



**INSPIRE NURTURE BELIEVE ACHIEVE**

*Working together to be the best that we can be.*

**Happiness**

**Perserverance**

**Resilience**

**Kindness**

**Friendship**

**Respect**

Reception

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
External Coach led activities (CPD)	Fundamental movement skills - outdoors	Fundamental movement skills/ ways of travelling and movement through dance using simple movement patterns - indoor	Agility balance coordination through gymnastic skills - indoor	Ball skills/object control using large and small balls - outdoor	Throwing/jumping/running in isolation and combination – outdoor  Racket Skills	Throwing/jumping/running in isolation and combination (athletics activities) - outdoor
Teacher led activities	Agility balance coordination through gymnastic skills - indoor	Yoga – improving upon personal best and compete against a partner	Fundamental movement skills/ ways of travelling and movement through dance using simple movement patterns - indoor	Outdoor adventurous activities	Throwing/jumping/running in isolation and combination – outdoor  Target activities – Aiming towards a target  <ul style="list-style-type: none"> <li>• Skittles</li> <li>• Throwing into a hoop</li> </ul>	Throwing/jumping/running in isolation and combination (athletics activities) - outdoor
Suggested Resources		Yoga Pretzel cards/ Cosmic Kids				

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
External Coach led activities (CPD)	Fundamental movement skills - outdoors	Fundamental movement skills/ ways of travelling and movement through dance using simple movement patterns - indoor	Agility balance coordination through gymnastic skills - indoor	Ball skills/object control using large and small balls - outdoor	Throwing/jumping/running in isolation and combination – outdoor  Racket Skills	Throwing/jumping/running in isolation and combination (athletics activities) - outdoor
Teacher led activities	Agility balance coordination through gymnastic skills - indoor	Yoga – improving upon personal best and compete against a partner	Fundamental movement skills/ ways of travelling and movement through dance using simple movement patterns - indoor	Outdoor adventurous activities	Throwing/jumping/running in isolation and combination – outdoor  Target activities – Aiming towards a target  <ul style="list-style-type: none"> <li>• Skittles</li> <li>• Throwing into a hoop</li> </ul>	Throwing/jumping/running in isolation and combination (athletics activities) - outdoor
Suggested Resources		Yoga Pretzel Cards/Cosmic Kids				

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
External Coach led activities (CPD)	Fundamental movement skills - outdoors	Fundamental movement skills/ ways of travelling and movement through dance using simple movement patterns - indoor	Agility balance coordination through gymnastic skills - indoor	Ball skills/object control using large and developing tactics for attacking and defending- outdoor	Striking and fielding team games - outdoor	Throwing/jumping/ running in isolation and combination (athletics activities) - outdoor
Teacher led activities	Outdoor adventurous activities	Fitness – improving upon personal best and compete against a partner	Yoga – improving flexibility and body control	Staff choice – Team building in the form of alternative sporting activities <ul style="list-style-type: none"> <li>• Tri-Golf</li> <li>• Ultimate Frisbee</li> <li>• Tchoukball</li> </ul>	Throwing/jumping/ running in isolation and combination (athletics activities) - outdoor	Net and wall team games - outdoor
Suggested Resources						
Year 3 swimming all year during teacher led lesson						

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
External Coach led activities (CPD)	Invasion game – basic principles for attacking and defending	Perform dances with a range of movement patterns - indoor	Agility balance coordination through gymnastic skills and comparing performances with previous ones, demonstrating improvement - indoor	Apply and develop a wider range of competitive games skills– outdoor	Striking and fielding team games - outdoor	Net and wall team games - outdoor
Teacher led activities	Young leaders module – working together to set up and run a ‘game’.	Young leaders module – working together to set up and run a ‘game’.	Yoga – developing strength and flexibility/improving upon personal best and compete against a partner	Outdoor adventurous activities	Throwing/jumping/running in isolation and combination (athletics activities). Evaluate and recognise their own success - outdoor	Throwing/jumping/running in isolation and combination (athletics activities). Evaluate and recognise their own success - outdoor
Suggested Resources						

*Staff Members to refer to the suggested resources list when planning (see additional document).*