

### Outdoor Sports

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS Year R</b>	Multi Skills FOM	Multi Skills FOM	Multi Skills Beanbag skills	Multi Skills Striking and Fielding	Multi Skills Athletics	Multi Skills OAA
<b>Yr1</b>	Multi Skills Sending and Receiving	Multi Skills Ball Control	Multi Skills Tennis	Multi Skills Striking and Fielding	Multi Skills Athletics	Multi Skills OAA
<b>Yr2</b>	Multi Skills Sending and Receiving	Multi Skills Kicking and Dribbling	Multi Skills Invasion Games Tennis	Multi Skills Striking and Fielding	Multi Skills Athletics	Multi Skills OAA
<b>Yr3</b>	Invasion Games Tag Rugby	Passing for Possession Basketball / Football	Tennis	Striking and Fielding	Athletics	Multi Skills OAA
<b>Yr4</b>	Invasion Games Tag Rugby	Passing and moving Basketball / Netball	Tennis	Striking and Fielding	Athletics	Multi Skills OAA
<b>Yr5</b>	Rules and Concepts Netball	Invasion to Score Football	Tennis	Striking and Fielding	Athletics	Multi Skills OAA
<b>Yr6</b>	Invasion Games Tag Rugby	Invasion to Score Football	Tennis	Striking and Fielding	Athletics	Multi Skills OAA

#### Multi Skills -

This will work on fundamentals of movement in sport. Also, strength, balance, co-ordination, agility and flexibility.

Sending/receiving and striking/fielding and invasion games. This will focus on racket skills, control, hand-eye co-ordination, striking a static and moving ball, tracking and body/ball alignment as well as throwing and catching.

### Indoor Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics
<b>Yr1</b>	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics
<b>Yr2</b>	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics	Dance (Multi skills) FOM	Gymnastics
<b>Yr3</b>	Dance (Historical)	Gymnastics	Dance (Street)	Gymnastics	Dance (Topical)	Gymnastics
<b>Yr4</b>	Dance (Topical)	Gymnastics	Dance (Historical)	Gymnastics	Dance (Street)	Gymnastics
<b>Yr5</b>	Dance (Historical)	Gymnastics	Dance (Topical)	Gymnastics	Dance (Street)	Gymnastics
<b>Yr6</b>	Dance (Topical)	Gymnastics	Dance (Historical)	Gymnastics	Dance (Street)	Gymnastics

#### Dance –

This will cover a variety of styles of dance (including street, historical, topical, and cross cultural). Dance will focus on applying fundamentals of movement through Multi skill applied techniques and lessons. Also, cross curriculum will be applied where possible, as well as summative assessment such as peer-assessment and self-assessment throughout each topic to enable children to fulfil their full potential.

## **Gymnastics –**

This will cover the 5 fundamental shapes of gymnastics – Pike, straddle, star, straight, and tuck. Over the academic year students will learn how to apply the 5 fundamental shapes of gym to the following – Jumping, balancing, travelling, rolling. Students will then work towards applying these in individual routines, group sequences and individual performances.

## **Notes:**

To ensure each student is engaged and working to their level and fulfilling their individual potential, CM Sports will ensure the following takes place:

- Differentiation
- Peer and self-assessment
- Inclusion
- Summative and formative assessment (helping with reports)
- Quantifiable learning objectives
- Whole part whole delivery as well as different teaching styles and methods.
- Pedagogy (use of, and understanding of teaching methods / behaviour management and skills associated working with young children and students)
- Understanding each child's needs and creating methods and situations for them to cope and succeed.
- Understanding and following the required national curriculum for physical education within schools.