

Valued – Inspired – Prepared

Westhaven School is a unique learning environment with high expectations for learners who experience complex barriers to learning for a range of reasons. We promote a calm environment which enables everyone to learn. The golden thread that permeates our curriculum and our conduct through every school day are the core values which shape our learners to be:

- safely independent
- confident communicators
- respectful citizens
- resilient learners
- inquisitive thinkers

The Westhaven Way is our ethos and it underpins our daily approach to behaviour and learning. At Westhaven, English is the heart of our curriculum. We are committed to raising the standards in phonics and early reading of our learners through every curriculum subject. At Westhaven, we follow the approach to phonics teaching as outlined in the DfE validated programme UNLOCKING LETTERS AND SOUNDS.

Active-Teamwork-Fitness-Improve.

| Oxbridge | | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|--------------------|--------------|--|---|--|--|--|--|
| KS1 Cycle A | | <ul style="list-style-type: none"> • Floor movements and Coordination • General Development (Personal Best) | <ul style="list-style-type: none"> • Gymnastics (Travelling/Balancing) • General Development using equipment. | <ul style="list-style-type: none"> • Teamwork/building (sharing equipment/ working with a partner) • Balls Skills & Coordination | <ul style="list-style-type: none"> • Ball Games (boccia) • Dance (Exploring music with ribbons & pompoms) | <ul style="list-style-type: none"> • General Development • Ball skills and coordination | <ul style="list-style-type: none"> • Sports day practise • Introduction to Athletics |
| Equipment used | | Cones, balls, bibs and bean bags. | Climbing/Jumping apparatus, mats, sensory equipment, balls, bibs and cones. | Cones, balls, bibs and bean bags. | Cones, balls, boccia set, bibs and bean bags, pom poms, ribbons and music. | Cones, balls, bibs and bean bags. | Sports day equipment such as egg & spoon, relay batons etc, javelins, shot puts, discuss and mats for jumping. |
| Skills | Revisited | EYFS retrieval | EYFS retrieval | EYFS retrieval | EYFS retrieval | EYFS retrieval | EYFS retrieval |
| | New learning | <p>Floor movements and Coordination</p> <ul style="list-style-type: none"> • I can walk safely and wait for instructions when I enter the hall. • I can move safely around an area with good spatial awareness. • I can explore different animal movements and try to replicate the way certain animals move. <p>General Development (Personal Best)</p> <ul style="list-style-type: none"> • I know the basic routines to a PE lesson. | <p>Gymnastics (Travelling/Balancing)</p> <ul style="list-style-type: none"> • I can travel safely along a mat and a bench with adult support. • I can explore travelling on different apparatus with balance. <p>General Development using equipment.</p> <ul style="list-style-type: none"> • I can use simple equipment in PE. • I can play games with commands such as traffic lights, green for go and red for stop. | <p>Teamwork/building (sharing equipment/working with a partner)</p> <ul style="list-style-type: none"> • I can take turns with equipment. • I can stand in a line and wait for a turn. • I can play games with my friends. <p>Balls Skills & Coordination</p> <ul style="list-style-type: none"> • I can bounce a ball. • I can throw a ball. • I can catch a large sized ball or balloon occasionally. | <p>Ball Games (boccia)</p> <ul style="list-style-type: none"> • I can throw or roll a ball from a seated position. • I can aim towards a target when throwing or rolling a ball. <p>Dance</p> <ul style="list-style-type: none"> • I can travel around a room whilst moving to music in a variety of ways. | <p>Gymnastics (Travelling/Balancing)</p> <ul style="list-style-type: none"> • I can travel safely along a mat and a bench with adult support. • I can explore travelling on different apparatus with balance. <p>Balls Skills & Coordination</p> <ul style="list-style-type: none"> • I can bounce a ball. • I can throw a ball. • I can catch a large sized ball or balloon occasionally. | <p>Sports day practise</p> <ul style="list-style-type: none"> • Making sure learners are in a ready position to complete all of the activities that they will participate in. <p>Introduction to athletics</p> <ul style="list-style-type: none"> • Exploring outdoor PE and use of the running track. • I can run and stay in my running lane on the track. • I can explore jumping and throwing. |

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| | | <ul style="list-style-type: none"> I am introduced to what my personal best is. | | | | | |
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| | KSI Cycle B | <ul style="list-style-type: none"> Floor movements and Coordination General Development (Personal Best) | <ul style="list-style-type: none"> Gymnastics (Travelling/Balancing) General Development using equipment. | <ul style="list-style-type: none"> Teamwork/building (sharing equipment/working with a partner) Balls Skills & Coordination | <ul style="list-style-type: none"> Ball Games Dance (Exploring music with ribbons & pompoms) | <ul style="list-style-type: none"> General Development Ball skills and coordination | <ul style="list-style-type: none"> Sports day practice Introduction to Athletics |
| | Equipment used | Cones, balls, bibs and bean bags. | Climbing/Jumping apparatus, mats, sensory equipment, balls, bibs and cones. | Cones, balls, bibs and bean bags. | Cones, balls, bibs and bean bags, pom poms, ribbons and music. | Cones, balloons, balls, bibs and bean bags. | Sports day equipment such as egg & spoon, relay batons etc, javelins, shot puts, discuss and mats for jumping. |
| Skills | Revisited | <p>Floor movements and Coordination</p> <ul style="list-style-type: none"> I can walk safely and wait for instructions when I enter the hall. I can move safely around an area with good spatial awareness. I can explore different animal movements and try to replicate the way certain animals move. <p>General Development (Personal Best)</p> <ul style="list-style-type: none"> I know the basic routines to a PE lesson. I am introduced to what my personal best is. | <p>Gymnastics (Travelling/Balancing)</p> <ul style="list-style-type: none"> I can travel safely along a mat and a bench with adult support. I can explore travelling on different apparatus with balance. <p>General Development using equipment.</p> <ul style="list-style-type: none"> I can use simple equipment in PE. I can play games with commands such as traffic lights, green for go and red for stop. | <p>Teamwork/building (sharing equipment/working with a partner)</p> <ul style="list-style-type: none"> I can take turns with equipment. I can stand in a line and wait for a turn. I can play games with my friends. <p>Balls Skills & Coordination</p> <ul style="list-style-type: none"> I can bounce a ball. I can throw a ball. I can catch a large sized ball or balloon occasionally. | <p>Ball Games (boccia)</p> <ul style="list-style-type: none"> I can throw or roll a ball from a seated position. I can aim towards a target when throwing or rolling a ball. <p>Dance</p> <ul style="list-style-type: none"> I can travel around a room whilst moving to music in a variety of ways. | <p>Gymnastics (Travelling/Balancing)</p> <ul style="list-style-type: none"> I can travel safely along a mat and a bench with adult support. I can explore travelling on different apparatus with balance. <p>Balls Skills & Coordination</p> <ul style="list-style-type: none"> I can bounce a ball. I can throw a ball. I can catch a large sized ball or balloon occasionally. | <p>Sports day practise</p> <ul style="list-style-type: none"> Making sure learners are in a ready position to complete all of the activities that they will participate in. <p>Introduction to athletics</p> <ul style="list-style-type: none"> Exploring outdoor PE and use of the running track. I can run and stay in my running lane on the track. I can explore jumping and throwing. |
| | New learning | <p>Floor movements and coordination</p> <ul style="list-style-type: none"> I can demonstrate more advanced movements such as skipping, hopping and side stepping. <p>General Development</p> <ul style="list-style-type: none"> Developing general PE skills such as throwing, catching | <p>Gymnastics</p> <ul style="list-style-type: none"> I can travel in different ways across equipment and can safely land when I jump from different heights. <p>General development using equipment</p> <ul style="list-style-type: none"> I am able to understand what equipment is used for | <p>Teamwork/building (sharing equipment/working with a partner)</p> <ul style="list-style-type: none"> I can wait in a queue for a turn and I can communicate with adults and other learners in my lesson in many different ways. | <ul style="list-style-type: none"> Ball games (boccia) I have a moderate understanding of the rules to games like boccia and dodgeball. <p>Dance</p> <ul style="list-style-type: none"> I can move to music using dance equipment such as pom poms and ribbons. | <p>Ball Skills and coordination</p> <ul style="list-style-type: none"> I can infrequently catch a large size ball or balloon. | <p>Sports Day practise</p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <p>Athletics</p> <ul style="list-style-type: none"> I can jump as far as I can from a standing start and I can explore throwing |

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| | | and kicking whilst bettering our understanding of personal best. | in different sports and show that I can use it safely in the correct way. | Balls skills and Coordination <ul style="list-style-type: none"> I can aim for a target and then try to throw or roll a ball towards the target. | | | different items such as a javelin, shot puts and discus. |
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| Hull and Wells | | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| LKS2 Cycle A | | Floor movements (coordination) & General Development (Understanding our personal best) | Gymnastics (Travelling and Balancing & making short routines) & Circuit training (Health & Fitness) | Teamwork/building (Sharing equipment/working in pairs and small groups) & Boccia, Curling & Archery. | Ball Games (Handball Dodgeball) & Dance (Learning to make small dance routines) | Striking & Fielding & Football. | Sports Day practise & Athletics |
| Equipment used | | Cones, balls, bibs and bean bags. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, balls, cones and footballs. | Sports day equipment, javelins, shot puts, discuses, cones. |
| Skills | Revisited | <u>Floor movements and coordination</u> <ul style="list-style-type: none"> I can demonstrate more advanced movements such as skipping, hopping and side stepping. <u>General Development</u> <ul style="list-style-type: none"> Developing general PE skills such as throwing, catching and kicking whilst bettering our understanding of personal best. | <u>Gymnastics</u> <ul style="list-style-type: none"> I can travel in different ways across equipment and can safely land when I jump from different heights. <u>General development using equipment</u> <ul style="list-style-type: none"> I am able to understand what equipment is used for in different sports and show that I can use it safely in the correct way. | <u>Teamwork/building (sharing equipment/working with a partner)</u> <ul style="list-style-type: none"> I can wait in a queue for a turn and I can communicate with adults and other learners in my lesson in many different ways. <u>Balls skills and Coordination</u> <ul style="list-style-type: none"> I can aim for a target and then try to throw or roll a ball towards the target. | <ul style="list-style-type: none"> <u>Ball games (boccia)</u> I have a moderate understanding of the rules to games like boccia and dodgeball. <u>Dance</u> I can move to music using dance equipment such as pom poms and ribbons. | <u>Ball Skills and coordination</u> <ul style="list-style-type: none"> I can infrequently catch a large size ball or balloon. | <u>Sports Day practise</u> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <u>Athletics</u> <ul style="list-style-type: none"> I can jump as far as I can from a standing start and I can explore throwing different items such as a javelin, shot puts and discus. |
| | New learning | <u>Floor movements and coordination</u> <ul style="list-style-type: none"> I can now perform more advanced movements such as galloping, hopscotch and also perform my simple movements competently. <u>General Development</u> <ul style="list-style-type: none"> I can now throw a ball and catch from a short distance or to myself with a large sized ball. I also have a better understanding of my personal best. | <u>Gymnastics</u> <ul style="list-style-type: none"> I can travel in different ways using my imagination across a beam or a bench and put the travels I've learned into a short routine. I can perform different types of jumps and still land safely with good technique. <u>Circuit training</u> <ul style="list-style-type: none"> I can name different body parts and use good technique when doing simple exercises such as star jumps and sit ups. | <u>Teamwork/building</u> <ul style="list-style-type: none"> I can use team work skills to work through challenges and play team games. <u>Boccia</u> <ul style="list-style-type: none"> I can use different techniques to send the ball in boccia and I have a good understanding of the rules of both curling and boccia. | <u>Handball</u> <ul style="list-style-type: none"> I have an understanding of the rules to handball and can use different throwing techniques needed in the game. <u>Dance</u> <ul style="list-style-type: none"> I can start to put together moves to make a short routine to music. | <u>Cricket</u> <ul style="list-style-type: none"> I can hit a large sized ball with a tennis racket with a bouncing feed. I can catch a large sized ball. I can throw a ball a short distance with inconsistent accuracy. <u>Football</u> <ul style="list-style-type: none"> I can keep the football close to my feet and move slowly around an area while having a good amount of control. | <u>Athletics</u> <ul style="list-style-type: none"> I can hold and throw a javelin, shot put and discus a short distance with good technique. |
| LKS2 Cycle B | | Floor movements (coordination) & General Development (Understanding our personal best) | Gymnastics (Travelling and Balancing & making short routines) & Circuit training (Health & Fitness) | Teamwork/building (Sharing equipment/working in pairs and small groups) & Boccia, Curling & Archery. | Ball Games (Handball Dodgeball) & Dance (Learning to make small dance routines) | Striking & Fielding & Football. | Sports Day practise & Athletics |

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| Equipment used | | Cones, balls, bibs and bean bags. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, balls, cones and footballs. | Sports day equipment, javelins, shot puts, discuses, cones. |
| Skills | Revisited | <p><u>Floor movements and coordination</u></p> <ul style="list-style-type: none"> I can now perform more advanced movements such as galloping, hopscotch and also perform my simple movements competently. <p><u>General Development</u></p> <ul style="list-style-type: none"> I can now throw a ball and catch from a short distance or to myself with a large sized ball. I also have a better understanding of my personal best. | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can travel in different ways using my imagination across a beam or a bench and put the travels I've learned into a short routine. I can perform different types of jumps and still land safely with good technique. <p><u>Circuit training</u></p> <ul style="list-style-type: none"> I can name different body parts and use good technique when doing simple exercises such as star jumps and sit ups. | <p><u>Teamwork/building</u></p> <ul style="list-style-type: none"> I can use team work skills to work through challenges and play team games. <p><u>Boccia</u></p> <ul style="list-style-type: none"> I can use different techniques to send the ball in boccia and I have a good understanding of the rules of both curling and boccia. | <p><u>Handball</u></p> <ul style="list-style-type: none"> I have an understanding of the rules to handball and can use different throwing techniques needed in the game. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can start to put together moves to make a short routine to music. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I can hit a large sized ball with a tennis racket with a bouncing feed. I can catch a large sized ball. I can throw a ball a short distance with inconsistent accuracy. <p><u>Football</u></p> <ul style="list-style-type: none"> I can keep the football close to my feet and move slowly around an area while having a good amount of control. | <p><u>Sports Day practise</u></p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can hold and throw a javelin, shot put and discus a short distance with good technique. |
| | New learning | <p><u>Floor movements and coordination</u></p> <ul style="list-style-type: none"> I can now competently show coordination by using a variety of different floor movements with good balance and agility. <p><u>General development</u></p> <ul style="list-style-type: none"> I can now perform all PE fundamentals with confidence, skills such as throwing, catching, kicking and rolling. | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can confidently travel across different gymnastic apparatus with control and balance. I can jump competently from a variety of heights landing with good balance and technique. <p><u>Circuit training</u></p> <ul style="list-style-type: none"> I can participate in a follow the leader type circuit training. | <p><u>Teamwork/Building</u></p> <ul style="list-style-type: none"> I am able to communicate to give my ideas or to help my teammates tackle different obstacles. <p><u>Curling</u></p> <ul style="list-style-type: none"> I can send the curling stone towards a target using the correct technique. I understand what the different scoring zones are. | <p><u>Dodgeball & Handball</u></p> <ul style="list-style-type: none"> I can use a good over arm throw in both dodgeball and handball. I can play a full game of dodgeball with full understanding of the rules. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can perform a short dance routine to music in front of a small group or to an adult. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I can hit a small/medium sized ball with a tennis racket with a bouncing feed. I can retrieve the ball and throw it to the bowler over a short distance. <p><u>Football</u></p> <ul style="list-style-type: none"> I can pass the ball a short distance to a partner. I can use both feet to dribble the ball and change direction on command. | <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can use a good running technique when sprinting. I can explore running at different speeds to see which speed I would need to run at in a longer distance race. I can improve my personal best in the javelin, shot put and discus. |

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| <i>Chester & Bath</i> | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| UKS2 Cycle A | Cross Country & Netball | Gymnastics & Circuit training (Health & Fitness) | Boccia, Curling & Archery & Touch Rugby | Handball and Dance. | Cricket / Rounders & Football | Athletics and Sports Day |

| Equipment used | | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discuses, cones, crash mat, hurdles and relay batons. |
|---------------------|--------------|---|--|--|--|--|---|
| Skills | Revisited | <p><u>Cross Country</u></p> <ul style="list-style-type: none"> I now understand what a personal best is and can try to always improve my personal best time in cross country. <p><u>Netball Skills</u></p> <ul style="list-style-type: none"> Ball skills & coordination retrieval from KS1 and LKS2. | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can confidently travel across different gymnastic apparatus with control and balance. I can jump competently from a variety of heights landing with good balance and technique. <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> I can name different body parts. I can use good technique when doing simple exercises such as star jumps and sit ups. | <p><u>Curling</u></p> <ul style="list-style-type: none"> I can send the curling stone towards a target using the correct technique. I understand what the different scoring zones are. <p><u>Touch Rugby</u></p> <ul style="list-style-type: none"> Ball skills & coordination retrieval from KS1 and LKS2. | <p><u>Handball & Dodgeball</u></p> <ul style="list-style-type: none"> I can throw in both dodgeball and handball using a good overarm technique I can play a full game of dodgeball with full understanding of the rules. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can perform a short dance routine to music in front of a small group or to an adult. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I can hit a small/medium sized ball with a tennis racket with a bouncing feed. I can retrieve the ball and throw it to the bowler over a short distance. <p><u>Football</u></p> <ul style="list-style-type: none"> I can pass the ball a short distance to a partner. I can use both feet to dribble the ball and change direction on command. | <p><u>Sports Day practise</u></p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can use a good running technique when sprinting. I can explore running at different speeds to see which speed I would need to run at in a longer distance race. I can improve my personal best in the javelin, shot put and discus. |
| | New learning | <p><u>Cross Country</u></p> <ul style="list-style-type: none"> I can run at a steady pace and I understand the concept of spacing myself. I can run 100m without walking. <p><u>Netball</u></p> <ul style="list-style-type: none"> I can pass the ball a short distance to a partner using a bounce and chest pass technique. I understand I cannot move with the ball and I can move into good spaces when I haven't got the ball. | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can use more advanced ways of travelling across mats and beams with good control and balance. I can put together a short routine linking balances and travels with good transitions. <p><u>Circuit training</u></p> <ul style="list-style-type: none"> I can perform simple stretches for different parts of the body. I can explain why exercise and leading an active/healthy lifestyle is important. | <p><u>Boccia/Curling</u></p> <ul style="list-style-type: none"> I am beginning to get some understanding of the tactics used in games of boccia and curling. <p><u>Touch Rugby</u></p> <ul style="list-style-type: none"> I can pass the rugby ball using the correct technique. I understand that I can only pass the ball sideways or backwards. | <p><u>Hockey</u></p> <ul style="list-style-type: none"> I can hold the hockey stick correctly and have good stick control. <p><u>Handball</u></p> <ul style="list-style-type: none"> I understand when my team doesn't have the ball in handball that I have to mark an opposition player to try and win the ball back. I can help to create a part of a dance routine with creative ideas. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I can hit a medium sized ball with a cricket bat with the correct technique. I understand that as a fielder I need to be in a certain position. I can stop/retrieve the ball and throw to the bowler with an under or over arm throw. <p><u>Football</u></p> <ul style="list-style-type: none"> I can pass the ball whilst moving. I can participate in a small sided football match. | <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can sprint 60ms and aim for my personal best. I can partake in a team relay race and pass the baton with the correct technique. |
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| UKS2 Cycle B | | Cross Country & Netball | Gymnastics, Table tennis & Circuit training (Health & | Boccia, Curling & Archery & Touch Rugby | Hockey, Handball and Dance. | Cricket / Rounders & Football | Athletics and Sports Day |

| | | Fitness) | | | | | |
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| Equipment used | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discuses, cones, crash mat, hurdles and relay batons. | |
| Skills | Revisited | <p>Cross Country</p> <ul style="list-style-type: none"> I can run at a steady pace and I understand the concept of spacing myself. I can run 100m without walking. <p>Netball</p> <ul style="list-style-type: none"> I can pass the ball a short distance to a partner using a bounce and chest pass technique. I understand I cannot move with the ball and I can move into good spaces when I haven't got the ball. | <p>Gymnastics</p> <ul style="list-style-type: none"> I can use more advanced ways of travelling across mats and beams with good control and balance. I can put together a short routine linking balances and travels with good transitions. <p>Circuit training</p> <ul style="list-style-type: none"> I can perform simple stretches for different parts of the body. I can explain why exercise and leading an active/healthy lifestyle is important. | <p>Boccia/Curling</p> <ul style="list-style-type: none"> I am beginning to get some understanding of the tactics used in games of boccia and curling. <p>Touch Rugby</p> <ul style="list-style-type: none"> I can pass the rugby ball using the correct technique. I understand that I can only pass the ball sideways or backwards. | <p>Hockey</p> <ul style="list-style-type: none"> I can hold the hockey stick correctly and have good stick control. <p>Handball</p> <ul style="list-style-type: none"> I understand when my team doesn't have the ball in handball that I have to mark an opposition player to try and win the ball back. I can help to create a part of a dance routine with creative ideas. | <p>Cricket</p> <ul style="list-style-type: none"> I can hit a medium sized ball with a cricket bat with the correct technique. I understand that as a fielder I need to be in a certain position. I can stop/retrieve the ball and throw to the bowler with an under or over arm throw. <p>Football</p> <ul style="list-style-type: none"> I can pass the ball whilst moving. I can participate in a small sided football match. | <p>Sports Day practise</p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <p>Athletics</p> <ul style="list-style-type: none"> I can sprint 60ms and aim for my personal best. I can partake in a team relay race and pass the baton with the correct technique. |
| | New learning | <p>Cross Country</p> <ul style="list-style-type: none"> I can run 150m without walking. <p>Netball</p> <ul style="list-style-type: none"> I can pass the ball using a shoulder and an overhead pass. I can participate in a small sided netball match. I am beginning to have an understanding of defence and attack. | <p>Gymnastics</p> <ul style="list-style-type: none"> I can perform a short gymnastics routine to the class or an adult. I can start to give opinions and evaluate mine and others' performance. <p>Circuit Training</p> <ul style="list-style-type: none"> I can now do a circuit with a partner and be the coach as well as the athlete. I can take part in a circuit that flows around the room without an adult leading me. | <p>Boccia/Curling</p> <ul style="list-style-type: none"> I can play a full boccia game following the official boccia rules. I can give advice on tactics to my team in both boccia and curling games. <p>Touch Rugby</p> <ul style="list-style-type: none"> I can pass the ball in rugby whilst moving. I can tag/touch an opposition player whilst they're running. I can participate in moderated small sided rugby matches. | <p>Hockey</p> <ul style="list-style-type: none"> I can pass the ball a short distance using a slap or push pass technique. I can shoot and score at a goal without a goalkeeper. <p>Handball</p> <ul style="list-style-type: none"> I can participate in a moderated game of handball. <p>Dance</p> <ul style="list-style-type: none"> I can perform a dance routine to music in front of my class or an adult. I can start to give opinions and evaluate mine and others' performance. | <p>Cricket</p> <ul style="list-style-type: none"> I can hit the ball infrequently with a tennis ball. I can throw the ball accurately over a short to medium distance. I can participate in moderated games of cricket. <p>Football</p> <ul style="list-style-type: none"> I am beginning to understand the concept of attack & defence. I can tackle an opposition player using the correct technique. | <p>Athletics</p> <ul style="list-style-type: none"> I can explore jumping whilst running and introduce running over low hurdles. I can jump on to a crash mat with the correct technique in long jump. I know what my strongest leg is to take off from in long jump. |

| KS3 | | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| KS3 Cycle A | | Cross Country & Netball | Gymnastics, Table Tennis & Circuit training (Health & Fitness) | Boccia, Curling & Archery & Touch Rugby | Hockey & Handball | Cricket/Rounders & Football | Athletics, OAA and Sports Day |
| Equipment used | | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs, table tennis bats, tt tables and tt balls. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Hockey sticks, tennis balls, cones, bibs, handballs and goals. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discuses, cones, crash mat, hurdles, relay batons and OAA pack. |
| Skills | Revisited | <p><u>Cross Country</u></p> <ul style="list-style-type: none"> I can run 150m without walking. <p><u>Netball</u></p> <ul style="list-style-type: none"> I can pass the ball using a shoulder and an overhead pass. I can participate in a small sided netball match. I am beginning to have an understanding of defence and attack. | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can perform a short gymnastics routine to the class or an adult. I can start to give opinions and evaluate mine and others' performance. <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> I can now do a circuit with a partner and be the coach as well as the athlete. I can take part in a circuit that flows around the room without an adult leading me. | <p><u>Boccia/Curling</u></p> <ul style="list-style-type: none"> I can play a full boccia game following the official boccia rules. I can give advice on tactics to my team in both boccia and curling games. <p><u>Touch Rugby</u></p> <ul style="list-style-type: none"> I can pass the ball in rugby whilst moving. I can tag/touch an opposition player whilst they're running. I can participate in moderated small sided rugby matches. | <p><u>Hockey</u></p> <ul style="list-style-type: none"> I can pass the ball a short distance using a slap or push pass technique. I can shoot and score at a goal without a goalkeeper. <p><u>Handball</u></p> <ul style="list-style-type: none"> I can participate in a moderated game of handball. <p><u>Dance</u></p> <ul style="list-style-type: none"> I can perform a dance routine to music in front of my class or an adult. I can start to give opinions and evaluate mine and others' performance. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I can hit the ball infrequently with a tennis ball. I can throw the ball accurately over a short to medium distance. I can participate in moderated games of cricket. <p><u>Football</u></p> <ul style="list-style-type: none"> I am beginning to understand the concept of attack & defence. I can tackle an opposition player using the correct technique. | <p><u>Sports Day practise</u></p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can explore jumping whilst running and introduce running over low hurdles. I can jump on to a crash mat with the correct technique in long jump. I know what my strongest leg is to take off from in long jump. |
| | New learning | <p><u>Cross Country</u></p> <ul style="list-style-type: none"> I understand the different signs my body gives me when it is becoming fatigued. I can run 200m. <p><u>Netball</u></p> <ul style="list-style-type: none"> I can use a pivot when I have the ball. I can keep possession of the ball when an | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can travel across different simple apparatus such as mats and benches with excellent balance and control. I can work in a small group to create a routine using different types of balances and travels. <p><u>Circuit Training</u></p> | <p><u>Boccia/Curling</u></p> <ul style="list-style-type: none"> I fully understand the rules to both boccia and curling. I can send a curling stone with good technique. <p><u>Touch Rugby</u></p> <ul style="list-style-type: none"> I can demonstrate a good understanding of both attacking and defensive lines. | <p><u>Hockey</u></p> <ul style="list-style-type: none"> I can control the ball with the stick when being passed too by a teammate. When shooting I can generate power on the ball by moving the stick quicker. I can participate in a moderated game of hockey. | <p><u>Cricket</u></p> <ul style="list-style-type: none"> I have good technique when hitting the ball from a tee. <ul style="list-style-type: none"> I have a good understanding of fielding positions and where I and my teammates need to stand. I can bowl the ball with an underarm throw with good accuracy. | <p><u>Athletics</u></p> <ul style="list-style-type: none"> I can show good technique when sprinting using the pocket to chin technique with my arms. I can think of and demonstrate different ways to improve the distance I can throw a javelin, |

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| | | <p>opposition player is trying to retrieve it.</p> <ul style="list-style-type: none"> I have a good understanding of defence vs attack. | <ul style="list-style-type: none"> I am able to name a few of the key muscles in my body. <ul style="list-style-type: none"> I have a full understanding of my personal best and try to better my scores each time. I can grip the bat in the correct way. I can bounce the ball and hit it over the net. | <ul style="list-style-type: none"> I have been introduced to the offside rule. <p>Archery</p> <ul style="list-style-type: none"> I can hold the bow in the correct way. I can load an arrow on to the bow. | <p>Handball</p> <ul style="list-style-type: none"> I can start to read the game in handball and intercept passes to win possession back. I can apply tactics for when my team is in or out of possession. . | <p>Football</p> <ul style="list-style-type: none"> I can start to read the game to intercept passes and win back possession, I understand that we have positions in football i.e. defenders, midfielders and attackers. | <p>shot put and discus.</p> <ul style="list-style-type: none"> I can explore different types of jump when participating in the high jump event. <p>OAA</p> <ul style="list-style-type: none"> I understand what OAA is and what sort of activities we will be participating in. I can demonstrate effective teamwork skills when working in groups. |
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| KS3 Cycle B | | Cross Country & Netball | Gymnastics, Table Tennis & Circuit training (Health & Fitness) | Boccia, Curling & Archery & Touch Rugby | Hockey & Handball | Cricket/Rounders & Football | Athletics, OAA and Sports Day |
| Equipment used | | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs, table tennis bats, tt tables and tt balls. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Hockey sticks, tennis balls, cones, bibs, handballs and goals. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discuses, cones, crash mat, hurdles, relay batons and OAA pack. |
| Skills | Revisited | <p>Cross Country</p> <ul style="list-style-type: none"> I understand the different signs my body gives me when it is becoming fatigued. I can run 200m. <p>Netball</p> <ul style="list-style-type: none"> I can use a pivot when I have the ball. I can keep possession of the ball when an opposition player is trying to retrieve it. I have a good understanding of | <p>Gymnastics</p> <ul style="list-style-type: none"> I can travel across different simple apparatus such as mats and benches with excellent balance and control. I can work in a small group to create a routine using different types of balances and travels. <p>Circuit Training</p> <ul style="list-style-type: none"> I am able to name a few of the key muscles in my body. <ul style="list-style-type: none"> I have a full | <p>Boccia/Curling</p> <ul style="list-style-type: none"> I fully understand the rules to both boccia and curling. I can send a curling stone with good technique. <p>Touch Rugby</p> <ul style="list-style-type: none"> I can demonstrate a good understanding of both attacking and defensive lines. I have been introduced to the offside rule. <p>Archery</p> <ul style="list-style-type: none"> I can hold the bow in the | <p>Hockey</p> <ul style="list-style-type: none"> I can control the ball with the stick when being passed too by a teammate. When shooting I can generate power on the ball by moving the stick quicker. I can participate in a moderated game of hockey. <p>Handball</p> <ul style="list-style-type: none"> I can start to read the game in handball and intercept passes to win possession back. | <p>Cricket</p> <ul style="list-style-type: none"> I have good technique when hitting the ball from a tee. <ul style="list-style-type: none"> I have a good understanding of fielding positions and where I and my teammates need to stand. I can bowl the ball with an underarm throw with good accuracy. <p>Football</p> <ul style="list-style-type: none"> I can start to read the game to intercept passes and win back possession, | <p>Athletics</p> <ul style="list-style-type: none"> I can show good technique when sprinting using the pocket to chin technique with my arms. I can think of and demonstrate different ways to improve the distance I can throw a javelin, shot put and discus. I can explore different types of |

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| | | <p>defence vs attack.</p> | <p>understanding of my personal best and try to better my scores each time.</p> <ul style="list-style-type: none"> I can grip the bat in the correct way. I can bounce the ball and hit it over the net. | <p>correct way.</p> <ul style="list-style-type: none"> I can load an arrow on to the bow. | <ul style="list-style-type: none"> I can apply tactics for when my team is in or out of possession. . | <ul style="list-style-type: none"> I understand that we have positions in football i.e. defenders, midfielders and attackers. | <p>jump when participating in the high jump event.</p> <p>OAA</p> <ul style="list-style-type: none"> I understand what OAA is and what sort of activities we will be participating in. I can demonstrate effective teamwork skills when working in groups. <p>Sports Day</p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. |
| New learning | | <p>Cross Country</p> <ul style="list-style-type: none"> I can run 250m. I can use breathing techniques to help me improve my endurance. <p>Netball</p> <ul style="list-style-type: none"> I can shoot accurately unopposed. I can use communication skills to call for the ball and help team mates with instructions. | <p>Gymnastics</p> <ul style="list-style-type: none"> I can confidently assess myself or my peers after performance. <p>Circuit training</p> <ul style="list-style-type: none"> I am able to demonstrate a simple static stretch for the key muscles I have already learnt. I can think of exercise to do that will improve certain muscle groups. I can hit the ball back over the net infrequently with a forehand drive. | <p>Touch Rugby</p> <ul style="list-style-type: none"> I can support the ball carrier by running in line or behind him and being an option to receive a pass. I can get into an onside position after I have tagged an opposition player. <p>Archery</p> <ul style="list-style-type: none"> I can aim for a target and fire an arrow with inconsistent accuracy. | <p>Hockey</p> <ul style="list-style-type: none"> I can shoot at a goal whilst being pressured by an opponent. I understand in hockey there are positions such as defenders and attackers. <p>Handball</p> <ul style="list-style-type: none"> I can pass the ball over a longer distance. I can pass and shoot whilst jumping to gain power and to avoid being dispossessed. | <p>Cricket</p> <ul style="list-style-type: none"> I can play a variety of different shots such as a straight drive and hook shot. I can use a full overarm technique to bowl a ball. I understand how to score runs including hitting a boundary. <p>Football</p> <ul style="list-style-type: none"> I can shoot at a goal whilst being pressured by an opponent. I understand the offside rule in football. I can move when out of possession to create space to receive the ball. | <p>Athletics</p> <ul style="list-style-type: none"> I can identify what speed to use when running the 100,200 and 400ms. I can use the correct technique when doing the high jump over a low bar. <p>OAA</p> <ul style="list-style-type: none"> Use good teamwork skills to complete a scavenger hunt. I can create a scavenger hunt. |
| KS3 | Cross Country & Netball | Gymnastics, Table Tennis & Circuit training (Health & Fitness) | Boccia, Curling & Archery & Touch Rugby | Hockey & Handball | Cricket/Rounders & Football | Athletics, OAA and Sports Day | |

| Cycle C | | | | | | | |
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| Equipment used | | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discs, cones, crash mat, hurdles and relay batons. |
| Skills | Revisited | <p>Cross Country</p> <ul style="list-style-type: none"> I can run 250m. I can use breathing techniques to help me improve my endurance. <p>Netball</p> <ul style="list-style-type: none"> I can shoot accurately unopposed. I can use communication skills to call for the ball and help team mates with instructions. | <p>Gymnastics</p> <ul style="list-style-type: none"> I can confidently assess myself or my peers after performance. <p>Circuit training</p> <ul style="list-style-type: none"> I am able to demonstrate a simple static stretch for the key muscles I have already learnt. I can think of exercise to do that will improve certain muscle groups. I can hit the ball back over the net infrequently with a forehand drive. | <p>Touch Rugby</p> <ul style="list-style-type: none"> I can support the ball carrier by running in line or behind him and being an option to receive a pass. I can get into an onside position after I have tagged an opposition player. <p>Archery</p> <ul style="list-style-type: none"> I can aim for a target and fire an arrow with inconsistent accuracy. | <p>Hockey</p> <ul style="list-style-type: none"> I can shoot at a goal whilst being pressured by an opponent. I understand in hockey there are positions such as defenders and attackers. <p>Handball</p> <ul style="list-style-type: none"> I can pass the ball over a longer distance. I can pass and shoot whilst jumping to gain power and to avoid being dispossessed. | <p>Cricket</p> <ul style="list-style-type: none"> I can play a variety of different shots such as a straight drive and hook shot. I can use a full overarm technique to bowl a ball. I understand how to score runs including hitting a boundary. <p>Football</p> <ul style="list-style-type: none"> I can shoot at a goal whilst being pressured by an opponent. I understand the offside rule in football. I can move when out of possession to create space to receive the ball. | <p>Athletics</p> <ul style="list-style-type: none"> I can identify what speed to use when running the 100,200 and 400ms. I can use the correct technique when doing the high jump over a low bar. <p>OAA</p> <ul style="list-style-type: none"> Use good teamwork skills to complete a scavenger hunt. I can create a scavenger hunt. <p>Sports Day</p> <ul style="list-style-type: none"> Make sure learners are in a ready position to complete all of the activities that they will participate in. |
| | New learning | <p>Cross Country</p> <ul style="list-style-type: none"> I can run 300m. I am able to use interval type training to improve my fitness levels. <p>Netball</p> <ul style="list-style-type: none"> I have mastered the basic skills of netball such as passing and shooting. | <p>Gymnastics</p> <ul style="list-style-type: none"> I am able perform an individual routine with slick transitions of travels and balances learnt across KS2/3. <p>Circuit training</p> <ul style="list-style-type: none"> I understand the term of quality over quantity in circuit training. <p>Table tennis</p> <ul style="list-style-type: none"> I can serve the ball and understand that every point starts with a serve. | <p>Touch Rugby</p> <ul style="list-style-type: none"> I am able to participate in a game of touch or tag rugby and have a good understanding of the rules. <p>Archery</p> <ul style="list-style-type: none"> I can hit the target on a consistent basis. I understand the scoring system in archery. | <p>Hockey</p> <ul style="list-style-type: none"> I can tackle safely and with the correct technique whilst in a game situation. I can play a small-sided game of hockey with a good understanding of the rules and showing good technique with the basic skills. <p>Handball</p> <ul style="list-style-type: none"> I have a full understanding of the rules | <p>Cricket</p> <ul style="list-style-type: none"> I can use fielding techniques such as a short and long barrier to stop the ball when rolling towards me. I can participate in a game of dynamo cricket with good understanding and show good technique with all the basic skills of cricket. <p>Football</p> <ul style="list-style-type: none"> I can use tactics and strategies to help my | <p>Athletics</p> <ul style="list-style-type: none"> I can demonstrate good technique over small and medium sized hurdles. <p>OAA</p> <ul style="list-style-type: none"> I can overcome a variety of challenges in a team using my initiative and teamwork skills. I can create and |

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| | | | <ul style="list-style-type: none"> I can play a backhand push shot. | | of handball and can participate fully in a match showing good technical skill of all the basic skills. | team in matches of football. <ul style="list-style-type: none"> I can participate in a small-sided football match with good understanding of the rules and show good technique with all the basic skills of football. | complete an obstacle course. |
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| KS4 | | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| Year 10 | | Cross Country & Netball | Gymnastics, Table Tennis & Circuit training (Health & Fitness) | Boccia, Curling, Archery, Touch Rugby and AOP practise. | Hockey & Handball | Cricket/Rounders & Football | Athletics, OAA and Sports Day |
| Equipment used | | Cones, netballs, bibs and stopwatches. | Climbing/Jumping apparatus, mats, exercise print outs. | Cones, rugby balls, bibs, hoops, bean bags, boccia balls, curling set and archery set. | Handballs, dodgeballs, music, pom poms and ribbons. | Cricket bats, tennis rackets, a variety of sized balls, cones, bibs and footballs. | Sports day equipment, javelins, shot puts, discuses, cones, crash mat, hurdles and relay batons. |
| Revisited | | Recap of learning in KS3 | Recap of learning in KS3 | Recap of learning in KS3 | Recap of learning in KS3 | Recap of learning in KS3 | Recap of learning in KS3 |
| Skills | New learning | <u>Cross Country</u> <ul style="list-style-type: none"> I can run 300m. <u>Netball</u> <ul style="list-style-type: none"> I can put all of the basic skills learnt into matches. I can learn some of the positions in netball such as goal shoot and centre. | <u>Gymnastics</u> <ul style="list-style-type: none"> Continual practise of making and improving routines, looking at what works best and how to make the routine run smoothly. (Preparing learners for EL PE qualification). <u>Table Tennis</u> <ul style="list-style-type: none"> I can rally with a partner using a mixture of forehand pushes and backhand drives. <u>Circuit Training</u> <ul style="list-style-type: none"> Preparation for EL PE moderation (all classes are assessed in Circuits for EL moderation). Learning muscle names and what stretches are for what parts of the body. Full understanding of why a warm up and cool down is essential. | <u>Boccia</u> <ul style="list-style-type: none"> Playing boccia games, a more indepth look into the tactical side of the game. (all classes are assessed in boccia for EL moderation) <u>Touch Rugby</u> <ul style="list-style-type: none"> I can put all of the basic skills learnt into matches. I can begin to look into the tactical side of touch rugby. <u>AOP Practise</u> <ul style="list-style-type: none"> Practising analysing of performance tasks which is needed for the EL PE qualification. Watching ourselves or our peers in sporting action and analysing performance by looking at ours/their strength or weakness'. | <u>Hockey & Handball</u> <ul style="list-style-type: none"> I can put all of the basic skills learnt into games of hockey and handball. I can begin to look into the tactical side of hockey and handball. | <u>Cricket</u> <ul style="list-style-type: none"> I can put all of the basic skills learnt into cricket and football games. I can begin to look into the tactical side of cricket and football. | <u>Athletics</u> <ul style="list-style-type: none"> I can perform a variety of running, throwing and jumping events to my personal best standard and understand the techniques needed for the different events. <u>OAA</u> <ul style="list-style-type: none"> I can follow and read a simple map of the school. I can design a map of the school. |

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| Year 11 | <p>Preparation for Entry Level PE- During the first 4 terms Year 11 will be preparing for their EL moderation which happens in term 5. We will be looking into more depth of what it takes to get their expected grade for their EL. Each learner will be assessed in their 4 best performing sports. Each lesson will be designed so that our learners get ample time to practise these different sports. Alongside this we will be preparing for the written part of the qualification which is the Analysing of performance task. We will spend time during lessons watching and analysing different performances in sport.</p> | | | | | <p>Sports day practice and supporting sports day. During term 6 the year 11 learners who will have completed their EL PE course, will practise their own sports day, whilst also preparing to help out with the organising and running of sports day for younger learners.</p> |
| W6 | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
| Cycle A | Cross Country & Sports Leaders | Table Tennis & Circuit training (Health & Fitness) | Boccia, Curling | Handball | Cricket | OAA and Sports Day |
| Revisited | In cycle A any learner that for any reason didn't get the opportunity to complete and gain their EL PE qualification will be given the opportunity to retake this award. Alongside this we will be recapping all skills learnt through KS3&4. | | | | | |
| New Learning | <ul style="list-style-type: none"> I will be introduced about what being a sports leader is. | <ul style="list-style-type: none"> I can create a circuit that works all parts of my body. | <ul style="list-style-type: none"> I can officiate games of boccia and curling. | <ul style="list-style-type: none"> I can set up simple handball drills. I can officiate with adult support a game of handball. | <ul style="list-style-type: none"> I can umpire a game of cricket with adult support. | <ul style="list-style-type: none"> I can lead simple OAA activities for a small group. |
| Cycle B | Netball & Sports Leaders | Gymnastics | Touch Rugby | Hockey | Football | Athletics, Sports Day |
| Revisited | In cycle B any learner that for any reason didn't get the opportunity to complete and gain their EL PE qualification will be given the opportunity to retake this award. Alongside this we will be recapping all skills learnt through KS3&4. | | | | | |
| New Learning | <ul style="list-style-type: none"> I can set up a simple netball game for other learners. I can officiate with adult support a game of netball | <ul style="list-style-type: none"> I can set up a gymnastics circuit for younger children. | <ul style="list-style-type: none"> I can set up simple touch rugby drills. I can officiate with adult support a game of touch rugby. | <ul style="list-style-type: none"> I can set up simple touch hockey drills. I can officiate with adult support a game of hockey. | <ul style="list-style-type: none"> I can set up simple football drills. I can officiate with adult support a football game. | <ul style="list-style-type: none"> I can create an olympic themed event for younger children. |