# PE

### 2023-2024

irange Drive	YFS/KS1	Nightingales Kingfishers Hummingbirds	MATP  Motor skills individual programmes. PD in morning and afternoon set up Inc. fine and gross motor, MATP, Sensory Circuits,  Functional Movement (OAA/Team Building) 4 Lessons Min  Comp: Teaching Fundamental movement skills (e.g. walk, run, co-ordination, balance, jump) Initial movement assessment made by teacher.  Cre: Establishing rules and routines  Com: Teaching communication skills.  Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.	MATP Games – sharing together Prance and Dance  Working on pupils individual Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team games (this may be with adults).	Gymnastics- pu  MATP  motor Activity Training Programme targets. MA  Functional Movement (Gymnastics) 7-8 lessons  4 weeks of floor gymnastics minimum – progression to vaulting or parkour.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling giving feedback on performance.  Comm: Develop awareness of personal space and boundaries of touch.		studied below.  Striking and Fielding  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	
irange		Hummingbirds	(OAA/Team Building) 4 Lessons Min  Comp: Teaching Fundamental movement skills (e.g. walk, run, co-ordination, balance, jump) Initial movement assessment made by teacher.  Cre: Establishing rules and routines  Com: Teaching communication skills.  Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).	Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team	A weeks of floor gymnastics minimum – progression to vaulting or parkour.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling giving feedback on performance.  Comm: Develop awareness of personal	Net Games 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines	Striking and Fielding  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines	(Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines
irange		Hummingbirds	(OAA/Team Building) 4 Lessons Min  Comp: Teaching Fundamental movement skills (e.g. walk, run, co-ordination, balance, jump) Initial movement assessment made by teacher.  Cre: Establishing rules and routines  Com: Teaching communication skills.  Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).	Team Games Remaining Lessons  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team	Functional Movement (Gymnastics) 7-8 lessons  4 weeks of floor gymnastics minimum – progression to vaulting or parkour.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling giving feedback on performance.  Comm: Develop awareness of personal	Net Games 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines	Striking and Fielding  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines	(Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines
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irange			Com: Developing communication for team games.					
	KS2	Robins	OAA/Team Building 4 Lessons Min  Initial movement assessment made by teacher.  Establishing rules and routines.  Teaching Fundamental movement and communication skills.  Team Games Remaining Lessons  Negotiating space, embedding rules and developing communication for team games.	Functional Movement	Invasion Games  Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team games (this may still be with adults).  This is a progression from team games – where appropriate groups may continue with team games.  Groups may cover 1 choice of sport or complete 2 intro's over the term.	Net Games 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Striking and Fielding  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Functional Movement (Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines  Com: Development of co-operational play.
		Penguins	OAA/Team Building 4 Lessons Min Initial movement assessment made by teacher. Establishing rules and routines. Teaching Fundamental movement and communication skills.	Functional Movement (Gymnastics) 7-8 lessons  4 weeks of gymnastics minimum – this could be floor or vaulting depending on needs and ability of group.	Invasion Games  Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.	Net Games 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Striking and Fielding  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Functional Movement (Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines



Engagoment	Merlins	Team Games Remaining Lessons  Negotiating space, embedding rules and developing communication for team games.	Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling and begin giving feedback on performance.  Comm: Develop awareness of personal space and boundaries of touch.  3 weeks progression lessons – Vaulting, Parkour, Moving for Fitness or Indoor Athletics practise.	Com: Developing communication for team games (this may still be with adults).  This is a progression from team games – where appropriate groups may continue with team games.  Groups may cover 1 choice of sport or complete 2 intro's over the term.			Com: Development of co-operational play.
Engagement	Owls			Working on pupils individual motor Activity	y Training Programme targets.		
KS2/3	Eagles	MATP 4 Lessons Min  Initial movement assessment made by teacher.  Establishing rules and routines.  Teaching Fundamental movement and communication skills.  MATP & Team Games Remaining Lessons  Negotiating space, embedding rules and developing communication for team games.  Working on pupils individual motor Activity Training Programme targets.	MATP & Functional Movement (Gymnastics) 7-8 lessons  Working on pupils individual motor Activity Training Programme targets.  Embedded within; 4 weeks of gymnastics minimum – this could be floor or vaulting depending on needs and ability of group.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling and begin giving feedback on performance.  Comm: Develop awareness of personal space and boundaries of touch.  3 weeks progression lessons – Vaulting, Parkour, Moving for Fitness or Indoor	motor Activity Training Programme targets. M.  MATP & Invasion Games  Working on pupils individual motor Activity Training Programme targets.  Embedded within; Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team games (this may still be with adults).  This is a progression from team games – where appropriate groups may continue with team games.  Groups may cover 1 choice of sport or complete 2 intro's over the term.	MATP & Net Games 5-6 lessons  Working on pupils individual motor Activity Training Programme targets.  Embedded within; Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines Com: Development of co-operational play.	MATP & Striking and Fielding  Working on pupils individual motor Activity Training Programme targets.  Embedded within; Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines Com: Development of co-operational play.	MATP & Functional Movement (Moving for Fitness and Athletics/ Sport day prep)  Working on pupils individual motor Activi Training Programme targets.  Embedded within; Comp: Teaching Fundamental movement skills (e.g. movement through space, jump throw, balance and co-ordination)  Cre: Further establishing rules and routing Com: Development of co-operational play
KS3	Goldfinches	Functional Movement (OAA/Team Building) 4 Lessons Min  Initial movement assessment made by teacher.  Establishing rules and routines.  Teaching Fundamental movement and communication skills.  Team Games Remaining Lessons  Negotiating space, embedding rules and developing communication for team games.	Athletics practise.  Team Games/ Invasion Games  Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team games (this may still be with adults).  Split the weeks as appropriate to the group – students should begin on a team game and move onto a specific invasion game or game play of kinball for development.	Functional Movement (Gymnastics) 7-8 lessons  4 weeks of gymnastics minimum – this could be floor or vaulting depending on needs and ability of group.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: give opportunities to reflect and feedback on performance.  Comm: Develop awareness of personal space, boundaries of touch and building on co-operative activities.  3 weeks progression lessons – Vaulting, Parkour, HRF or Indoor Athletics practise.	Striking and Fielding  Comp: Development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Net Games (Tennis) 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play and competition.	Functional Movement (Moving for Fitness and Athletics/ Spot day prep)  Comp: Teaching Fundamental movemen skills (e.g. movement through space, jum throw, balance and co-ordination)  Cre: Further establishing rules and routin Com: Development of co-operational competition.
Post 16		Functional Movement (Team Building or HRF)  Initial movement assessment made by teacher. Establishing rules and routines. Teaching Fundamental movement and communication skills.	Invasion Games/ Kinball  Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space, game tactics and embedding rules.	WATP Working on pupils individual motor Activity  Functional Movement 7-8 lessons  2 x 3-4 week blocks or 1 long block.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: give opportunities to reflect and feedback on performance.	y Training Programme targets.  Striking and Fielding  Comp: Development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Net Games (Tennis) 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines	Functional Movement (Moving for Fitness and Athletics/ Spoday prep)  Comp: Teaching Fundamental movemenskills (e.g. movement through space, junthrow, balance and co-ordination)  Cre: Further establishing rules and routin



		The Lodge		Com: Developing communication for team			Com: Development of co-operational play	Com: Development of co-operational
			<u>Team Games</u> Remaining Lessons	games (this may still be with adults).  Split the weeks as appropriate to the group	Comm: Develop awareness of personal space, boundaries of touch and building on co-operative activities.		and competition.	competition.
			Negotiating space, embedding rules and developing communication for team games.	students can cover 1 or 2 invasion games or Kinball in this time period.	to operative detivities.			
				·				
	Nurture	JM- Nurture		Invasion Games	Functional Movement (Gymnastics)			
			OAA/Team Building	Ball skills (Throwing, catching, kicking etc).	7-8 lessons			
	Transition		4 Lessons Min	Comp: Ball skills (Throwing, catching, rolling	4 weeks of gymnastics minimum – this could be floor or vaulting depending on	Net Games	Striking and Fielding	Functional Movement
			Initial movement assessment made by teacher.	etc).	needs and ability of group.	5-6 lessons	<u></u>	(Moving for Fitness and Athletics/ Sports day prep)
		DH - Transition	Establishing rules and routines.  Teaching Fundamental movement and communication	Cre: Negotiating space and embedding rules.	Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.	Comp: Continued development of fundamental movement skills specifically	Comp: Continued development of fundamental movement skills specifically	Comp: Teaching Fundamental movement skills (e.g. movement through space, jump,
			skills.	Com: Developing communication for team games (this may still be with adults).	Cre: Modeling and begin giving feedback	that of striking.	that of striking.	throw, balance and co-ordination)
			<u>Team Games</u>	This is a progression from team games –	on performance.	Cre: Further establishing rules and routines  Com: Development of co-operational play.	Cre: Further establishing rules and routines  Com: Development of co-operational play.	Cre: Further establishing rules and routines
			Remaining Lessons	where appropriate groups may continue with team games.	Comm: Develop awareness of personal space and boundaries of touch.	Com. Development of to-operational play.	Com. Development of co-operational play.	Com: Development of co-operational play.
		Year 7	Negotiating space, embedding rules and developing communication for team games.	Groups may cover 1 choice of sport or	3 weeks progression lessons – Vaulting,			
Birch Wood Vale				complete 2 intro's over the term.	Parkour, Moving for Fitness or Indoor Athletics practise.			
			Functional Movement (OAA/Team Building)	Team Games/ Invasion Games	Net Games (Tennis)	Functional Movement (Gymnastics)	Striking and Fielding	Functional Movement (Moving for Fitness and Athletics/ Sports
			4 Lessons Min	Ball skills (Throwing, catching, kicking etc).	5-6 lessons	7-8 lessons	Comp: Development of fundamental	day prep)
		Year 8	Initial movement assessment made by teacher.	Comp: Ball skills (Throwing, catching, rolling etc).	Comp: Continued development of fundamental movement skills specifically	4 weeks of gymnastics minimum – this could be floor or vaulting depending on	movement skills specifically that of striking.	Comp: Teaching Fundamental movement skills (e.g. movement through space, jump,
	KS3		Establishing rules and routines.	Cre: Negotiating space and embedding	that of striking.	needs and ability of group.	Cre: Further establishing rules and routines	throw, balance and co-ordination)
	K53		Teaching Fundamental movement and communication skills.	rules.  Com: Developing communication for team	Cre: Further establishing rules and routines  Com: Development of co-operational play	Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.	Com: Development of co-operational play.	Cre: Further establishing rules and routines  Com: Development of co-operational
			(Indoor Athletics Prep)	games (this may still be with adults).	and competition.	Cre: give opportunities to reflect and		competition.
			Comp: Teaching Fundamental movement skills (e.g.	Split the weeks as appropriate to the group – students should begin on a team game		feedback on performance.		
		Year 9	movement through space, jump, throw, balance and co- ordination)	and move onto a specific invasion game or game play of kinball for development.		Comm: Develop awareness of personal space, boundaries of touch and building on		
			Cre: Further establishing rules and routines			co-operative activities.  3 weeks progression lessons – Vaulting,		
			Com: Development of co-operational play.			Parkour, HRF or Indoor Athletics practise.		
		Year 10	Functional Movement	Invasion Games/ Kinball	Net Games	Striking and Fielding	Net Games	Functional Movement
		1601 10	(Team Building or HRF)	Ball skills (Throwing, catching, kicking etc).	5-6 lessons		<u>(Tennis)</u> 5-6 lessons	(Moving for Fitness and Athletics/ Sports day prep)
			Initial movement assessment made by teacher.	Comp: Ball skills (Throwing, catching, rolling	Comp: Continued development of fundamental movement skills specifically	Comp: Development of fundamental movement skills specifically that of	Comp: Continued development of	Comp: Teaching Fundamental movement skills (e.g. movement through space, jump,
			Establishing rules and routines.	etc).  Cre: Negotiating space, game tactics and	that of striking.  Cre: Further establishing rules and routines	striking.  Cre: Further establishing rules and routines	fundamental movement skills specifically that of striking.	throw, balance and co-ordination)
	KS4		Teaching Fundamental movement and communication skills.	embedding rules.	Com: Development of co-operational play	Com: Development of co-operational play.	Cre: Further establishing rules and routines	Cre: Further establishing rules and routines
			For all and the	Com: Developing communication for team games (this may still be with adults).	and competition.		Com: Development of co-operational play and competition.	Com: Development of co-operational competition.
		Year 11	Functional Movement (Indoor Athletics Prep)	Split the weeks as appropriate to the group – students can cover 1 or 2 invasion games				
			Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-	or Kinball in this time period.				
			ordination)	Functional Movement (Gymnastics)				
			Cre: Further establishing rules and routines  Com: Development of co-operational play.	4 weeks of gymnastics minimum – this				
			com. Development of to-operational play.	could be floor or vaulting depending on needs and ability of group.				



Options	KS4	BTEC Sport Award  BTEC Sport Certificate	A) Carry out tests to measure the effects of exerci B) Manage information and communicate test res  A2 – A) Explore the skills and behaviours needed to me B) Produce a progression plan to meet intended p	Creating a personal progression plan eet personal progression goal erogression goal.  Lit SPS – How the body works es on the body		A) Explore the skills and behaviours needed to m B) Produce a progression plan to meet intended A) Plan a training session that meets specific needs B) Demonstrate communication skills in the delivery	SP6 – Training for Fitness  of a training session to meet specific needs.  A1 – Being Organised	meet specific needs.	
			A) Explore techniques to improve own organisation     B) Review the use of techniques to improve own organisation.	onal skills		A) Explore techniques to improve own organisational skills  B) Review the use of techniques to improve own organisational skills.			
BW College	Post 16	BVC A BVC N + R	,			munity to develop independent life skills.			
conege	KS2	The Treehouse			Invasion Games	Net Games	Striking and Fielding	<u>Functional Movement</u>	
sion			OAA/Team Building 4 Lessons Min  Initial movement assessment made by teacher.  Establishing rules and routines.  Teaching Fundamental movement and communication skills.  Team Games Remaining Lessons  Negotiating space, embedding rules and developing communication for team games.	Functional Movement [Gymnastics] 7-8 lessons  4 weeks of gymnastics minimum – this could be floor or vaulting depending on needs and ability of group.  Comp: Teaching fundamental movement through space – focus on strength, balance and co-ordination.  Cre: Modeling and begin giving feedback on performance.  Comm: Develop awareness of personal space and boundaries of touch.  3 weeks progression lessons – Vaulting, Parkour, Moving for Fitness or Indoor Athletics practise.	Ball skills (Throwing, catching, kicking etc.) Comp: Ball skills (Throwing, catching, rolling etc). Cre: Negotiating space and embedding rules. Com: Developing communication for tea games (this may still be with adults). This is a progression from team games — where appropriate groups may continue with team games. Groups may cover 1 choice of sport or complete 2 intro's over the term.	Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play.	(Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines  Com: Development of co-operational play.	
Autism Provisi	KS3	The Yard  The Den	Functional Movement (OAA/Team Building) 4 Lessons Min  Initial movement assessment made by teacher.  Establishing rules and routines.  Teaching Fundamental movement and communication skills.  (Indoor Athletics Prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and coordination)  Cre: Further establishing rules and routines  Com: Development of co-operational play.	Team Games/ Invasion Games  Ball skills (Throwing, catching, kicking etc).  Comp: Ball skills (Throwing, catching, rolling etc).  Cre: Negotiating space and embedding rules.  Com: Developing communication for team games (this may still be with adults).  Split the weeks as appropriate to the group – students should begin on a team game and move onto a specific invasion game or game play of kinball for development.	Functional Movement (Gymnastics) 7-8 lessons  4 weeks of gymnastics minimum – this could be floor or vaulting depending on needs and ability of group.  Comp: Teaching fundamental movemen through space – focus on strength, balar and co-ordination.  Cre: give opportunities to reflect and feedback on performance.  Comm: Develop awareness of personal space, boundaries of touch and building co-operative activities.  3 weeks progression lessons – Vaulting Parkour, HRF or Indoor Athletics practis	on  Com: Development of co-operational play.	Net Games (Tennis) 5-6 lessons  Comp: Continued development of fundamental movement skills specifically that of striking.  Cre: Further establishing rules and routines  Com: Development of co-operational play and competition.	Functional Movement (Moving for Fitness and Athletics/ Sports day prep)  Comp: Teaching Fundamental movement skills (e.g. movement through space, jump, throw, balance and co-ordination)  Cre: Further establishing rules and routines  Com: Development of co-operational competition.	
	KS4	The Nook	Functional Movement (Team Building or HRF)	Invasion Games/ Kinball  Ball skills (Throwing, catching, kicking etc).	Net Games 5-6 lessons	Striking and Fielding	<u>Net Games</u> ( <u>Tennis)</u> 5-6 lessons	Functional Movement (Moving for Fitness and Athletics/ Sports day prep)	



