

KS1 Curriculum Plan (incorporating health and safe practice)

| | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
|---------------|--|---|---|---|--|--|
| YEAR 1 | <p>Gymnastics Travelling <i>(Safe warming up/ cooling down)</i></p> <p>Games Bouncing and catching</p> | <p>Dance <i>Simple movement patterns (Body's response to physical activity)</i></p> <p>Games Travelling with the ball</p> | <p>Games Sending and receiving</p> <p>Dance <i>Exploring gesture and formation. Creating short dances</i></p> | <p>Dance <i>Exploring patterns and pathways</i></p> <p>Gymnastics Taking weight on different parts <i>(Safe exercise)</i></p> | <p>Gymnastics Transferring weight from one body part to another</p> <p>Games Developing hand-eye co-ordination</p> | <p>Games Healthy ABCs <i>(Being active, being healthy, being safe)</i></p> <p>Dance <i>Telling a story through dance</i></p> |
| YEAR 2 | <p>Games Dribbling</p> <p>Gymnastics Balance <i>(Learning about energy)</i></p> | <p>Dance <i>Communicating moods, feelings and ideas (Benefits of being active)</i></p> <p>Games Throwing and catching</p> | <p>Gymnastics Parts high and low</p> <p>Dance <i>Using dynamics to develop the dance</i></p> | <p>Games Developing sending and receiving skills</p> <p>Gymnastics Jumping and landing</p> | <p>Dance <i>Performing different styles of cultural dance</i></p> <p>Games Hitting and striking</p> | <p>Gymnastics Spinning and turning</p> <p>Games Running jumping and hopping</p> |

Early Years/Foundation stage: There are planning and support resources available as separate documents on www.enfieldpeteam.co.uk.

KS2 Curriculum Plan (incorporating health and safe practice)

| | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
|--------|--|---|---|--|--|--|
| YEAR 3 | <p>Dance <i>Linking dance actions</i></p> <p>Outdoor and Adventurous Activities <i>Using simple trails/diagrams</i></p> | <p>Invasion Games <i>Passing</i></p> <p>Gymnastics <i>Travelling with a change of direction (Back care)</i></p> | <p>Gymnastics <i>Stretching and curling</i></p> <p>Invasion Games <i>Creating space (Safe warming up/cooling down)</i></p> | <p>Net/Wall Games <i>Directing the ball</i></p> <p>Dance <i>Exploring cultural dance</i></p> | <p>Athletics x 2 sessions <i>Running, throwing, jumping (Safety rules & procedures)</i></p> | <p>Striking/fielding Games <i>Developing striking & fielding skills</i></p> <p>Athletics <i>Running, throwing and jumping</i></p> |
| YEAR 4 | <p>Net/Wall Games <i>Applying tactics</i></p> <p>Outdoor and Adventurous Activities <i>Following plans and solving problems (Assess & manage risk)</i></p> | <p>Invasion Games <i>Controlling and receiving (Psychological & social benefits)</i></p> <p>Dance <i>Re-telling a story</i></p> | <p>Gymnastics <i>Balance</i></p> <p>Invasion Games <i>Keeping possession of the ball</i></p> | <p>Dance <i>Characterisation.</i></p> <p>Invasion Games <i>Marking and tackling</i></p> | <p>Striking/fielding Games <i>Fielding as a team</i></p> <p>Gymnastics <i>Receiving Body Weight</i></p> | <p>Athletics x 2 <i>Developing running, throwing and jumping techniques (Planning to be active & energy balance)</i></p> |
| YEAR 5 | <p>Net/Wall Games <i>Developing individual shots</i></p> <p>Dance <i>Formations in historical dance</i></p> | <p>Invasion Games <i>Support play and positioning</i></p> <p>Gymnastics <i>Flight</i></p> | <p>Gymnastics <i>Bridges (Back care)</i></p> <p>Outdoor and Adventurous Activities <i>Responding to challenges (Benefits of being active)</i></p> | <p>Dance <i>Communicating issues through dance</i></p> <p>Invasion Games <i>Shooting and keeping</i></p> | <p>Athletics <i>Set targets & improve performance in running, jumping and throwing activities</i></p> <p>Striking/fielding Games <i>Role of batter, bowler, wicketkeeper/backstop & close/deep fielder</i></p> | <p>Striking/fielding Games <i>Developing range of roles and positional play</i></p> <p>Athletics <i>Using timekeeping & measuring to set targets</i></p> |
| YEAR 6 | <p>Net/Wall Games <i>Developing game play (Safe warming up/cooling down)</i></p> <p>Gymnastics <i>Counter balance/counter tension</i></p> | <p>Dance <i>Visual media</i></p> <p>Invasion Games <i>Attacking and defending play</i></p> | <p>Gymnastics <i>Matching and mirroring</i></p> <p>Invasion Games <i>Tactics (The energy journey)</i></p> | <p>Invasion Games <i>Teamwork and formations</i></p> <p>Dance <i>Putting on a dance performance</i></p> | <p>Striking/fielding Games <i>Tactical play and officiating (Getting involved in physical activity)</i></p> <p>Outdoor and Adventurous Activities <i>Effective group working</i></p> | <p>Athletics x 2 <i>Developing technical understanding (Planning to be active)</i></p> |