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Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	<b>Into to P.E Unit 1</b>	<b>FUNDamentals 1</b>	<b>Dance 1</b>	<b>FUNDamentals 2</b>	<b>Dance 2</b>	<b>Gymnastics 1</b>	<b>Ball Skills 1</b>	<b>Games 1</b>	<b>Games 2</b>			
Year 1	<b>Team Building</b> 6 - 8 Lessons	<b>FUNDamentals</b> 6 - 8 Lessons	<b>Dance</b> 6 – 8 Lessons	<b>Gymnastics</b> 6 – 8 Lessons	<b>Ball Skills</b> 6 – 8 Lessons	<b>YOGA</b> 6-8 Lessons	<b>Games Sending &amp; Receiving</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Target Games</b> 6-8 Lessons			
Year 2	<b>Team Building</b> 6-8 Lessons	<b>Ball Skills</b> 6-8 Lessons	<b>Dance</b> 6-8 Lessons	<b>Gymnastics</b> 6-8 Lessons	<b>Fundamentals</b> 6-8 Lessons	<b>YOGA</b> 6-8 Lessons	<b>Net / Wall</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Striking &amp; Fielding</b> 6-8 Lessons			
Year 3	<b>Tennis</b> 6-8 Lessons	<b>Hockey</b> 6-8 Lessons	<b>Tag Rugby</b> 6-8 Lessons	<b>Gymnastics</b> 6-8 Lessons	<b>YOGA</b> 6 Lessons	<b>Swimming</b>						
						<b>Dance</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Cricket / Rounders</b> 6-8 Lessons				
Year 4	<b>Swimming</b>					<b>Dance</b> 6-8 Lessons	<b>Netball</b> 6-8 Lessons	<b>Tennis</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Cricket / Rounders</b> 6-8 Lessons		
	<b>Hockey</b> 6-8 Lessons	<b>Tag Rugby</b> 6-8 Lessons	<b>Gymnastics</b> 6-8 Lessons									
Year 5	<b>OAA</b> 6-8 Lessons	<b>Hockey</b> 6-8 Lessons	<b>Tag Rugby</b> 6-8 Lessons	<b>Gymnastics</b> 6-8 Lessons	<b>Dance</b> 6 – 8 Lessons	<b>Netball</b> 6-8 Lessons	<b>Tennis</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Cricket / Rounders</b> 6-8 Lessons			
Year 6	<b>OAA</b> 6-8 Lessons	<b>YOGA</b> 6-8 Lessons	<b>Tag Rugby</b> 6-8 Lessons	<b>Gymnastics</b> 6-8 Lessons	<b>Dance</b> 6-8 Lessons	<b>Basketball</b> 6-8 Lessons	<b>Tennis</b> 6-8 Lessons	<b>Athletics</b> 6-8 Lessons	<b>Cricket / Rounders</b> 6-8 Lessons			

## Curriculum Design Principles

Pupil's learning is placed at the heart of our curriculum planning process. Learning is blocked to facilitate greater continuity and frequency of contact with the learning wherever possible. This means that both lessons a week are on the same area of activity. It is also based around a flexible approach allowing for recapping and re-visiting learning within each unit again to help ensure good progress is made by all. The learning is organised in blocks of time which support the pupils learning and therefore sit slightly outside the traditional half-term blocks based on Victorian (or earlier) organisation of terms.

Teachers will use the flexibility to cater for weather disruption, other disruption to the planned learning (eg Visits, theatre groups, events) or the need to spend longer on aspects of the learning to ensure all pupils make good progress in line with and even above expectations. They can also use this flexibility to extend learning where pupils are enjoying their learning and making good progress allowing for exceptional progression too. Using our new scheme of work – Get Set 4 PE, teachers will plan their teaching from the standard 6 lesson plans. This will provide a minimum of 3 weeks active learning as lessons per week are blocked to provide the same activity (eg. Both lessons each week are on the same 'topic' or area of activity such as Dance). Teachers can extend this learning to cater for pupils needs by:

- Using the two extension lessons provided by Get Set 4 PE (lessons 7-8)
- Following pupils' enthusiasm and enjoyment
- Revisiting previous lessons to ensure skills or schemas are learnt (recapping, revisiting)
- Revisiting an earlier block of work later in the year to embed and revisit before moving up

Our Curriculum Map or Long-term Plan (LTP) has the number of weeks in an academic year at the top to allow teachers and others to appreciate that our learning is often extended beyond the end of one half-term or term and into the next. This will often necessitate recapping (due to holiday periods) to ensure learning is embedded but also aligns with educational thinking such as Rosenshine's Principles.

The Curriculum Map (LTP) is sequenced to ensure that pupils are exposed to areas of activity for a reasonable amount of time, which can be extended as required. The frequency with which they interact with this learning is greater due to blocking both lessons each week on the same area of learning / activity which also allows a greater intensity of learning as pupils forget less between each lesson and the kinaesthetic feel is more readily re-engaged. This approach is based on the F.I.T. principle of Frequency, Intensity and Time. Each area of activity also has a detailed progression ladder along with a vocabulary pyramid to help develop literacy across the curriculum. Teachers can also access work from another year to challenge / extend or adapt for access as required allowing for a greater ability to include, extend and engage.

Retrieval is helped by blocking of the units but also by developing transferrable skills as units are sequenced to allow pupils the opportunity to take learning from one area of activity and apply it or adapt it to suit another. They also have the opportunity to do this through re-visiting areas of activity across year groups due to the planned sequence of learning. Knowledge organisers provided by Get Set 4 PE help both staff and pupils to understand how knowledge, skills and understanding can and will be developed and support the wider development of rules, strategies and tactics (cognitive development).

Key Stage 1 provision is based heavily upon developing pupils' motor competencies and working towards mastery of running, jumping, throwing and catching. This will allow greater development of sport specific skills and application of knowledge and understanding during and throughout Key Stage 2. In both key stages pupils will be taught about what it means to be healthy and developing participation skills for life. This will include learning about how to stay healthy and as appropriate and linked to other areas of the curriculum, their body, nutrition and the benefits of exercise (well-being and health).

Certain areas of activity are scheduled to facilitate the wider aspects of PE, school sport and physical activity (PESSPA). Tag Rugby for example is sequenced to facilitate competition opportunities as is Hockey, Cricket / Rounders and Athletics. OAA (Outdoor Adventurous Activities) are scheduled early in Year 5 and 6 to facilitate greater cooperation, communication and resilience whilst also preparing pupils for a residential experience. Swimming at present is scheduled for Year 3 and 4 but this is under review as is looking at how we can best ensure ALL pupils are able to meet the minimum requirements of the statutory national curriculum for swimming.

Gymnastics is scheduled in a way that can enable the apparatus to be made more accessible for every lesson as equipment could be left out for the duration of the planned provision. After that it can be moved and stored in the hall cupboard in such a way as to provide more space and greater access to the other equipment for the rest of the time. The aesthetic areas of Gymnastics and Dance are also considered for practicalities such as staging be up in the hall, Christmas and both dance and gymnastics festivals / competitions organised through various local partnerships.

## **Additional Provision**

	<b>EYFS</b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
<b>Clubs</b>	Tennis	Tennis	Tennis	Hockey Tag Rugby Dodgeball Tennis Rounders	Hockey Tag Rugby Dodgeball Tennis Rounders	Hockey Tag Rugby Dodgeball Tennis Rounders	Hockey Tag Rugby Dodgeball Tennis Rounders
<b>Intra school Competition</b>	Sports day  Ball Skills	Sports day  Ball Skills Rounders	Sports day  Ball Skills Rounders	Sports day  Hockey Tag Rugby Rounders	Sports day  Hockey Tag Rugby Rounders	Sports day  Hockey Tag Rugby Rounders	Sports day  Hockey Tag Rugby Rounders
<b>Inter school Competition (Cluster)</b>	      National Sports Week	Active Kids      National Sports Week	Active Kids      National Sports Week	Cluster competitions / SSP Events include: tag rugby, Cross-country, football, netball. Cricket, athletics, tennis and rounders.  National Sports Week	Cluster competitions / SSP Events include: tag rugby, Cross-country, football, netball. Cricket, athletics, tennis and rounders.  National Sports Week	Cluster competitions / SSP Events include: tag rugby, cross-country, football, netball. Cricket, athletics, tennis and rounders.  National Sports Week	Cluster competitions / SSP Events include: tag rugby, cross-country, football, netball, cricket, athletics, tennis and rounders.  National Sports Week
<b>External provision</b>	Dance	Dance	Dance	Dance	Dance	Dance	Dance
<b>Residential</b>							Hill Top outdoor adventure centre
<b>Project and cross curricular</b>							

