

## 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

Торіс		Moving and Handling	5	Health and Self
	Fine Motor skills	Gross Motor skills	Sports Knowledge	Care
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	and UnderstandingAerobics – My BodyL – Exploring way inwhich the bodymovesU – Followingroutines usingdifferent parts of thebodyGymnastics – TravelL – Exploring ways totravelU – Traveling usingequipment –performing routinesEncounteringdifferent equipmente.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!	Squash objectsFinger movementand motionsToe movement andmotionsIntentional graspingand releasing ofobjectsOpening and closinghandsTransfers from onehand to anotherusing a palmer graspCo-ordinates handse.g. clappingScrunches objectsSlides objectsManipulate objectse.g. pushes buttonsPincer gripTripod graspStretch, tear andsquash 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. <b>Sitting</b> 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

	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	Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Sitting Crossing Mid-line	Experiencing bouncing Overcoming opponents - Team games – Boccia, Bowling L – learning game- specific skills Rolling and tracking the ball Reaching out for the ball.	what to eat, Holding a spoon/ cup independently Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
Oh I do like to be beside the Seaside!	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 (Seaside related) L – exploring calm movements U - completing movements in a routine Gymnastics – Body Shapes L - moving from one body shape to another Being supported to use different equipment U - change body shape on different pieces of equipment	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
All about 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	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	Orienteering L - locating myself in the gym U – Identifying where I would like to go in the playground- Finding preferred equipment Gymnastics – weight bearing L - Skill development U - developing ability to take away points of contact	Independence- Accessing resources and making choices Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting,

	Slides objects Manipulate objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects			Independence, Hygiene
Over the Rainbow	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 - completing simple routines U - performing routines Parachute Games L – Lifting and Lowering the parachute U – responding when it's my turn	Feeding skills- Requesting snack, choosing what to eat, Holding a spoon/ cup independently Individual Targets set when appropriate for individual pupils based on: Feeding Skills, Dressing skills, Toileting, Independence, Hygiene
Come outside	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	Athletics L – develop speed through running, throwing and jumping activities U - develop clear actions for running, throwing and jumping activities	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

Торіс	Fine Motor Skills	Gross Motor Skills	Sports Knowledge and	Teamwork and
			Understanding Including Technical Skills	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

	Transford from	Duching		
What a Disaster!	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	Pushing. Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing. Catching. Using a racket/bat.	Athletics L – develop core strength through running, throwing and jumping activities U – develop core strength by repeating activities and improving time or distance 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	U – Analysis of own performance compared to previous performances, demonstrate improvements
Mmmm Chocolate!	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	Extending limbs. Walking. Running. Jumping. Throwing. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing. Using a ramp.	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	U – Analysis of own performance compared to previous performances, demonstrate improvements

Green Living	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	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling.	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	U – Analysis of own performance compared to previous performances, demonstrate improvements
I went to the Shop	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	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Rolling. Pushing.	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	U – Analysis of own performance compared to previous performances, demonstrate improvements
A Carnival of Colour	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	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing. Catching. Using a racket.	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	U – Analysis of own performance compared to previous performances, demonstrate improvements

Water, Water Everywhere	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 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.	competitive games 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	U – Analysis of own performance compared to previous performances, demonstrate improvements
Lights! Camera! Action!	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.	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	U – Analysis of own performance compared to previous performances, demonstrate improvements
Europe, Here we Come	Finger movement and motions Toe movement and motions	Extending limbs. Walking. Running. Jumping.	Overcoming opponents - Team games – football, basketball, hockey	U – Analysis of own performance compared to previous

	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	Co-ordinating limbs. Rotating body. Throwing. Catching. Kicking. Using a stick.	L – learning game- specific skills U – participating in competitive games	performances, demonstrate improvements
Watch Me Go!	Finger movementand motionsToe movement andmotionsIntentional graspingand releasing ofobjectsOpening and closinghandsTransfers from onehand to anotherusing a palmer graspCo-ordinates handse.g. clappingScrunches objectsSlides objectsManipulate objectse.g. pushes buttonsPincer gripTripod graspStretch, tear andsquash objects	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Throwing. Peddling a bike.	Outdoor & adventurous activities L - experience being on a bike U - develop ability to propel myself on a bike Athletics L - develop agility through running, throwing and jumping activities U - develop ability to change from one movement to another in running, throwing and jumping activities	U – Analysis of own performance compared to previous performances, demonstrate improvements
Down on the Farm	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	Extending limbs. Walking. Running. Jumping. Throwing. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing.	Outdoor & Adventurous activities L - accepting learning outside of the classroom U- experience team building activities Gymnastics – Travel L – Exploring ways to travel U – Traveling using equipment – performing routines	U – Analysis of own performance compared to previous performances, demonstrate improvements

	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

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	hands		U – participating in	
	Transfers from one		competitive games	
	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			
Unearthing the	Finger movement	Extending limbs.	Movement to music –	U – Analysis of own
_	-	-		
Anglo-Saxons!	and motions	Walking.	dance	performance
	Toe movement and	Running.	L - making big	compared to
	motions	Jumping.	movements in a simple	previous
	Intentional grasping	Weight-bearing on	routine	performances,
	and releasing of	limbs.	U - performing big	demonstrate
	objects	Rotating limbs.	movements in a	improvements
	Opening and closing	Co-ordinating limbs.	routine	
	hands		Trampolining -	
	Transfers from one		L - developing shape	
	hand to another		skills	
	using a palmer grasp		U - experiencing	
	Co-ordinates hands		rotations	
	e.g. clapping			
	Scrunches objects			
	Slides objects			
	Manipulate objects			
	e.g. pushes buttons			
	Pincer grip			
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	111000 81450			
	Tripod grasp Stretch, tear and			

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

## Secondary- 5 Year Rolling Programme

Торіс	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</u> <u>scheme</u> <u>Boccia</u> Pre/semi- formal 88629 - Experiencing Boccia 107999 - Introduction to

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					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</u>
					<u>scheme</u>
					Gymnastics
					Pre/semi- formal
					105320 Gymnastics -
					Experiencing
					movement
					105185 Basic floor
					work with assistance
ļ					92465 Basic floor
					work
					Formal -
					72772 Basic
					gymnastics
ļ					96346 - gymnastics,
ļ					travelling, balancing
ļ					and jumping
ļ					89941 - floor
ļ					gymnastics
	World War 2	Finger movement	Extending limbs.	Overcoming opponents	L – experiencing
ļ		and motions	Walking.	- invasion games	being part of a team
ļ		Toe movement and	Running.	football and basketball	L – experiencing
ļ		motions	Jumping.	L – Skill development	personal
ļ		Intentional grasping	Weight-bearing on	U – Competitive games	achievements
		and releasing of	limbs.	and tactics	U – Analysis of own
	1	anunciedsing UI	mmus.	מווע נמנוונא	0 – Analysis OLOWII
ļ		objects	Rotating limbs.	Overcoming opponents	and peers'

	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	Co-ordinating limbs. Rotating body. Using a bat/stick. Kicking. Using a ramp. Pushing. Throwing. Catching.	- individual games – cricket & Tennis L – Skill development U – Competitive games and tactics	performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles AQA – Unit award scheme Football Pre/semi- formal – 111054 Introduction to wheelchair football with assistance 74130 Sensory ball handling skills with support 78930 Football skills basic skills with verbal prompts 78931 Football skills basic skills 73928 Football skills 75309 Football skills
				Formal -
Asia	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.	Yoga L – exploring calm movements U - completing movements in a routine Athletics L – develop core strength 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

	Co-ordinates hands		strength by repeating	performance
	e.g. clapping		activities and improving	KS4 Healthy, active
	Scrunches objects		time or distance	lifestyles
	Slides objects			<u> AQA – Unit award</u>
	Manipulate objects			<u>scheme</u>
	e.g. pushes buttons			Yoga
	Pincer grip			Pre/semi- formal –
	Tripod grasp			74978 Acceptance of
	Stretch, tear and			relaxation techniques
	squash objects			in Yoga 74296 Basic
	squastionjects			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</u>
				scheme
				Athletics
				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
		Eutopolina lineta	Outdoor and	to athletics throwing
Europe	Finger movement	Extending limbs.	Outdoor and	L – experiencing
	and motions	Walking.	Adventurous activities	personal
	Toe movement and	Running.	L - locating an object	achievements
	motions	Jumping.	using a map	U – Analysis of own
	Intentional grasping	Weight-bearing on	U - using a map to	and peers'
	and releasing of	limbs.	navigate	performance,
	objects	Rotating limbs.	Gymnastics – travel	identify and
	Opening and closing	Co-ordinating limbs.	L - exploring ways to	demonstrate areas of

	hands	Rotating body.	travel	improvement
	Transfers from one	Kotatilig bouy.	U - performing	KS4 Young Leaders
	hand to another		different methods of	Award
	using a palmer grasp		travelling using	KS4 Evaluation of
	Co-ordinates hands		equipment	performance
	e.g. clapping		equipment	KS4 Healthy, active
	Scrunches objects			lifestyles
	Slides objects			AQA – Unit award
	Manipulate objects			scheme
	e.g. pushes buttons			Orienteering
	Pincer grip			Pre/semi- formal –
	Tripod grasp			112376 responding
	Stretch, tear and			to orienteering unit 1
	squash objects			112377 unit 2 &
				112378 unit 3
				73891 Orienteering
				with photographs
				Formal -
				75954 Introduction
				to orienteering unit 1
				75955 unit 2
				AQA – Unit award
				scheme
				Gymnastics
				Pre/semi- formal
				105320 Gymnastics -
				Experiencing
				movement
				105185 Basic floor
				work with assistance
				92465 Basic floor
				work
				Formal -
				72772 Basic
				gymnastics
Chocolate	Finger movement	Extending limbs.	Trampolining -	L – experiencing
	and motions	Walking.	L - accepting being	personal
	Toe movement and	Running.	hoisted onto a	achievements
	motions	Jumping.	trampoline	U – Analysis of own
	Intentional grasping	Weight-bearing on	U - developing shape	and peers'
	and releasing of	limbs.	skills	performance,
	objects	Rotating limbs.	Health related fitness	identify and
	Opening and closing	Co-ordinating limbs.	L - accept movements	demonstrate areas of
	hands	Rotating body.	to lower/speed up	improvement
	Transfers from one		pulse	KS4 Young Leaders
	hand to another		U- develop	Award
	using a palmer grasp		understanding of pulse	KS4 Evaluation of
	Co-ordinates hands			performance
	e.g. clapping			KS4 Healthy, active
	Scrunches objects			lifestyles
	Slides objects			<u>AQA – Unit award</u>
	Manipulate objects			scheme
	e.g. pushes buttons			Trampolining
	Pincer grip			Pre/semi- formal -
	Tripod grasp			88661 Being involved
	Stretch, tear and			in rebound therapy
	squash objects			112652 Engage with
L	, , , ,	1	1	0.0

				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</u>
				scheme
				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	Extending limbs.	Overcoming opponents	L – experiencing
	and motions	Walking.	- team games Boccia,	personal
	Toe movement and	Running.	polybat, table cricket	achievements
	motions	Jumping.	L – Skill development	U – Analysis of own
	Intentional grasping	Weight-bearing on	U – Competitive games	and peers'
	and releasing of	limbs.	and tactics	performance,
	objects	Rotating limbs.	Athletics	identify and
	Opening and closing	Co-ordinating limbs.	L - develop agility	demonstrate areas of
	hands	Rotating body.	through running,	improvement
	Transfers from one	Pushing.	throwing and jumping	KS4 Young Leaders
	hand to another	Throwing.	activities	Award

	· ·			
	using a palmer grasp		U - develop ability to	KS4 Evaluation of
	Co-ordinates hands		change from one	performance
	e.g. clapping		movement to another	KS4 Healthy, active
	Scrunches objects		in running, throwing	lifestyles
	Slides objects		and jumping activities	<u>AQA – Unit award</u>
	Manipulate objects			<u>scheme</u>
	e.g. pushes buttons			<u>Polybat</u>
	Pincer grip			Pre/semi- formal
	Tripod grasp			72414 Introduction
	Stretch, tear and			to polybat with
	squash objects			support
				105600 Introduction
				to polybat
				105570 Polybat skills
				Formal -
				13510 Polybat
				AQA – Unit award
				scheme
				Athletics
				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
Victorians	Finger movement	Extending limbs.	Overcoming opponents	L – experiencing
	and motions	Walking.	- invasion games	being part of a team
	Toe movement and	Running.	football and basketball	U – Analysis of own
	motions	Jumping.	L – Skill development	and peers'
	Intentional grasping	Weight-bearing on	U – Competitive games	performance,
	and releasing of	limbs.	and tactics	identify and
	objects	Rotating limbs.	Gymnastics – weight	demonstrate areas of
	Opening and closing	Co-ordinating limbs.	bearing	improvement
	hands	Rotating body.	L - exploring points of	KS4 Young Leaders
	Transfers from one	Using a bat.	contact	Award
	hand to another	Using a ramp.	U - performing routine	KS4 Evaluation of
	using a palmer grasp	Pushing.	with minimal points of	performance
	Co-ordinates hands	Throwing.	contact	KS4 Healthy, active
	e.g. clapping	Catching.		lifestyles
	Scrunches objects			<u>AQA – Unit award</u>
	Slides objects			scheme
	Manipulate objects			Basketball
	e.g. pushes buttons			Pre/semi- formal
	Pincer grip			105318 Basketball
L	01-	I		

with physical pro 89871 Passing ar receiving a baske 88980 Basic Basketball skills Formal - 105862 Introduct to wheelchair basketball 84422 Basic Basketball skills AQA – Unit award scheme Gymnastics Pre/semi- formal 105320 Gymnast Experiencing movement 105185 Basic floo	I	<u> </u>			1 1 1 1 1 1 1 1
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					KS4 Healthy, active
e.g. clapping Throwing. team <b>lifestyles</b>					
		-	Catoning.		<u>AQA – Unit award</u>
Slides objects problem solve and scheme   Manipulate objects work as a team Dance		-			
Manipulate objects work as a team Dance				work as a team	
					Pre/semi- formal
Pincer grip 105584 -					
Tripod grasp introduction to					
Stretch, tear and movement with					
squash objects support		squash objects			
72452 - experien					72452 - experiencing

				dance activities unit
				1
				74979 - introduction
				to dance with
				assistance
				112225 - Dance -
				Independent physical
				movement 70512 - creative
				dance
				Formal -
				74976 - dance
				concepts
				<u> AQA – Unit award</u>
				<u>scheme</u>
				<u>OAA</u>
				Pre/semi- formal
				111311 Sensory
				Physical Education 83143 Problem
				solving
				Formal -
				113369 Problem
				solving
British Culture	Finger movement	Extending limbs.	Overcoming opponents	L – experiencing
	and motions	Walking.	- team games Tennis,	being part of a team
	Toe movement and	Running.	Cricket	L – experiencing
	motions Intentional grasping	Jumping. Weight-bearing on	L – Skill development U – Competitive games	personal achievements
	and releasing of	limbs.	and tactics	U – Analysis of own
	objects	Rotating limbs.	Athletics	and peers'
	Opening and closing	Co-ordinating limbs.	L – develop flexibility	performance,
	hands	Rotating body.	through running,	identify and
	Transfers from one	Using a bat/racket.	throwing and jumping	demonstrate areas of
	hand to another	Using a ramp.	activities	improvement
	using a palmer grasp	Pushing.	U - develop ability to	KS4 Young Leaders
	Co-ordinates hands	Throwing.	manipulate body into	Award
	e.g. clapping Scrunches objects	Catching.	positions through running, throwing and	KS4 Evaluation of performance
	Slides objects		jumping activities	KS4 Healthy, active
	Manipulate objects			lifestyles
	e.g. pushes buttons			<u>AQA – Unit award</u>
	Pincer grip			<u>scheme</u>
	Tripod grasp			Tennis
	Stretch, tear and			Pre/semi- formal
	squash objects			111311 Sensory
				Physical Education 105770 Introduction
				to tennis
				Formal -
				72052 Introduction
				to tennis
				<u>AQA – Unit award</u>
				<u>scheme</u>
				<u>Athletics</u>
				Due / a and fam. 1
				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
Beliefs and Values	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. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Using a bat. Using a ramp. Pushing. Throwing. Catching.	Yoga L - performing calm movements U - developing flexibility Overcoming opponents - team games Boccia, polybat Table cricket L – Skill development U – Competitive games and tactics	L – experiencing personal achievements 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 AQA – Unit award scheme Yoga 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</u> <u>scheme</u> <u>Boccia</u>
				Pre/semi-formal -
				111739 Playing an
				assisted game of
				boccia
				111679 Boccia: Ramp
				players
				88629 Experiencing Boccia
				Formal -
				110480 Playing
				Boccia
				13555 PE: Target
				Games: Boccia
				88624 Boccia
				Table Cricket Pre/semi- formal 108688 Table cricket batting with support 108687 Table Cricket batting Formal - 108686 Table Cricket bowling 13527 Table Cricket Polybat
				Pre/semi-formal -
				72414 Introduction to polybat with support
				Formal -
				105600 Introduction to polybat
				105570 Polybat Skills
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'

	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 Slides objects e.g. pushes buttons Pincer grip Tripod grasp Stretch, tear and squash objects	limbs. Rotating limbs. Co-ordinating limbs. Rotating body. Pushing. Peddling a bike.	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	performance, identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles AQA – Unit award scheme Trampolining Pre/semi- formal - 88661 Being involved in rebound therapy 112652 Engage with rebound therapy 88660 Accepting gentle bouncing in rebound therapy 88660 Accepting gentle bouncing in rebound therapy 87719 Physically participating in rebound therapy 87718 Beginning to communicate in rebound therapy 87718 Beginning to communicate in rebound therapy 87760 Rebound therapy unit 1 88663 Balancing in rebound therapy 72579 Using a trampoline for rebound therapy 87460 Rebound therapy unit 1 88663 Balancing in rebound therapy 87460 Rebound therapy Unit 1 91670 Frampolining with assistance unit 2 72007 Trampolining with assistance unit 3 91670 Basic Trampolining Formal - 70320 Trampolining skills unit 2 70321 Trampolining skills unit 3 AQA – Unit award
A Celebration of	Finger movement	Extending limbs.	Overcoming opponents	scheme Cycling Formal - 71131 Basic Cycling L – experiencing
Suffolk	and motions Toe movement and	Walking. Running.	<b>– Boccia, Kurling</b> L - Skill development	being part of a team L – experiencing

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

	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	Rotating body. Using a stick. Using a ramp. Pushing. Kicking. Throwing. Catching.	Overcoming opponents - invasion games football, basketball L – Skill development U – Competitive games and tactics	identify and demonstrate areas of improvement KS4 Young Leaders Award KS4 Evaluation of performance KS4 Healthy, active lifestyles AQA – Unit award scheme Dance Pre/semi- formal 105584 - introduction to movement with support 72452 - experiencing dance activities unit 1 74979 - introduction to dance with assistance 112225 - Dance - Independent physical movement 70512 - creative dance Formal - 74976 - dance concepts AQA – Unit award scheme (See Basketball or football)
Ancient Civilizations - Ancient Greece (Elmer's Art Trail)	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	Extending limbs. Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs.	Health related fitness L - experience activities to test fitness U - develop fitness plan to work on own fitness Outdoor and Adventurous activities Climbing/Archery L - experience a climbing harness L – experience a target sport U - develop confidence to ascend a climbing wall U – develop ability to pull string and aim arrow	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 AQA – Unit award scheme HRF Pre/semi- formal 73257 Taking part in fitness related

	1 1 1 .			
Global Rhythm and	squash objects	Extending limbs.	Trampolining	activities 71842 Taking part in fitness related activities <b>Formal -</b> 70627 Developing fitness through floor exercises <u>AQA – Unit award</u> <u>scheme</u> Climbing 72764 Introduction to indoor climbing Archery ST463 Basic Archery L – experiencing
Rhyme	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	Walking. Running. Jumping. Weight-bearing on limbs. Rotating limbs. Co-ordinating limbs. Rotating body.	L - developing shape skills U - experiencing rotations Athletics L - develop strength throwing and jumping activities U - develop the ability to use force to run faster, throw further and jump higher	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</u> <u>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 88660 Accepting gentle bouncing in rebound therapy 87719 Physically participating in rebound therapy 87718 Beginning to communicate in rebound therapy 87718 Beginning to communicate in rebound therapy 87718 Beginning to communicate in 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</u>
			scheme
			Athletics
			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
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