

Autumn Term

Spring Term

Summer Term

Year 1			
	<p>Gymnastics Badge 8 – basic shape formation, front/back support balances, walking on a bench, bent leg dish. Flight, bouncing, jumping and landing. 1 to 2, thin shapes, star jumps, high and low levels. pulse raising activity, body weight transfers and bunny jumps. Points and patches. Small & large body part balances. Partner work – making a hole for partner to slide under. Showing an understanding of changes of speed.</p>	<p>Zumba – introduction of dance in the curriculum. Working with music as the stimulus. Encouraging children to look and copy. Encouraging children to memorise linked movements which work with the rhythm of the music.</p>	<p>Rocking and rolling : Which body parts can you rock upon? Different rolling actions. Join together a jump and a roll. Short sequences. Wide/ narrow/curled Different stretched balances showing wide and narrow shapes. Travelling in long and narrow, wide and short shapes. Tucked jump, feet together and apart. Run – jump – roll and stretched balance.</p>
	<p>2/3 minute runs and recording laps for Marathon Kids. Skill stations ; Aiming eg. Bean bags in hoops Endurance eg. Continuous relays, Problem solving eg. Using equipment to travel. Agility testing eg. Skipping, jumping. Introducing a more independent approach to ball skills involving the discovery of what different pieces of equipment might offer each child. Continuing with hand and foot skills with small and large balls. Beginning to work with a partner.</p>	<p>3/4 minute runs and recording laps for Marathon Kids. Sending and receiving, sending away and retrieving. Timing of the approaching ball (with a bounce, without a bounce, in the air, along the ground, against a wall.) Rebound balls, interception and passing in pairs. Reaction time games. Indoor Athletics events – passing of a baton, efficient turning with a pivot or from a kick board. Thinking of how being competitive makes you feel and encouraging empathy with others. A skill a week challenge: Children know the levels of achievement and they spend time trying to improve their level & helping each other. Skipping Big ball catching Aiming at a target with feet Aiming at a target with hands Standing Long Jump Throwing over arm.</p>	<p>Tennis skills Emphasis is placed on the movement of the feet as a moving ball approaches. Ready position. Racket control/feeding the ball/ forehand skills / backhand skills / serve and volley. LTA provides an extra session for 6 weeks annually. Cricket skills – Gripping a cricket bat, striking a stationary ball, delivering a ball to be hit. Fielding a ball & understanding that to find a space is important. Sports day preparation: running in a straight line, running independently, remembering the task to be achieved whilst running, adhering to rules set out for the safety of the individual and others. Discussing reactions and feelings when there is success and disappointment.</p>

Year 2	<p>2/3/4/5 minute runs as part of the Marathon Kids Programme.</p> <p>Skill stations, small game development, using a variety of equipment and encouraging the discovery of working individually, with a partner and in a group.</p> <p>Concentration on aiming and target games, structured games where space increases chances of success and development of individual sending and receiving skills.</p> <p>Self- assessment in fundamental skills: Jumping, hopping, balancing and skipping.</p> <p>Use of different pieces of equipment encouraging the children to transfer their skills across areas.</p>	<p>3/4/5/6 minute runs</p> <p>Skill challenges as part of the Marathon Kids Programme. Sprints, relays and beating the clock challenges.</p> <p>Sending and receiving with a tennis ball.</p> <p>Skills demonstrated with the feet and hands.</p> <p>Skill Challenges where the children assess themselves and support each other.</p> <p>Skipping</p> <p>Big ball catching</p> <p>Aiming at a target with feet</p> <p>Aiming at a target with hands</p> <p>Standing Long Jump</p> <p>Throwing over arm.</p> <p>Development of small game interactions – empathy, competitiveness.</p> <p>Indoor Athletics events – passing of a baton, running in a straight line, efficient turning on a Kick Board. Familiarity with teamwork language & appointment of roles of leadership.</p>	<p>4/5/6/7 minute runs as part of the Marathon Kids Programme.</p> <p>Striking skills:</p> <p>Use of a cricket bat, rounders bat, tennis racket striking a stationary ball & leading to a moving ball.</p> <p>Tactics for fielding, covering the wicket and the importance of accuracy of the over arm throw.</p> <p>Reaction play – ball bouncing, recognising the flight of the ball. Working with a partner.</p> <p>Movement as the ball approaches. Watching the ball closely.</p> <p>Small cricket, rounders and tennis games.</p> <p>Sports day preparation : over arm throwing, standing long jump, running inside the lane lines, pacing speed in a long distance race and sprinting through a finishing ribbon. Promoting positive sporting behaviour and recognising possible responses to success and to disappointment.</p>
	<p>Zumba – Teacher led dance with music as the stimulus. Children are being encouraged to work with the rhythm of the music.</p>	<p>Gymnastics -Parts high and parts low.- travelling close to the ground and far away from the ground. Travelling with different parts high.</p> <p>Which parts travel closely to the ground?</p> <p>Pathways, straight, zig-zag and curving.</p> <p>Direction, size of pathway, different pathways with different movements. Partnerwork</p> <p>' Follow my leader' Turning , twisting, spinning.</p> <p>Turning jumps – quarter, half, three quarters and full. Rolling on floor, turning in air, twisting on different parts and coming out of a twist in different ways.</p>	<p>Gymnastics -Teaching of specific skills:</p> <p>5 basic jumps,</p> <p>Sideways rolling,</p> <p>Animal walks, handstands.</p> <p>Linking movements together ;</p> <p>Continuity of movement, Changes in speed and level, different parts of the body leading into movements.</p> <p>Making up a short sequence.</p>

<p>Year 3</p>	<p>Cross-country distances: Timed individual challenges, paired support whilst running and team relay events. Indoor Athletics : Field event techniques and recordings of achievement. Invasive games: Netball/ Football : Footwork skills, creating space and beginning to understand the differences between defensive and attacking play. Shooting skills. Skills with the ball in the air and the ball on the ground. Introducing 1v1, 2v2, 3v3 up to 5 v5. Tag-Rugby: Catching the ball on the move, creating a forward momentum but passing the ball behind. Exercises to create a sense of team work, anticipating the needs of a team mate. ie: when to pass, when to drive forward, where to pass to and where to position yourself to be an enabler. Developing the defensive and the attacking roles and seeing what the similarities and differences are between invasive games.</p>	<p>Cross-country distances: Timed individual challenges, paired support whilst running and team relay events. Indoor Athletics : Relay events: use of apparatus, over and under, obstacles and baton exchanges. Technique for use of the kick board and attention to rules to prevent penalties. Attention to recording distances and use of stop watches fairly. Invasive games: Hockey; handling of a stick and ball. Skill drills and conditioned practices to improve control. Using knowledge of creating space in the Invasive games already covered and adopting them into hockey. Recognising the similarities and the differences. Re- engaging in all the invasive games.</p>	<p>Tennis : forehand, backhand and volley techniques. Underarm serve and simple scoring structure. Singles tournament: learning to work with a partner and make fair calls as to whether the ball is in or out. Competition can be with or without a racket, with a larger or a smaller ball. Taking part in umpiring where the children learn to manage scores and display supportive behaviour. The LTA deliver a 6 week programme annually. Striking Games : Rounders/Cricket Bowling, fielding and hitting a stationary then moving ball. Aiming, specific technique practice and making assessments of when and how many runs to achieve/ what post to run to. The development of decision making in a controlled game. Sports day Preparation: Over arm throwing, standing long jump, relay baton take overs and staying within the lane lines.</p>
	<p>Gymnastics -Badge 6 Introduction of sequence work, Wandsworth Key Stage 2 Year 3 & 4 Sequences and Vault Work. Preparation to be able to link movements together and perform them will enhance self-assessment awareness. Developing an understanding of how to execute a take-off from a spring board and land cleanly on a mat.</p>	<p>Zumba – using music to accompany dance moves and encourage full participation. It will be a teacher led session</p>	<p>Swimming: Awareness of body position to make the leg kick more efficient, on both front and back. Rhythmical breathing in front crawl. Breast- stroke leg kick and timing of whole stroke. Confidence to enter and exit from the deep end and development from 10m to 25m swimming.</p>

<p>Year 4</p>	<p>Cross-Country: Distance running: Timed individual challenges, paired support whilst running and team relay events. Mini Marathon challenge.</p> <p>Indoor Athletics Jumps, throws and agility events. Refining technique, self and peer assessment of techniques and recording results.</p> <p>Relay events: use of apparatus, over and under, obstacles and baton exchanges. Technique for use of the kick board and attention to rules to prevent penalties</p> <p>Invasive games: Netball / Football : spacing on the pitch/court. Dribbling, keeping possession, timing of a pass. Shooting. Positional play - running into a space, defending opponents & shooting.</p> <p>Tag rugby: Passing the ball along a line, the ball to be passed backwards. Running on to receive the ball. Delivering the ball carefully to a partner. Wearing and taking a tag. Defending a line. Attacking a line.</p>	<p>Cross-Country: Distance running: Timed individual challenges, paired support whilst running and team relay events.</p> <p>Invasive games: Hockey Creating a space in hockey by sending the ball into a space. Skill drills using dribbling, the push, the tackle and shooting.</p> <p>Tag-rugby: Running with the ball, delivering the ball before a tag is taken. Channel defending rather than chasing the ball carrier. Small games : 3v2,3v3, 5v5.</p> <p>Football : Goal - side, defending a space, defending the ball. Using the body to hold space - understanding space.</p> <p>Netball - passage of the ball down the court. Secure and empathetic passing. Introduction of over- head pass & bounce pass to join the chest pass. 5v5 rotations.</p>	<p>Marathon Kids - lap counting & timing.</p> <p>Tennis : forehand, backhand and volley techniques. Underarm serve and simple scoring structure.</p> <p>Tennis tournament: Using the foundation of last year's doubles' tournament there is now the addition of a singles' tournament. Children can choose to use a large ball or a tennis ball & can change as the tournament progresses. Children will act as scorers and umpires.</p> <p>Striking Games Small games to practise the skills needed in cricket and rounders.</p> <p>Accuracy in target throwing, throwing on the move, fielding a moving ball and striking a moving ball. Understanding that balance & core strength play a significant part in the execution of an accurate throw.</p> <p>Sports day Preparation: Sprints and long distance races and thinking about the starts and finishes and the differences between them. Relay baton transfers and lane management. Over - arm throwing and standing long jump.</p>
	<p>Working towards Gymnastics Badge 5. Children encouraged to memorise and linked movement routine which suits their ability along the guidelines of the Wandsworth Key Stage 2 Year 3 & 4 programme. Children continuing to self-assess and peer assess. This encourages the children to isolate where improvements can take place.</p>	<p>Swimming: Agilities in the water eg. Hand stands, somersaults, diving and jumping. Floating and gliding to improve body alignment and stroke development on both the front and back.</p> <p>Extended group will work on tumble turns, dives and butterfly. Confident head first entry and exit from the pool, without steps.</p>	<p>Zumba - music to help with rhythm and co-ordination of linking movements together. Teacher led lessons using a variety of music accompaniments.</p>

<p>Year 5</p>	<p>Cross-country distances: Timed individual challenges, paired support whilst running and team relay events. Mini Marathon Challenge.</p> <p>Indoor Athletics Jumps, throws and agility events. Refining technique and thinking why this affects the result, self and peer assessment of techniques and recording results .Individual challenges to improve their own score card.</p> <p>Invasive games: Netball/Football. Emphasis on team play and understanding the roles of individuals within the game.</p> <p>Structured practices to improve shooting skills. Coached games where defensive and attacking skills are encouraged by introducing challenges.</p> <p>Tag-rugby Conditioned games will emphasise the skills learned.</p> <p>Passing backwards, safe hands to catch and deliver the ball accurately.</p> <p>Learning to pull a tag. Defending a line of attack. Defending an area & communicating.</p>	<p>Cross-country distances: Timed individual challenges, paired support whilst running and team relay events. Mini Marathon Challenge.</p> <p>Hockey: Skill stations to practice skills with hand to ball, foot to ball and stick to ball.</p> <p>Time pressures to increase accuracy and attention to detail.</p> <p>Match play in all 4 invasive games. Netball, Football, Tag-Rugby and Hockey.</p> <p>Children act as players, managers, time keepers and umpires.</p> <p>The children continuing to recognise the transference of skills between invasive games.</p>	<p>Marathon Kids.</p> <p>Striking games: Cricket/ Rounders</p> <p>Learning to communicate with each other when batting and assessing risk when taking a run. Positioning of fielders and the importance of backing up on a pass or chasing a hit.</p> <p>Bowling, efficient fielding skills and direction and height when batting.</p> <p>Small games & whole class games. Discussions about decision making.</p> <p>Tennis : forehand, backhand and volley techniques. Underarm serve and simple scoring structure.</p> <p>Tennis tournament. Doubles, and singles. Learning to play with a partner, support and communicate with each other. Use of umpires and developing the understanding of the rules & how to implement them.</p> <p>Practice for Sports' day – relay handover technique, sprint timings and technique, throwing the howler and long jump.</p> <p>Young Leader Programme – children undertake an afternoon of Leadership training. The children then practice their leadership skills by running lunchtime sessions & then leading assessed lessons.</p>
	<p>Gymnastics: Working on apparatus. Use of the spring board and developing confidence in take -off, vaulting on to & over a table and executing a safe landing.</p> <p>Swimming; Concentrating on the importance of stream lining and body position in the water with the development of rhythmical breathing in front crawl, breast- stroke and butterfly.</p>	<p>Wandsworth Key Steps Key Stage 2 Routine guide where children will link a arabesque, a shoulder stand and a bridge with running steps, a cartwheel and a roll to form a sequence. Continuing use of springboard and vaults eg straight jump, tuck jump and star jump with safe landings as according to the vaulting requirements of Wandsworth Key Steps Key Stage 2 Vaulting guide.</p>	<p>Zumba – Teacher led lessons with a musical accompaniment. Concentrating on rhythm and linking movements together and using the rhythm as a guide.</p>

Year 6	<p>Cross-country distances: Timed individual challenges, paired support whilst running and team relay events.</p> <p>Indoor Athletics Jumps, throws and agility events. Refining technique and thinking why this affects the result, self and peer assessment of techniques and recording results.</p> <p>Invasive games: Netball/ Football? Tag Rugby Developing team awareness and support of each other whilst competing. Developing the skills which allow an individual to influence the outcome of the game and to recognise how to change tactics according to the level of competition.</p>	<p>Cross-country & Indoor Athletics event training. Timed individual challenges, paired support whilst running and team relay events.</p> <p>Invasive games Hockey Dribbling, retaining possession of the ball, moving with the ball. Indian dribble and awareness of space around each player. Developing the skills which allow an individual to influence the outcome of the game and to recognise how to change tactics according to the level of competition. 5 v 5 in each of the invasive games – a coaching game where parts of the game are isolated to highlight where there is success and where there can be improvement.</p>	<p>Marathon Kids Striking games: Rounders/ Cricket Striking the ball and knowing where you are aiming. Accuracy of bowling. Decision making when fielding. Backing up team players. A reminder of rules and tactical play which allows children to see the bigger picture rather than be influenced by their personal performance. Communication and decision making is fundamental. Tennis Tournament: Mixed doubles, boys' and girls' doubles and a singles tournament. A chance to practice skills, umpire and score fairly when not involved in a match. Practice for Sports' day – roles of captains & sports' leaders.</p>
	<p>Swimming : Personal survival skills. Treading water, understanding the differences between open water and safe water. Personal survival with pyjamas. Skills for Level 1 Personal Survival Challenge.</p>	<p>Zumba – teacher led lessons. Music prompts the rhythm needed when linking dance movements.</p>	<p>Circuit training with gymnastics skills : 10 different stations working on different parts of the body to achieve a better level of fitness and support this with increased strength.</p>