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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Year RPhysical developmentEarly Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.  |  Following instructions, warm up games, team games, parachute etc  | Ball skills – throwing, rolling, catching(plans on the system area of learning specific/PE/Early Years)  | Gymnastics Activ8 planning 8 lessons “Making shapes” (Using ideas learnt from Heather Sampford)  | Dance Activ8 planning 6 lessons “Goblin challenge” (plans and music on the system PE/Activ8/Dance) | Wednesday Zack Multi skills 22/04/19- 20/05/19 5 weeks 9-10am , 10-11am 11-12  | Sports Day practise activities / multi skills – Weds Zack3/6/19-15/7/19 6 weeks 9-10am , 10-11am 11-12Davison High School sports leaders organising an EY festival  |
| Year 1/2Indoor | Yoga – ID to team teach with 4 classes (ID, CE and KH teach their own class)1 morning per week covered by EWINSET day – Gymnastics trainingFree Yoga -ASC | Combined planGymnastics Activ8 lessons “Travelling” (ID to observe two lessons) Locality comp Gym training in school day | Gymnastics progression Activ8“Balancing”  | Dance – EB’s Superhero planning on the system  | Yoga 2 weeksCircuits 3 weeks ASC By Invitation only  | Street Dance Kerry SmithWeds & Thurs A.M £30 per 40min x7 9-9:40, 9:40-10:20, 10:20-11, 11-11:40 5 weeks 3/6-09/07/19 (not 1st July) (Long day Thursday) |
| Year 1/2Outdoor | Team building games/ football Wednesday with Zack  4xYr1/2 9-9:40, 9:40-10:20, 10:20-11, 11-11:40(40 mins) 8 weeks 04/09/19 – 23/10/19 Friday p.m Hockey (Worthing Hockey club)Action club 10 children 1:25-2:25pm  | Team building games/ football Wednesday with Zack  4xYr1/2 9-9:40, 9:40-10:20, 10:20-11, 11-11:40 SSC(40 mins) 6 weeks 06/11/19-04/12/19Friday p.m Hockey (Worthing Hockey club)Action club 10 children 1:25-2:25pm  | Basketball Wednesday with Zack 4xYr1/29-9:40, 9:40-10:20, 10:20-11, 11-11:40(40 mins)6 weeks 08/01/19-12/02/19Self esteem/ confidence group 1:30pm 6/8 children  | Basketball Wednesday with Zack 4xYr1/29-9:40, 9:40-10:20, 10:20-11, 11-11:40 SSC(40 mins)5 weeks 26/02/19-25/03/19Mini tournament between classesSelf esteem/ confidence group 1:30pm 6/8 children | Athletics Introduce the 10 minute “Lyndhurst Lap” on days when the class is not having a PE lesson. How many laps can you do in 10 minutes? Track fitness from the beginning to the end of the 6 weeks. Create tables / maths / data handling for classes… | Athletics Transition work with Chesswood / Springfield (Mini Olympics, Time trials, Sports day)  |