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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Year R  Physical developmentEarly Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. | Following instructions, warm up games, team games, parachute etc | Ball skills – throwing, rolling, catching  (plans on the system area of learning specific/PE/Early Years) | Gymnastics Activ8 planning 8 lessons “Making shapes”  (Using ideas learnt from Heather Sampford) | Dance  Activ8 planning 6 lessons “Goblin challenge”  (plans and music on the system PE/Activ8/Dance) | Wednesday Zack  Multi skills  22/04/19- 20/05/19  5 weeks  9-10am , 10-11am 11-12 | Sports Day practise activities / multi skills – Weds Zack  3/6/19-15/7/19  6 weeks  9-10am , 10-11am 11-12  Davison High School sports leaders organising an EY festival |
| Year 1/2  Indoor | Yoga – ID to team teach with 4 classes (ID, CE and KH teach their own class)  1 morning per week covered by EW  INSET day – Gymnastics training  Free Yoga -ASC | Combined plan  Gymnastics Activ8 lessons “Travelling”  (ID to observe two lessons)  Locality comp Gym training in school day | Gymnastics progression Activ8  “Balancing” | Dance – EB’s Superhero planning on the system | Yoga 2 weeks  Circuits 3 weeks  ASC By Invitation only | Street Dance  Kerry Smith  Weds & Thurs A.M  £30 per 40min x7 9-9:40, 9:40-10:20, 10:20-11, 11-11:40  5 weeks 3/6-09/07/19 (not 1st July)  (Long day Thursday) |
| Year 1/2  Outdoor | Team building games/ football Wednesday with Zack  4xYr1/2  9-9:40, 9:40-10:20, 10:20-11, 11-11:40  (40 mins)  8 weeks  04/09/19 – 23/10/19  Friday p.m Hockey (Worthing Hockey club)  Action club 10 children 1:25-2:25pm | Team building games/ football Wednesday with Zack  4xYr1/2  9-9:40, 9:40-10:20, 10:20-11, 11-11:40 SSC  (40 mins)  6 weeks 06/11/19-04/12/19  Friday p.m Hockey (Worthing Hockey club)  Action club 10 children 1:25-2:25pm | Basketball  Wednesday with Zack  4xYr1/2  9-9:40, 9:40-10:20, 10:20-11, 11-11:40  (40 mins)  6 weeks  08/01/19-12/02/19  Self esteem/ confidence group 1:30pm 6/8 children | Basketball  Wednesday with Zack  4xYr1/2  9-9:40, 9:40-10:20, 10:20-11, 11-11:40 SSC  (40 mins)  5 weeks  26/02/19-25/03/19  Mini tournament between classes  Self esteem/ confidence group 1:30pm 6/8 children | Athletics  Introduce the 10 minute “Lyndhurst Lap” on days when the class is not having a PE lesson. How many laps can you do in 10 minutes? Track fitness from the beginning to the end of the 6 weeks. Create tables / maths / data handling for classes… | Athletics  Transition work with Chesswood / Springfield (Mini Olympics, Time trials, Sports day) |