



Curriculum Area: Physical Development
Early Years -KS4 Programme of Study

Programme of Study

Physical Development is central to all areas of our pupils' development. Alongside the more formal PD curriculum, personalised physical development targets run throughout all aspects of school life. Each child's PD is unique to their needs and aspirations and will vary according to these. This means they may be accessing personalised development targets during their formal PD session or other curriculum sessions. All pupil swim weekly wherever possible.

Early Years

Topic	Moving and Handling			Health and Self Care
	Fine Motor skills	Gross Motor skills	Sports Knowledge and Understanding	
Let's Go!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Turning Head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line	Aerobics – My Body L – Exploring way in which the body moves U – Following routines using different parts of the body Gymnastics – Travel L – Exploring ways to travel U – Traveling using equipment – performing routines Encountering different equipment e.g swing, slide, wiggle boards etc.	Independence- Accessing resources and making choices Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
Once upon a time	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands	Turning head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting	Movement to music – dance L – Exploring movements- Choosing equipment to use U – Performing own movements- choosing equipment to use e.g Ribbons, Pom poms	Feeding skills- Requesting snack, choosing what to eat, Holding a spoon/cup independently Individual Targets set when appropriate for individual pupils

	e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Crossing Mid-line		based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
What a beast!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Turning Head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line	Movement to music - Yoga (Animal Movements and actions) L – exploring calm movements U - completing movements in a routine Athletics (Looking at animal actions) L – develop core strength through running, throwing and jumping activities	Hygiene: Washing hands when playing outside, before eating, after going to the toilet Washing face Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
Once upon a Rhyme!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Turning head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line	Movement to music – dance L - develop simple movements to tell a story. Copy the actions in rhymes such as walking up a hill, Popping like sausages. Team sports – Tennis, Cricket L – Learning game-specific skills / Skill development- Holding and throwing a ball, anticipating ball coming closer.	Dressing skills- Coats, role play, changing clothes etc. Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
Crunch, Crunch! Slurp, slurp!	Finger movement and motions Toe movement and motions	Turning Head Extending and flexing limbs. Walking.	Trampolining L – accepting being hoisted onto a trampoline	Feeding skills- Requesting snack, choosing

	<p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Rolling.</p> <p>Sitting</p> <p>Crossing Mid-line</p>	<p>Experiencing bouncing</p> <p>Overcoming opponents - Team games – Boccia, Bowling</p> <p>L – learning game-specific skills</p> <p>Rolling and tracking the ball</p> <p>Reaching out for the ball.</p>	<p>what to eat, Holding a spoon/cup independently</p> <p>Individual</p> <p>Targets set when appropriate for individual pupils based on:</p> <p>Feeding Skills, Dressing skills, Toileting, Independence, Hygiene</p>
<p>Oh I do like to be beside the Seaside!</p>	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Turning head</p> <p>Extending and flexing limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Rolling.</p> <p>Sitting</p> <p>Crossing Mid-line</p>	<p>Movement to music - Yoga (Seaside related)</p> <p>L – exploring calm movements</p> <p>U - completing movements in a routine</p> <p>Gymnastics – Body Shapes</p> <p>L - moving from one body shape to another</p> <p>Being supported to use different equipment</p> <p>U - change body shape on different pieces of equipment</p>	<p>Hygiene: Washing hands when playing outside, before eating, after going to the toilet</p> <p>Washing face</p> <p>Individual</p> <p>Targets set when appropriate for individual pupils based on:</p> <p>Feeding Skills, Dressing skills, Toileting, Independence, Hygiene</p>
<p>All about me!</p>	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p>	<p>Turning Head</p> <p>Extending and flexing limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Rolling.</p> <p>Sitting</p> <p>Crossing Mid-line</p>	<p>Orienteering</p> <p>L - locating myself in the gym</p> <p>U – Identifying where I would like to go in the playground-</p> <p>Finding preferred equipment</p> <p>Gymnastics – weight bearing</p> <p>L - Skill development</p> <p>U - developing ability to take away points of contact</p>	<p>Independence- Accessing resources and making choices</p> <p>Individual</p> <p>Targets set when appropriate for individual pupils based on:</p> <p>Feeding Skills, Dressing skills, Toileting,</p>

	<p>Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>			<p>Independence, Hygiene</p>
<p>Over the Rainbow</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Turning Head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line</p>	<p>Movement to music – dance L - completing simple routines U - performing routines</p> <p>Parachute Games L – Lifting and Lowering the parachute U – responding when it’s my turn</p>	<p>Feeding skills- Requesting snack, choosing what to eat, Holding a spoon/ cup independently</p> <p>Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene</p>
<p>Come outside</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Turning Head Extending and flexing limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line</p>	<p>Athletics L – develop speed through running, throwing and jumping activities U - develop clear actions for running, throwing and jumping activities</p>	<p>Dressing skills- Coats, role play, changing clothes etc.</p> <p>Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene</p>

Topic	Fine Motor Skills	Gross Motor Skills	Sports Knowledge and Understanding Including Technical Skills	Teamwork and Leadership Skills
A Long, Long Time Ago...	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling.	Aerobics – My Body L – Exploring way in which the body moves U – Following routines using different parts of the body Gymnastics – Travel L – Exploring ways to travel U – Traveling using equipment – performing routines	U – Analysis of own performance compared to previous performances, demonstrate improvements
Mini Movers!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Using a bat. Throwing. Catching. Pushing.	Movement to music – dance L – Exploring movements U – Performing own movements Overcoming opponents - Teams games – cricket L – learning game-specific skills U – participating in competitive games	U – Analysis of own performance compared to previous performances, demonstrate improvements
In a Deep Dark Wood ...	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands	Extending limbs. Walking. Running. Jumping. Throwing. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.	Yoga L – exploring calm movements U - completing movements in a routine	U – Analysis of own performance compared to previous performances, demonstrate improvements

	<p>Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Pushing.</p>	<p>Athletics</p> <p>L – develop core strength through running, throwing and jumping activities U – develop core strength by repeating activities and improving time or distance</p>	
<p>What a Disaster!</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing. Catching. Using a racket/bat.</p>	<p>Movement to music – dance L - develop simple movements to tell a story U - perform routine to tell a story Overcoming opponents - Team sports – Tennis L – Learning game-specific skills / Skill development U – Competitive games and tactics</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
<p>Mmmm Chocolate!</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g., clapping Scrunches objects Slides objects Manipulate objects e.g., pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Throwing. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing. Using a ramp.</p>	<p>Trampolining L – accepting being hoisted onto a trampoline U – developing shape skills Overcoming opponents - Team games – Boccia, Kurling L – learning game-specific skills U – participating in competitive games</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>

Green Living	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling.</p>	<p>Yoga L – exploring calm movements U - completing movements in a routine Gymnastics – Body Shapes L - moving from one body shape to another U - change body shape on different pieces of equipment</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
I went to the Shop	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Pushing.</p>	<p>Orienteering L - locating myself in the gym U - Locating letters in the playground Gymnastics – weight bearing L - Skill development U - developing ability to take away points of contact</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
A Carnival of Colour	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing. Catching. Using a racket.</p>	<p>Movement to music – dance L - completing simple routines U - performing routines Overcoming opponents - Team games – polybat and table cricket L – learning game-specific skills U – participating in</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>

	<p>e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>		<p>competitive games</p>	
<p>Water, Water Everywhere</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing.</p>	<p>Outdoor & Adventurous activities L - be part of a team U- develop problem solving skills Athletics L – develop speed through running, throwing and jumping activities U - develop clear actions for running, throwing and jumping activities</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
<p>Lights! Camera! Action!</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body.</p>	<p>Movement to music – dance L – repeating movements on a cue U - performing own movements on a cue Trampolining/Rebound Therapy (trained person depending) L - accepting a way to get onto a trampoline L – accepting being bounced in a prone position U - developing shape skills</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
<p>Europe, Here we Come</p>	<p>Finger movement and motions Toe movement and motions</p>	<p>Extending limbs. Walking. Running. Jumping.</p>	<p>Overcoming opponents - Team games – football, basketball, hockey</p>	<p>U – Analysis of own performance compared to previous</p>

	<p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Throwing.</p> <p>Catching.</p> <p>Kicking.</p> <p>Using a stick.</p>	<p>L – learning game-specific skills</p> <p>U – participating in competitive games</p>	<p>performances, demonstrate improvements</p>
Watch Me Go!	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Throwing.</p> <p>Peddling a bike.</p>	<p>Outdoor & adventurous activities</p> <p>L - experience being on a bike</p> <p>U – develop ability to propel myself on a bike</p> <p>Athletics</p> <p>L - develop agility through running, throwing and jumping activities</p> <p>U - develop ability to change from one movement to another in running, throwing and jumping activities</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>
Down on the Farm	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Throwing.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Pushing.</p>	<p>Outdoor & Adventurous activities</p> <p>L - accepting learning outside of the classroom</p> <p>U- experience team building activities</p> <p>Gymnastics – Travel</p> <p>L – Exploring ways to travel</p> <p>U – Traveling using equipment – performing routines</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>

	e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects			
Everywhere Around Me!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body.	Trampolining L - accepting changing positions whilst on the trampoline U - developing linking shapes and landings Outdoor & Adventurous activities L - experience archery U - develop aim using a bow and arrow	U – Analysis of own performance compared to previous performances, demonstrate improvements
Food, Glorious Food!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing.	Health related fitness L - accept movements to lower/speed up pulse U- develop understanding of pulse Athletics L – develop flexibility through running, throwing and jumping activities U - develop ability to manipulate body into positions through running, throwing and jumping activities	U – Analysis of own performance compared to previous performances, demonstrate improvements
This is Me!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.	Gymnastics - L - Skill development U - perform routine Overcoming opponents - Individual sports – L – learning game-specific skills	U – Analysis of own performance compared to previous performances, demonstrate improvements

	<p>hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>		<p>U – participating in competitive games</p>	
<p>Unearthing the Anglo-Saxons!</p>	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.</p>	<p>Movement to music – dance L - making big movements in a simple routine U - performing big movements in a routine Trampolining - L - developing shape skills U - experiencing rotations</p>	<p>U – Analysis of own performance compared to previous performances, demonstrate improvements</p>

	squash objects			
Oh What a Wonderful World!	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Throwing. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.	Outdoor & Adventurous activities L - experience a climbing wall U - develop confidence to ascend a climbing wall Athletics L - develop strength through running, throwing and jumping activities U - develop the ability to use force to run faster, throw further and jump higher	U – Analysis of own performance compared to previous performances, demonstrate improvements

Secondary- 5 Year Rolling Programme

Topic	Fine Motor Skills	Gross Motor Skills	Sports Knowledge and Understanding Including Technical Skills	Teamwork and Leadership Skills
Robots	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Using a bat. Using a ramp. Pushing. Throwing. Catching.	Overcoming opponents - team games Boccia, polybat, table cricket L – Skill development U – Competitive games and tactics Gymnastics – Body shape L – Exploring body shape U – Performing body shape using equipment	L – experiencing being part of a team L – experiencing personal achievements U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Boccia</u> Pre/semi- formal 88629 - Experiencing Boccia 107999 - Introduction to

				<p>Boccia unit 1 111679 - Boccia ramp unit 1 111739 - Playing an assisted game of boccia 92467 - Boccia Basic skills 71361 - Boccia unit 1 88624 – Boccia 92610 - Introduction to Boccia unit 1 92611 - Introduction to boccia unit 2 Formal - 105461 - Boccia throwing unit 1 105462 - Boccia throwing unit 2 105463 - Boccia throwing unit 3 105464 - Boccia ramp players unit 1 105465 - Boccia ramp unit 2 105466 - Boccia ramp unit 3 110480 - Playing Boccia NT987 - Playing boccia using a ramp <u>AQA – Unit award scheme</u> Gymnastics Pre/semi- formal 105320 Gymnastics - Experiencing movement 105185 Basic floor work with assistance 92465 Basic floor work Formal - 72772 Basic gymnastics 96346 - gymnastics, travelling, balancing and jumping 89941 - floor gymnastics</p>
World War 2	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs.</p>	<p>Overcoming opponents - invasion games football and basketball L – Skill development U – Competitive games and tactics Overcoming opponents</p>	<p>L – experiencing being part of a team L – experiencing personal achievements U – Analysis of own and peers’</p>

	<p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Using a bat/stick.</p> <p>Kicking.</p> <p>Using a ramp.</p> <p>Pushing.</p> <p>Throwing.</p> <p>Catching.</p>	<p>- individual games – cricket & Tennis</p> <p>L – Skill development</p> <p>U – Competitive games and tactics</p>	<p>performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Football</u></p> <p>Pre/semi- formal –</p> <p>111054 Introduction to wheelchair football with assistance</p> <p>74130 Sensory ball handling skills with support</p> <p>78930 Football skills basic skills with verbal prompts</p> <p>78931 Football skills basic skills</p> <p>72047 Football skills</p> <p>73928 Football skills</p> <p>Formal -</p> <p>73204 Football skills</p> <p>75309 Football skills</p> <p>72482 Football basic skills and rules</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Cricket</u></p> <p>Pre/semi- formal -</p> <p>95759 Experiencing Kwik cricket</p> <p>72045 Cricket unit 1</p> <p>Formal -</p> <p>96343 Introduction to cricket</p> <p>110056 Kwik cricket skills</p>
Asia	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Pushing.</p> <p>Throwing.</p>	<p>Yoga</p> <p>L – exploring calm movements</p> <p>U - completing movements in a routine</p> <p>Athletics</p> <p>L – develop core strength through running, throwing and jumping activities</p> <p>U – develop core</p>	<p>L – experiencing personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of</p>

	<p>Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>		<p>strength by repeating activities and improving time or distance</p>	<p>performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Yoga</u> Pre/semi- formal – 74978 Acceptance of relaxation techniques in Yoga 74296 Basic Yoga movements with assistance 74298 Basic yoga movements with assistance unit 2 74246 Basic yoga stretching movements with assistance 74997 Yoga postures and flexibility 110162 Yoga with support Formal - 74977 Yoga 112157 Yoga postures <u>AQA – Unit award scheme</u> <u>Athletics</u> Pre/semi- formal 70515 Athletics skills with support Introduction to athletics with support 70514 Athletic skills Formal - 13547 Athletics running 13548 Athletics throwing 13549 Athletics jumping 13551 Adapted athletics wheelchair slalom 72770 Introduction to athletics throwing</p>
Europe	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.</p>	<p>Outdoor and Adventurous activities L - locating an object using a map U - using a map to navigate Gymnastics – travel L - exploring ways to</p>	<p>L – experiencing personal achievements U – Analysis of own and peers’ performance, identify and demonstrate areas of</p>

	<p>hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Rotating body.</p>	<p>travel</p> <p>U - performing different methods of travelling using equipment</p>	<p>improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p>Orienteering</p> <p>Pre/semi- formal –</p> <p>112376 responding to orienteering unit 1</p> <p>112377 unit 2 & 112378 unit 3</p> <p>73891 Orienteering with photographs</p> <p>Formal -</p> <p>75954 Introduction to orienteering unit 1</p> <p>75955 unit 2</p> <p><u>AQA – Unit award scheme</u></p> <p>Gymnastics</p> <p>Pre/semi- formal</p> <p>105320 Gymnastics - Experiencing movement</p> <p>105185 Basic floor work with assistance</p> <p>92465 Basic floor work</p> <p>Formal -</p> <p>72772 Basic gymnastics</p>
<p>Chocolate</p>	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p>	<p>Trampolining–</p> <p>L – accepting being hoisted onto a trampoline</p> <p>U – developing shape skills</p> <p>Health related fitness</p> <p>L - accept movements to lower/speed up pulse</p> <p>U- develop understanding of pulse</p>	<p>L – experiencing personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Trampolining</u></p> <p>Pre/semi- formal -</p> <p>88661 Being involved in rebound therapy</p> <p>112652 Engage with</p>

				rebound therapy 88660 Accepting gentle bouncing in rebound therapy 87719 Physically participating in rebound therapy 87718 Beginning to communicate in rebound therapy 72579 Using a trampoline for rebound therapy 87460 Rebound therapy unit 1 88663 Balancing in rebound therapy 72005 Trampolining with assistance unit 1 72006 Trampolining with assistance unit 2 72007 Trampolining with assistance unit 3 91670 Basic Trampolining Formal - 70320 Trampolining skills unit 1 70321 Trampolining skills unit 2 70322 Trampolining skills unit 3 <u>AQA – Unit award scheme</u> HRF Pre/semi- formal 73257 Taking part in fitness related activities 71842 Taking part in fitness related activities Formal - 70627 Developing fitness through floor exercises
Space	Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing. Throwing.	Overcoming opponents - team games Boccia, polybat, table cricket L – Skill development U – Competitive games and tactics Athletics L - develop agility through running, throwing and jumping activities	L – experiencing personal achievements U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement KS4 Young Leaders Award

	<p>using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>		<p>U - develop ability to change from one movement to another in running, throwing and jumping activities</p>	<p>KS4 Evaluation of performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Polybat</u> Pre/semi- formal 72414 Introduction to polybat with support 105600 Introduction to polybat 105570 Polybat skills Formal - 13510 Polybat <u>AQA – Unit award scheme</u> <u>Athletics</u> Pre/semi- formal 70515 Athletics skills with support Introduction to athletics with support 70514 Athletic skills Formal - 13547 Athletics running 13548 Athletics throwing 13549 Athletics jumping 13551 Adapted athletics wheelchair slalom 72770 Introduction to athletics throwing</p>
Victorians	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Using a bat. Using a ramp. Pushing. Throwing. Catching.</p>	<p>Overcoming opponents - invasion games football and basketball L – Skill development U – Competitive games and tactics Gymnastics – weight bearing L - exploring points of contact U - performing routine with minimal points of contact</p>	<p>L – experiencing being part of a team U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Basketball</u> Pre/semi- formal 105318 Basketball</p>

	<p>Tripod grasp Stretch, tear and squash objects</p>			<p>basic skills with support 89092 Passing and receiving a basketball with physical prompt 89871 Passing and receiving a basketball 88980 Basic Basketball skills Formal - 105862 Introduction to wheelchair basketball 84422 Basic Basketball skills <u>AQA – Unit award scheme</u> <u>Gymnastics</u> Pre/semi- formal 105320 Gymnastics - Experiencing movement 105185 Basic floor work with assistance 92465 Basic floor work Formal - 72772 Basic gymnastics 96346 - gymnastics, travelling, balancing and jumping 89941 - floor gymnastics</p>
Earth	<p>Finger movement and motions Toe movement and motions Intentional grasping and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Using a bat/stick. Using a ramp. Pushing. Kicking. Throwing. Catching.</p>	<p>Movement to music – dance L - making big movements in a simple routine U - performing big movements in a routine Outdoor and Adventurous activities L - experience problem solving activities working as part of a team U - develop ability to problem solve and work as a team</p>	<p>L – experiencing being part of a team U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Dance</u> Pre/semi- formal 105584 - introduction to movement with support 72452 - experiencing</p>

				<p>dance activities unit 1</p> <p>74979 - introduction to dance with assistance</p> <p>112225 - Dance - Independent physical movement</p> <p>70512 - creative dance</p> <p>Formal -</p> <p>74976 - dance concepts</p> <p><u>AQA – Unit award scheme</u></p> <p><u>OAA</u></p> <p>Pre/semi- formal</p> <p>111311 Sensory Physical Education</p> <p>83143 Problem solving</p> <p>Formal -</p> <p>113369 Problem solving</p>
British Culture	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Using a bat/racket.</p> <p>Using a ramp.</p> <p>Pushing.</p> <p>Throwing.</p> <p>Catching.</p>	<p>Overcoming opponents - team games Tennis, Cricket</p> <p>L – Skill development</p> <p>U – Competitive games and tactics</p> <p>Athletics</p> <p>L – develop flexibility through running, throwing and jumping activities</p> <p>U - develop ability to manipulate body into positions through running, throwing and jumping activities</p>	<p>L – experiencing being part of a team</p> <p>L – experiencing personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Tennis</u></p> <p>Pre/semi- formal</p> <p>111311 Sensory Physical Education</p> <p>105770 Introduction to tennis</p> <p>Formal -</p> <p>72052 Introduction to tennis</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Athletics</u></p> <p>Pre/semi- formal</p> <p>70515 Athletics skills</p>

				<p>with support</p> <p>Introduction to athletics with support</p> <p>70514 Athletic skills</p> <p>Formal -</p> <p>13547 Athletics running</p> <p>13548 Athletics throwing</p> <p>13549 Athletics jumping</p> <p>13551 Adapted athletics wheelchair slalom</p> <p>72770 Introduction to athletics throwing</p>
Beliefs and Values	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Using a bat.</p> <p>Using a ramp.</p> <p>Pushing.</p> <p>Throwing.</p> <p>Catching.</p>	<p>Yoga</p> <p>L - performing calm movements</p> <p>U - developing flexibility</p> <p>Overcoming opponents - team games Boccia, polybat Table cricket</p> <p>L – Skill development</p> <p>U – Competitive games and tactics</p>	<p>L – experiencing personal achievements</p> <p>L – experiencing being part of a team</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Yoga</u></p> <p>Pre/semi- formal –</p> <p>74978 Acceptance of relaxation techniques in Yoga</p> <p>74296 Basic Yoga movements with assistance</p> <p>74298 Basic yoga movements with assistance unit 2</p> <p>74246 Basic yoga stretching movements with assistance</p> <p>74997 Yoga postures and flexibility</p> <p>110162 Yoga with support</p> <p>Formal -</p> <p>74977 Yoga</p> <p>112157 Yoga</p>

				<p>postures</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Boccia</u></p> <p>Pre/semi-formal -</p> <p>111739 Playing an assisted game of boccia</p> <p>111679 Boccia: Ramp players</p> <p>88629 Experiencing Boccia</p> <p>Formal -</p> <p>110480 Playing Boccia</p> <p>13555 PE: Target Games: Boccia</p> <p>88624 Boccia</p> <p><u>Table Cricket</u></p> <p>Pre/semi- formal</p> <p>108688 Table cricket batting with support</p> <p>108687 Table Cricket batting</p> <p>Formal -</p> <p>108686 Table Cricket bowling</p> <p>13527 Table Cricket</p> <p><u>Polybat</u></p> <p>Pre/semi-formal -</p> <p>72414 Introduction to polybat with support</p> <p>Formal -</p> <p>105600 Introduction to polybat</p> <p>105570 Polybat Skills</p>
Going Places	Finger movement and motions Toe movement and motions Intentional grasping	Extending limbs. Walking. Running. Jumping. Weight-bearing on	Trampolining L - accepting changing positions whilst on the trampoline U - developing linking	L – experiencing personal achievements U – Analysis of own and peers’

	<p>and releasing of objects Opening and closing hands Transfers from one hand to another using a palmer grasp Co-ordinates hands e.g. clapping Scrunches objects Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects</p>	<p>limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing. Peddling a bike.</p>	<p>shapes and landings Outdoor and Adventurous activities L - experience being on a bike L – being part of a team to solve a problem U - develop ability to propel a bike U – develop leadership qualities</p>	<p>performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles <u>AQA – Unit award scheme</u> <u>Trampolining</u> Pre/semi- formal - 88661 Being involved in rebound therapy 112652 Engage with rebound therapy 88660 Accepting gentle bouncing in rebound therapy 87719 Physically participating in rebound therapy 87718 Beginning to communicate in rebound therapy 72579 Using a trampoline for rebound therapy 87460 Rebound therapy unit 1 88663 Balancing in rebound therapy 72005 Trampolining with assistance unit 1 72006 Trampolining with assistance unit 2 72007 Trampolining with assistance unit 3 91670 Basic Trampolining Formal - 70320 Trampolining skills unit 1 70321 Trampolining skills unit 2 70322 Trampolining skills unit 3 <u>AQA – Unit award scheme</u> <u>Cycling</u> Formal - 71131 Basic Cycling</p>
<p>A Celebration of Suffolk</p>	<p>Finger movement and motions Toe movement and</p>	<p>Extending limbs. Walking. Running.</p>	<p>Overcoming opponents – Boccia, Kurling L - Skill development</p>	<p>L – experiencing being part of a team L – experiencing</p>

	<p>motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p> <p>Kicking.</p> <p>Using a ramp.</p> <p>Using a bat.</p> <p>Pushing.</p> <p>Throwing.</p> <p>Catching.</p>	<p>U – Competitive games and tactics</p> <p>Athletics</p> <p>L – develop stamina through running, throwing and jumping activities</p> <p>U – develop determination to run faster, throw further and jump higher</p>	<p>personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Kurling</u></p> <p>Pre/semi- formal</p> <p>85679 Experiencing Kurling</p> <p>72016 Learning to play kurling</p> <p>85678 New age kurling</p> <p>Formal -</p> <p>13560 New age Kurling</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Athletics</u></p> <p>Pre/semi- formal</p> <p>70515 Athletics skills with support</p> <p>Introduction to athletics with support</p> <p>70514 Athletic skills</p> <p>Formal -</p> <p>13547 Athletics running</p> <p>13548 Athletics throwing</p> <p>13549 Athletics jumping</p> <p>13551 Adapted athletics wheelchair slalom</p> <p>72770 Introduction to athletics throwing</p>
The Big Screen	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p>	<p>Movement to music – dance</p> <p>L - making big movements in a simple routine</p> <p>U - performing big movements in a routine</p>	<p>L – experiencing personal achievements</p> <p>L – experiencing being part of a team</p> <p>U – Analysis of own and peers’ performance,</p>

	<p>hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Rotating body.</p> <p>Using a stick.</p> <p>Using a ramp.</p> <p>Pushing.</p> <p>Kicking.</p> <p>Throwing.</p> <p>Catching.</p>	<p>Overcoming opponents</p> <p>- invasion games</p> <p>football, basketball</p> <p>L – Skill development</p> <p>U – Competitive games and tactics</p>	<p>identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Dance</u></p> <p>Pre/semi- formal</p> <p>105584 - introduction to movement with support</p> <p>72452 - experiencing dance activities unit 1</p> <p>74979 - introduction to dance with assistance</p> <p>112225 - Dance - Independent physical movement</p> <p>70512 - creative dance</p> <p>Formal -</p> <p>74976 - dance concepts</p> <p><u>AQA – Unit award scheme</u></p> <p>(See Basketball or football)</p>
<p>Ancient Civilizations - Ancient Greece</p> <p>(Elmer’s Art Trail)</p>	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p>	<p>Health related fitness</p> <p>L - experience activities to test fitness</p> <p>U - develop fitness plan to work on own fitness</p> <p>Outdoor and Adventurous activities</p> <p>Climbing/Archery</p> <p>L - experience a climbing harness</p> <p>L – experience a target sport</p> <p>U - develop confidence to ascend a climbing wall</p> <p>U – develop ability to pull string and aim arrow</p>	<p>L – experiencing personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p>HRF</p> <p>Pre/semi- formal</p> <p>73257 Taking part in fitness related</p>

	squash objects			<p>activities</p> <p>71842 Taking part in fitness related activities</p> <p>Formal -</p> <p>70627 Developing fitness through floor exercises</p> <p><u>AQA – Unit award scheme</u></p> <p>Climbing</p> <p>72764 Introduction to indoor climbing</p> <p>Archery</p> <p>ST463 Basic Archery</p>
Global Rhythm and Rhyme	<p>Finger movement and motions</p> <p>Toe movement and motions</p> <p>Intentional grasping and releasing of objects</p> <p>Opening and closing hands</p> <p>Transfers from one hand to another using a palmer grasp</p> <p>Co-ordinates hands e.g. clapping</p> <p>Scrunches objects</p> <p>Slides objects</p> <p>Manipulate objects e.g. pushes buttons</p> <p>Pincer grip</p> <p>Tripod grasp</p> <p>Stretch, tear and squash objects</p>	<p>Extending limbs.</p> <p>Walking.</p> <p>Running.</p> <p>Jumping.</p> <p>Weight-bearing on limbs.</p> <p>Rotating limbs.</p> <p>Co-ordinating limbs.</p> <p>Rotating body.</p>	<p>Trampolining</p> <p>L - developing shape skills</p> <p>U - experiencing rotations</p> <p>Athletics</p> <p>L - develop strength through running, throwing and jumping activities</p> <p>U - develop the ability to use force to run faster, throw further and jump higher</p>	<p>L – experiencing personal achievements</p> <p>U – Analysis of own and peers’ performance, identify and demonstrate areas of improvement</p> <p>KS4 Young Leaders Award</p> <p>KS4 Evaluation of performance</p> <p>KS4 Healthy, active lifestyles</p> <p><u>AQA – Unit award scheme</u></p> <p><u>Trampolining</u></p> <p>Pre/semi- formal -</p> <p>88661 Being involved in rebound therapy</p> <p>112652 Engage with rebound therapy</p> <p>88660 Accepting gentle bouncing in rebound therapy</p> <p>87719 Physically participating in rebound therapy</p> <p>87718 Beginning to communicate in rebound therapy</p> <p>72579 Using a trampoline for rebound therapy</p> <p>87460 Rebound therapy unit 1</p> <p>88663 Balancing in rebound therapy</p> <p>72005 Trampolining with assistance unit 1</p> <p>72006 Trampolining</p>

				<p>with assistance unit 2 72007 Trampoline with assistance unit 3 91670 Basic Trampoline Formal - 70320 Trampoline skills unit 1 70321 Trampoline skills unit 2 70322 Trampoline skills unit 3 <u>AQA – Unit award scheme</u> <u>Athletics</u> Pre/semi- formal 70515 Athletics skills with support Introduction to athletics with support 70514 Athletic skills Formal - 13547 Athletics running 13548 Athletics throwing 13549 Athletics jumping 13551 Adapted athletics wheelchair slalom 72770 Introduction to athletics throwing</p>
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