

EXAMPLE ONLY: CURRICULUM TIMETABLE (1 Academic Year)

	Sep - Oct	Oct - Dec	Jan - Feb	Mar - April	April - May	May - June
YEAR 1	Multi skills (FMS)	Co-ordination Games (FMS)	Motor skills (FMS)	Ball Skills/ Team games (FMS)	Athletics (FMS)	Multi skills (FMS)
YEAR 2	Football (FMS – SSS)	Tag Rugby (FMS – SSS)	Gym (FMS – SSS)	Multi skills (FMS – SSS)	Tennis (FMS – SSS)	Athletics (FMS – SSS)
YEAR 3	Football (SSS)	Tag Rugby (SSS)	Gym (SSS)	Basketball (SSS)	Tennis (SSS)	Athletics (SSS)
YEAR 4	Football (SSS)	Tag Rugby (SSS)	Gym (SSS)	Netball (SSS)	Tennis (SSS)	Athletics (SSS)

Lesson Plan Overview

Each lesson has progression and regression development steps and stages, dependent on the class ability.

Multi-skills Yr 1 & 2

1. Ball skills – Two hand catching, rolling, bouncing, one hand catching, Ball throwing
2. Agility – Changing direction at speed within fun exercises and games
3. Locomotor skills – running, Jumping, hopping within exercises
4. Striking – Using a bat or racket, practice striking a ball along the floor or in the air
5. Balance and Body control – on one leg – whilst jumping and turning, on our hand and feet
6. Manipulative skills – using different pieces of sporting equipment to move a ball or object

Football:

1. Controlling the ball – using both feet to stop, dribble, change direction with the ball.
2. Short distance passing – ensuring ball is on the floor, using both feet and using correct part of the foot.
3. Long distance passing – Using the correct part of the foot and lofting the ball.
4. Shooting – understanding shooting, the aim of shooting, technique for shooting.
5. Positioning – how and where to position and move with and without the ball.
6. Mini game play – understanding the rules of football within a small game

Tag Rugby:

1. Controlling the ball – using both feet to stop, dribble, change direction with the ball.
2. Short distance passing – ensuring ball is on the floor, using both feet and using correct part of the foot.
3. Long distance passing – Using the correct part of the foot and lofting the ball.
4. Tackling/ Tagging – How to tackle someone using the safest method of tag rugby technique and practice this within the session
5. Positioning – how and where to position and move with and without the ball.
6. Mini game play – understanding the rules of tag rugby within a small game.

Gymnastics (Floor):

1. Basic balance, agility and static body positioning holds are practiced and understood.
2. Body management skills – practice and understand body management such as flexibility, strength 3. Learn and practice basic floor movement such as cart wheels, handstand and stretch jump.
4. Jumps – Learn and practice a number of basic floor jumps – practice jump and landing safely
5. Turns – Learn and practice some basic turns – ensuring balance and quality is prioritised.
6. Create a small gym floor routine of 4-10 skills we have learnt during our lessons.

Basketball:

1. Understanding basic rules and practicing ball control – dribbling on the spot with strong hand / weak hand, High and low dribble, fast and slow dribbling speed.
2. Dribbling the ball on the move, changing direction of your dribble, one hand and two hands
3. Passing technique and practice – Over head pass, bounce pass, chest pass, high loop pass
4. Dribbling, passing and moving – Practicing all three skills together
5. Shooting – Technique on how to shoot and practice from different distances 6. Mini Basketball – learning the rules within a game - mini matches in small groups.

Netball:

1. Understanding the game – Positions, movement limitations, rules
2. Passing methods – Overhead, chest pass, bounce pass
3. Pivoting and turning – how to pivot and pass
4. Defending and blocking – how to defend and block passes/shooting within the rules
5. Creating space and movement off the ball – whilst practicing passing and defending
6. Mini Match – practicing all of our lessons together

Tennis:

1. Ball and racket control – balancing the ball, bouncing the ball with racket, controlling the ball with a racket, how to hold the racket (grips)
2. Floor tennis – striking the ball along the floor towards targets or partners using both side of the racket
3. Forehands – Soft and controlled forehands in to a space or to a partner understanding basic technique
4. Backhands - Soft and controlled backhands in to a space or to a partner understanding basic technique
5. Serving – how to start a point using a underarm serve and basic over arm techniques

6. Mini rallies – trying to rally with a partner with floor tennis or bouncing ball depending on ability.

Athletics:

1. Running/ sprinting – how to use your legs, weight and arms to increase speed of sprinting
2. Relay – understanding the rules of relay races and practicing baton passing and sprinting
3. Hurdles – How to jump small hurdles without losing speed
4. Long jump – understanding long jump and how we can better our jumping length
5. Javelin – how to hold, run and throw a javelin correctly using soft safe javelin equipment
6. Mini Olympics – practice all of our athletic events together in teams

Ball skills / Team Games:

1. Problem solving – working as a team to solve problems within different activities. E.g. Crossing ‘the river’ using markers within your team
2. Dodgeball – working as a team whilst practicing throwing, moving/ dodging and positioning.
3. Quick cricket style games – using bats and balls – bowling accuracy/throwing accuracy and fielding skills.

4. 'Cone count' – separate into teams and a relay style race to collect one cone at a time – The team with the most cones win.
5. 'Cross the river' – dodging balls rolling towards their feet whilst trying to make it to the other side.
FMS - balance, agility.
6. 'Blind movement' – one child eyes closed/ blindfolded, and partner must direct them via speech or touch signals on back/shoulders to achieve different activities.

