

Owls and Bears	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Invasion Games- On the attack	Max Whitlock Gymnastics	Blue Moose Dance- Winter Olympics theme	Striking and Fielding- Cricket (3/4)	Athletics (3/4)	Striking and Fielding- Rounders (3/4)
Character Values	Honesty, Evaluation	Courage, Concentration, Self-Belief	Concentration, Communication, Cooperation	Communication, Evaluation	Determination, Resilience	Communication, Decision-Making
Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor (e.g., a roll, jump and a shape). They then transfer what they learn on the floor to apparatus.	With support, children will focus on creating and performing short dances that communicate different moods, feelings and ideas. Children will then perform dances, focusing on creating, adapting and linking a range of dance actions.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.	Children should concentrate on developing good basic running, jumping and throwing techniques. Children will develop their technical understanding across all areas of athletics.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.
Lesson 2	Creative Games- Tag and Target	Judo- Foundation	Target Games- Dodgeball	OAA- Trust and Trails	Swimming Beginners (developing swimmers)	Swimming Beginners (developing swimmers)
Character Values	Self-Discipline, Respect	Motivation, Determination, Decision-Making	Communication, Trust, Self-Discipline	Self-Discipline, Respect	Self-Belief, Determination, Responsibility	Self-Belief, Determination, Responsibility
Aims of Unit	Children will continue to learn simple attacking tactics through playing tag and target games.	Children can perform a variety of hold-down/ turn over techniques, use different escape methods, as well as use body contact and tight grips when performing hold-downs.	Children will continue to learn simple attacking tactics through playing a target game.	Children will take part in a range of trust and trail activities. The tasks they will tackle will require trust, cooperation and self-discipline.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.

