet	Develop dribbling	Understand dribbling	Develop dribbling against an opponent	Dribbling competitions	Taking turns	Keeping the score	Understanding rules: Playing by the rules	Avoiding a defender (shark)	Preventing an attacker from scoring: Tagging an attacker (fish)	Applying our understanding of attacking & defending into a game	Multi-skills	
		Values	– Curiosity, F	lonesty, Fair	ness			Val	ues – Empathy	, Courage, Self-	Belief		_	

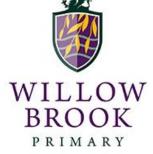


	Wk 1	Wk 2	Wk3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
			Gy	mnastics – Wi	de, Narrow, C	urled				Gymn	astics – Body I	Parts		
N	Introduction	Introductio n to Wide	Introduction to Narrow	Introduction to Curled	Exploring difference between W/N/C	Transitioning between W/N/C	Linking two movements together	Introduction to 'Big' body parts	Introductio n to 'Small' body parts	Combining big and small with W/N/C	Transitioning between W/N/C using big and small body parts	Adding (linking) moves together	Creative ways of linking movements together	Performance
2	npc			Locomotio	n – Running 1					Bal	l Skills – Hands	1		
AU	Intro	Explore running	Apply running into a game	Explore running at different speeds	Running for speed: Acceleration	Explore running in a team	Consolidate: Apply running into a competitive game	Develop bouncing: introduce sending with control	Introduce aiming with accuracy	Introduce power and speed when sending	Introduce stopping a ball	Develop stopping, combining sending skills	Combine sending & receiving skills	Ball games
			Value	es – Imaginatio	on, Empathy, C	Courage				Values – Conce	entration, Fairr	ness, Honesty		
			Dance	– Growing					Dance	– The Zoo				
ING	Responding to rhythm	Developing the growing plant 'dance'	Introduction to motifs	Creating motifs	Creating movement sequences	Relationships and performance	Creating movements as 'big' animals	Developing our movements as 'small' animals	Creating an animal sequence:	Responding to rhythm: Introducing partner work	Big cats & the zookeeper: Explore relationships with our motifs	Relationships and performance		
PR			Ball Ski	lls – Feet 1					Ball Skil	ls – Hands 2				
S	Recap moving with a ball using our feet	Recap moving with a ball using our feet	Apply dribbling into games	Consolidate dribbling	Explore kicking (Passing)	Apply kicking (passing) to score a point	Introduce throwing with accuracy (beanbags)	Apply throwing with accuracy in a team (beanbags)	Extend throwing accuracy	Introduce stopping a ball (small ball)	Develop sending (rolling) skills to score a point	Consolidation of sending (rolling) and stopping skills to win a game		





			Valu	es – Imaginati	on, Empathy,	Courage			Values	– Concentra	tion, Fairness, H	onesty			
			Games	for Understan	ding – Attack	vs Defence				Team	Building				
IMER	þ	Inderstand -ing the principles f attacking	Apply attacking principles into a game	Understand- ing the principles of defending	Apply defending principles into a game	Consolidate attacking	Consolidate defending	Introduce teamwork: Inclusion	Develop teamwork	Building trust and developing communica tion	Cooperation and communication	Explore simple strategies	Problem solving: Consolidate teamwork	ills Festival	
				Locomotic	on – Jumping 1					Health 8	& Wellbeing			-ski	
S		Recap jumping	Developing jumping	Jumping circuits: Explore how jumping affects our bodies	Explore skipping	Apply skipping and jumping into a game	Jumping: Level 1 competition	Introduce and explore agility	Introduce and explore balance	Introduce and explore coordination	Agility circuit 1	Balance circuit 1	Coordination circuit 1	Multi	
			Va	lues – Curiosit	y, Honesty, Fa	nirness			Value	es – Empathy	, Courage, Self-I	Belief			

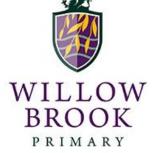


Year 2

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
				Gymnasti	cs – Linking					Gymr	astics – Pathw	vays		
Z	tion	Develop linking	Linking on apparatus	Jump, roll, balance sequences	Jump, roll, balance on apparatus	Creation of sequences	Completion of sequences and performance	Exploring zig- zag pathways	Developing zig-zag pathways on apparatus	Exploring curved pathways	Developing curved pathways on apparatus	Creation of pathway sequences	Develop- ment of pathway sequences	Completion of pathways sequences and performance
	duc			Locomotio	n – Dodging					Bal	Skills – Hands	1		
AUTUMN	Introduction	Explore dodging	Develop dodging	Apply dodging; Explore attacking & defending	Apply dodging in teams	Consolidate dodging	Level 1 tournament	Develop dribbling: Keeping possession	Develop passing & receiving: Keeping possession	Combine dribbling, passing and receiving	Develop dribbling to score a point	Develop passing & receiving to score a point	Combine dribbling, passing & receiving to score points	Ball games
			Values	– Imaginatior	n, Empathy, Se	elf-Belief			V	alues – Comm	unication, Fair	ness, Integrity	/	
			Dance	e – Water					Dance –	Explorers				
5 N	Responding to stimuli	Developing whole group movement	Improvisation and physical descriptions	Creating sequences	Creating contrasting movement sequences	Sequences, relationships and performance	Preparing for an expedition: Responding to stimuli	Developing our motif with expression and emotion	Applying choreography in our motifs	Extending sequences with a partner in our character	Extending our motifs	Sequences, relationships and performance		
PRI			Ball Ski	lls – Feet 1		•			Ball Skills	– Hands 2				
SP	Develop dribbling: keeping possession	Develop passing and receiving: Keeping possession	Combine dribbling, passing & receiving	Develop dribbling to score a point	Combine dribbling, passing and receiving to score a point	Apply dribbling, passing and receiving as a team to score a point	Develop application and understanding of underarm throwing	Consolidate application and understanding of underarm throwing	Applying the underarm throw to win a game	Applying the underarm throw to beat an opponent	Introduce overarm throwing: Applying action to win a game	Level 1 Competition		

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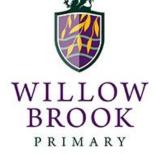




		Values	s – Concentrat	tion, Gratitude	, Courage			Valu	es – Curiosity	Gratitude, Hoi	nesty			
		Games	for Understar	nding – Attack	vs Defence				Team E	Building				
IER	Attacking as a team	Defending as a team	Understanding the transition from defence to attack	Create and apply attacking tactics	Create and apply defending tactics	Consolidate the transition from defence to attack: Level 1 competition	Introduce teamwork: Inclusion	Develop teamwork	Building trust & developing communication	Cooperation and communication	Explore simple strategies	Problem solving: Consolidate teamwork	Festival	
1 2		to attack							Health &	Wellbeing			<u>=</u>	
SUN	Consolidate jumping	Apply jumping into a game	Linking jumping	Explore jumping combinations	Develop jumping combos	Jumping: Level 1 competition	Consolidate agility	Consolidate balancing (on apparatus)	Introduce & explore coordination: Dribbling and kicking	Agility circuit: Part 2	Balance circuit: Part 2	Coordination circuit: Part 2	Multi-sk	
		Value	es – Imaginatio	on, Empathy, S	elf-Belief			Value	es – Fairness, C	creativity, Self-	Belief			

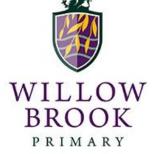
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
	Z	nc		Gy	mnastics – Syr	nmetry & Asy	mmetry								
	NUTUM	ıtroductic	Introducing Symmetry	Introducing Asymmetry	Symmetry & asymmetry onto apparatus	Sequence formation	Sequence completion	Performance				Swim	iming		
I	4	=			Games	– Handball	_				Ga	mes – Footbal	II		





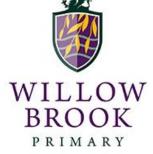
		Introducing passing and receiving	Introducing passing and creating space	Developing passing and moving	Combine passing and moving	Introduce shooting	Level 1 tournament	Introduce dribbling: Keeping control	Develop dribbling: Keeping control	Introduce passing and receiving	Introduce creating space	Develop creating space	Develop passing, moving and dribbling	Level 1 tournament
			Value	es – Evaluation	, Cooperation	Resilience			Va	lues – Resilien	ice, Respect, P	roblem Solvin	g	
			Dance –	Wild Animals				OA	A – Communi	cation & Taction	CS			
NG	Responding to stimuli	Developing character dance into a motif	Extending sequences with a partner in character	Develop sequences that show relationships	Extending dance skills in choreography	Sequences, relationships, choreography and performance	Creating and applying simple tactics	Developing leadership	Developing communication as a team	Communicating as a team	Communicating to collaborate as a team	Communicating to create defending and attacking as a team		
~			Game	s – Netball					Games –	Hockey				
SP	Introducing passing and receiving	Introduce passing and creating space	Develop passing and moving	Combine passing and shooting	Develop passing and shooting	Level 1 tournament	Introduce dribbling keeping control	Introduce passing and receiving	Introduce creating space	Develop creating space	Introduce shooting	Level 1 Tournament		
	\	Values – Pro	blem Solving	, Cooperation	, Self-Motivati	on		Values –	Respect, Resili	ence, Problem	Solving			
			Game	es – Tennis					OAA – Probl	em Solving				
ER	Outwitting an opponent	Create space to win a point	Consolidate how to win a game	Introduce rackets	Introduce forehand	Level 1 tournament	Benches & mats	Around the clock	The pen challenge	The river rope	Caving challenges 1	Caving Challenges 2	stival	
\geq			Games	– Rounders					Athle	etics			Fe	
SUM	Intro to rounders	Introduce overarm throwing	Applying overarm & underarm throwing	Introduce stopping the ball	Apply stopping the ball in a game	Level 1 tournament	Sprinting: Explore running for speed	Sprinting: Explore acceleration	Introduce relay	Develop relay	Throwing: accuracy vs distance	Jumping for distance: standing long jump	Games	
		Values – 0	Cooperation,	Self-Motivation	on, Reflection			Values – Enc	ouragement, I	ntegrity, Reso	urcefulness			



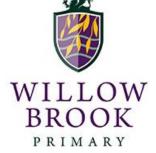


	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
				Dano	ce – Space									
NWO	Introduction	Space: Responding to stimuli working together	Extending sequences with a partner in character	Developing character dance	Developing sequences with a partner in character that show relationships and interlinking dance moves	Sequences, relationships, choreography and performance	Full performance	Swim	nming					
5	rod			Games	– Handball					Gai	mes – Football			
A	Int	Refine passing and receiving	Develop passing and creating space	Develop passing, moving and shooting	Combine passing and shooting	Introduce defending	Level 1 tournament	Refine dribbling	Turning	Refine passing and receiving	Develop passing & dribbling creating space	Introduce shooting	Preparation for Level 1 tournament	Level 1 tournament
		\	Values – Reso	ourcefulness, I	Encourageme	nt, Self-Motiva	tion		Values – S	elf-Motivatior	n, Communicat	tion, Problem	Solving	
		Gym	nnastics – Syr	mmetry & Asy	mmetry				Dance – Wo	orld War II				
פ	Introduction to bridges	Application of bridge learning to apparatus	Developing ideas with bridges	Sequence formation	Sequence completion	Performance	Explore the behaviours of children, men and women in 1939 (Pre World War II)	Creating sequences in a small groups whilst performing in character	Developing sequences in a small groups that show character emotion	The Blitz: Extending sequences in small groups with clear character emotion	Battle of Britain: Creating movements that interconnect	Victory in Europe Day: Full performance		
Z			Game	s – Netball					Games –	Tennis				
SPI	Refine passing and receiving	Develop passing and creating space	Develop passing, moving and shooting	Refine passing and shooting	Develop footwork	Level 1 tournament	Developing the forehand	Creating space to win a point using a racket	Introduce the backhand	Applying the forehand and backhand in game situations	Applying the forehand and backhand: Creating space to win a point	Level 1 Tournament		
		Values – Re	esourcefulne	ss, Communic	ation, Integrit	у		Values – Tr	ust, Self-Motiv	vation, Decision	n Making			
S		C	AA – Comm	unication & Ta	octics				Games –	Cricket			D e E	



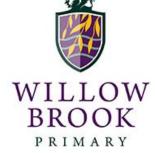


applyi	eating and ying simple tactics	Developing leadership	Developing communication as a team	Communicating as a team	Communicatin g to collaborate as a team	Communicating to create defending and attacking as a team	Develop an understand of batting and fielding	Introduce bowling underarm	Develop stopping and returning the ball	Develop retrieving and returning the ball	Striking the ball at different angles and speeds	Consolidate sequence of learning
			Games	– Rounders					Athle	etics		
ng con	derstandi ng the ncept of ounders	Developing fielding: Bowling and backstop	Introduce batting: How?	Develop batting: Where and why?	Introduce and apply basic fielding tactics	Level 1 tournament	Sprinting: Develop running at speed	Sprinting: Exploring our stride pattern	Running for pace	Understand and apply tactics when running for distance	Throwing for distance: Javelin	Jumping for distance: Standing Triple Jump
		Values	– Decision N	Making, Trust, F	tesilience			Values – R	eflection, Resi	lience, Comm	unication	

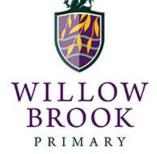


	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14
										Healt	h Related Exe	cise		
Z	uc			Swim	ming			Initial Fitness Assessment	Cardio Fitness	Flexibility	Strength	Cardio Fitness 2	Fitness Assessment	Fitness Challenge
Σ	ıctio			Games	s – Handball					G	ames – Hockey	/		
AUTL	Introduction	Conslidate passing and receiving	Explore the function of other passes	Develop defending	Develop passing & creating space, introduce officiating	Refine shooting	Level 1 tournament	Recap & refine dribbling & passing creating attacking opportunities	Develop defending: Blocking & tackling	Refine shooting	Refine attacking skills passing/dribbling /shooting, introduce officiating	Refine defending skills, developing transition from defence to attack	Preparation for Level 1 tournament	Level 1 tournament
			Value	es – Respect, Ir	ntegrity, Probl	em Solving			Valu	es – Self-Moti	vation, Integri	ty, Responsibi	lity	
			Th	e Circus				Gymnastics	– Counter Bal	ance & Count	er Tension			
SPRING	Dynamics & prejudices: Exploring society in the 19 th Century	Developing character movements linked to 19 th Century (1850) prejudices	Creating movements to represent different characters & performers in an 1850 circus	Creating a 'Circus Performance' incorporating characterisatio n linked to a variety of performers	Extending 'Circus Performance' incorporating props and apparatus linked to the variety of performers	Circus Performance	Introduce counter balance	Application of counter balance learning onto apparatus	Sequence formation	Counter tension	Sequence completion	Performance		
			Game	s – Football	•				Games –	Tennis	•	•		





		Recap & refine dribbling & passing to maintain possession	Introduce defending	Develop defending	Develop shooting	Refine attacking skills passing/dribblin g/shooting, introduce officiating	Level 1 tournament	Recap how to outwit an opponent	Introduce the volley	Develop the volley	Controlling the game from the serve	Doubles: Understanding and applying tactics to win a point	Level 1 Tournament		
			Values – Ev	aluation, Re	esponsibility, E	ncouragement	t		Values – Co	ommunication	, Reflection, E	valuation			
				OAA –	Orienteering					Games – R	Rounders				
Q	2	Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition	Understand the concept of rounders	Develop fielding tactics maximising players	Understanding what happens if the batter misses the ball	Refine fielding tactics: What players where?	Applying tactics in mini games	Level 1 competition	stival	
2	₹			Game	es – Cricket					Athle	tics			Fes	
	SOIN	Refine batting: understand & develop tactics	Refine bowling: understand & develop tactics	Refine fielding: stopping, catching & throwing	Combine fielding skills, creating & applying tactics, intro umpiring	Refine batting, create & apply batting tactics to games scenarios	Consolidate sequence of learning	Sprinting: Finishing a race	Consolidating sprinting: Evaluate our performance	Sprinting: My personal best	Consolidate running in a team: Relay changeovers	Throwing for distance: Shot put	Introducing the hurdles	Games	
			Values – C	Communicat	ion, Responsib	ility, Integrity			Values –	Evaluation, Sel	f-Motivation,	Respect			



		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12	Wk 13	Wk 14	
	AUTUMN	Introduction	OAA – Orienteering							Health Related Exercise						
			Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition	Initial Fitness Assessment	Cardio Fitness	Flexibility	Strength	Cardio Fitness 2	Fitness Assessment	Fitness Challenge	
			Games – Handball						Games – Football							
			Consolidate keeping possession: Possession scenarios	Consolidation possessional skills & officiating	Consolidate defending: Understand and apply defending tactics in game situations	Consolidate defensive tactics: Understand and apply defensive tactics to game scenarios	Level 1 tournament: Set ability	Level 1 tournament: Mixed ability	Consolidate keeping possession	Consolidation of possessional skills, develop officiating	Consolidate defending	Organise formations and manage teams	Organise formations, decide tactics, manage teams and officiate games	Level 1 tournament: Set ability	Level 1 tournament: Mixed ability	
			Values – Self-Motivation, Communication, Evaluation							Values – Resourcefulness, Integrity, Trust						
	SPRING	Dance – Carnival							Gymnastics – Matching & Mirroring							
		The Rio Carnival: Performing with technical control and rhythm in a group	The Rio Carnival: Creating rhythmic patterns using our body	Samba: Experiencing dance from a different culture	Samba: Experiencing dance from a different culture and consolidating choreography	Carnival Day: Final chorographical elements including still imagery	Carnival Day: Performance and reflection	Introduction to matching	Application of matching learning onto apparatus	Introducing mirroring	Application of mirroring learning onto apparatus	Sequence development	Performance			
		Games – Hockey								Games –	Tennis	•	•			





	Consolidate keeping possession	Consolidation of possessional skills, develop officiating	Consolidate defending	Create, understand and apply attacking tactics in game situations	Create, understand and apply defensive tactics in game situations	Level 1 tournament	Recap doubles	Game application: Cone tennis	Game application: Round robin games	Game application: Mixed ability doubles, round robin games	Game application: Tag team tennis	Level 1 Tournament		
		Values	Reflection	, Responsibilit	y, Respect		Values – Integrity, Resourcefulness, Respect							
	OAA – Orienteering													
~	Face orienteering	Cone orienteering	Point & return	Point to point	Timed course	Level 1 competition			Swimming				ival	
A N	Games – Cricket						Athletics						est	
SUMI	Consolidate batting	Consolidate fielding	Consolidate bowling	Create, understand and apply attacking tactics in game situations	Create, understand and apply defensive tactics in game situations	Consolidate sequence of learning	Level 1: Running for speed competition	Level 1: Running for distance competition	Level 1: Throwing competition	Level 1: Jumping competition	Athletics competitions: Part 1	Athletics competitions: Part 2	Games F	
	Values – Self-Discipline, Encouragement, Problem Solving						Values – Cooperation, Decision Making, Responsibility							