

## KS1 Curriculum Plan (incorporating health)

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
YEAR 1	<u>Gymnastics</u> Travelling (Safe and Healthy p9)  <u>Games</u> Bouncing and Catching	<u>Dance</u> Simple movements patterns (Healthy Muscles p8)  *  <u>Games</u> Travelling with the ball	<u>Games</u> Sending, kicking and striking  <u>Dance</u> Exploring Gesture and Formation. Creating short dances	<u>Dance</u> Exploring Patterns and Pathways. Developing a simple dance  <u>Gymnastics</u> Taking weight on different parts (Warming Up p10)	<u>Gymnastics</u> Transferring weight from one body part to another  <u>Games</u> Receiving with hands and feet	<u>Games</u> Creating games in pairs (Being Active-Being Healthy p11)  <u>Dance</u> Telling a story through dance_
YEAR 2	<u>Games</u> Dribbling  <u>Gymnastics</u> Balance (Learning About Energy p12)	<u>Dance</u> Communicate different moods, feelings and ideas –  *  <u>Games</u> Throwing and catching	<u>Gymnastics</u> Parts high and low  <u>Dance</u> Using dynamics to develop the dance	<u>Games</u> Sending skills  <u>Gymnastics</u> Jumping and landing	<u>Dance</u> Learning and performing different styles of cultural Dance  <u>Games</u> Hitting and striking	<u>Gymnastics</u> Spinning and turning  <u>Games</u> Running jumping and hopping

# KS2 Curriculum Plan (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
YEAR 3	<p><u>Dance</u> <i>Linking Dance Actions</i></p> <p><u>Invasion Games</u> <i>Passing</i> Netball, rugby; football</p>	<p><u>Invasion Games</u> <i>Creating space</i> Netball; rugby; football</p> <p><u>Gymnastics</u> <i>Travelling with a change of Direction</i></p>	<p><u>Gymnastics</u> <i>Stretching and curling</i></p> <p><u>Net / Wall Games</u> <i>Directing the ball</i></p>	<p><u>Striking/fielding Games</u> <i>How to hit or strike the ball into space. Fielding as a team.</i></p> <p><u>Dance</u> <i>Cultural dance (2)</i></p> <p>★</p>	<p><i>Athletics x 2 sessions</i> <i>Running, throwing, jumping</i></p>	<p><u>Striking/fielding Games</u> <i>How to hit or strike the ball into space. Fielding as a team.</i></p> <p><u>Outdoor and Adventurous Activities</u> <i>Enfield Year3 Unit</i></p>
YEAR 4	<p><u>Net / Wall Games</u> <i>Directing the ball</i></p> <p><u>Dance</u> <i>Re-telling a story</i></p>	<p><u>Invasion Games</u> <i>Controlling and receiving</i> Netball; rugby; football</p> <p><u>Gymnastics</u> <i>Balance</i></p>	<p><u>Invasion Games</u> <i>Keeping possession of the ball</i> Netball; rugby; football</p> <p><u>Dance</u> <i>Characterisation</i></p>	<p><u>Invasion Games</u> <i>Marking and tackling</i> <u>Gymnastics</u> <i>Receiving Body Weight</i></p> <p>★</p>	<p><u>Athletics</u> <i>Set targets &amp; improve performance in running, jumping and throwing activities</i></p>	<p><u>Outdoor and Adventurous Activities</u> <i>Enfield Year 4 Unit</i></p> <p><u>Athletics</u> <i>Running, throwing and jumping</i></p>
YEAR 5	<p><u>Net / Wall Games</u> <i>Develop individual shots</i></p> <p><u>Dance</u> <i>Formations in historical dance</i></p>	<p><u>Invasion Games</u> <i>Support play and formations</i> Netball; basketball; hockey; football; rugby</p> <p><u>Gymnastics</u> <i>Flight</i></p>	<p><u>Gymnastics</u> <i>Bridges</i></p> <p><u>Invasion Games</u> <i>Shooting and keeping</i> Netball; basketball; hockey; football; rugby</p>	<p><u>Dance</u> <i>Communicating issues through dance</i></p> <p><u>Striking/Fielding Games</u> <i>Role of bowler, wicket keeper, backstop, fielder and batter</i></p>	<p><u>Swimming</u></p> <p><u>Striking/fielding Games</u> <i>Role of bowler, wicket keeper, backstop, fielder and batter</i></p> <p><u>Outdoor and Adventurous Activities</u> <i>Enfield Year 6 Unit</i></p>	<p><u>Athletics x 2</u> <i>Developing good running, throwing and jumping techniques</i></p> <p><u>Striking/fielding Games</u> <i>Role of bowler, wicket keeper, backstop, fielder and batter</i></p> <p>★</p>
YEAR 6	<p><u>Net / Wall Games</u> <i>Develop individual shots</i></p> <p><u>Gymnastics</u> <i>Counter balance/ counter tension</i></p>	<p><u>Dance</u> <i>Using visual media</i></p> <p><u>Invasion Games</u> <i>Attacking and defending play</i> Netball; basketball; hockey; football; rugby</p>	<p><u>Gymnastics</u> <i>Matching and mirroring Core Task</i></p> <p><u>Invasion Games</u> <i>Tactics</i> Netball; basketball; hockey; football; rugby</p>	<p><u>Invasion Games</u> <i>Teamwork and formations</i> Netball; basketball; hockey; football; rugby</p> <p><u>Dance</u> <i>Putting on a dance performance</i></p>	<p><u>Athletics</u> <i>Set targets &amp; improve, performance in running, jumping and throwing activities</i></p>	<p><u>Athletics x 2</u> <i>Develop technical understanding of athletic activity</i></p> <p>★</p>