



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2 (Year A)	<b>Story time dance (Y1 unit)</b> Perform a dance in time to music and with fluency. (Gym)	<b>Throwing and catching (Y1 unit)</b> Know the tactics and skills to use in order to win a game (Hall/outdoor)	<b>Fitness (Hull FC)</b> (Hall/outdoor)	<b>Brilliant ball skills (Y1 unit)</b> Use ball skills in game-based activities following rules and demonstrating fair play. (Hall/outdoor)	<b>Cool core (Y1 unit)</b> Develop and improve core strength and agility. (Gym)	<b>Invaders (Hull FC)</b> (Hall/outdoor)
	<b>Skip to the beat (Y1 unit)</b> Skip with control and balance. (Hall/outdoor)	<b>Mighty movers (Y1 unit)</b> Develop good technique for running circuits. (Gym)	<b>Groovy gymnastics (Y1 unit)</b> Choose and use a variety of gymnastic actions to make a sequence. (Gym)	<b>Gymfit circuits (Y1 unit)</b> Perform a sequence of moves at different stations within a circuit with increased accuracy. (Gym)	<b>Boot camp (Y1 unit)</b> Complete a circuit that includes activities which develop coordination and agility. (Hall/outdoor)	<b>Active athletics (Y1 unit)</b> Use learnt skills to complete an obstacle course. (Hall/outdoor)
<b>Extra activities throughout the year</b> - All Stars cricket festival, Hull FC tag rugby festival, Hull FC tag rugby sessions (x1 term), South Hunsley Dodgeball tournament (Y2 children).						
Year 1/2 (Year B)	<b>Ugly bug ball dance</b>	<b>Throwing and catching</b>	<b>Fitness (Hull FC)</b>	<b>Brilliant ball skills</b>	<b>Cool core (Y2 unit)</b>	<b>Invaders (Hull FC)</b>



	<p><b>(Y2 unit)</b> Perform a complete dance to music, creating movements that show rhythm and control. (Gym)</p> <p><b>Skip to the beat (Y2 unit)</b> Skip with control and balance. (Hall/outdoor)</p>	<p><b>(Y2 unit)</b> Play a game of cricket fairly and in a sporting manner. (Hall/outdoor)</p> <p><b>Mighty movers (Y2 unit)</b> Develop good technique for running circuits. (Gym)</p>	<p>(Hall/outdoor)</p> <p><b>Groovy gymnastics (Y2 unit)</b> Choose and use a variety of gymnastic actions to make a sequence. (Gym)</p>	<p><b>(Y2 unit)</b> Participate in a mini sports festival, demonstrating good techniques and sporting behaviour (Hall/outdoor)</p> <p><b>Gymfit circuits (Y2 unit)</b> Perform a sequence of moves at different stations within a circuit with increased accuracy. (Gym)</p>	<p>Develop and improve core strength and agility. (Gym)</p> <p><b>Boot camp (Y2 unit)</b> Complete a circuit that includes activities which develop coordination and agility. (Hall/outdoor)</p>	<p>(Hall/outdoor)</p> <p><b>Active athletics (Y2 unit)</b> Use learnt skills to complete an obstacle course. (Gym)</p>
Year 3/4 (Year A)	<p><b>African dance (Y3 unit)</b> Tell a story using dance gestures and step patterns with</p>	<p><b>Invaders (Hull FC)</b> (Hall/outdoor)</p> <p><b>Mighty movers (Y3 unit)</b></p>	<p><b>Groovy gymnastics (Y3 unit)</b> Choose and use a variety of gymnastic actions to make a</p>	<p><b>Fitness (Hull FC)</b> (Hall/outdoor)</p> <p><b>Gymfit circuits (Y3 unit)</b></p>	<p><b>Throwing and catching (Y3 unit)</b> Play a striking and fielding game</p>	<p><b>Dynamic Dance (Hull FC)</b> (Gym)</p> <p>* <b>Swimming</b></p>



	fluency. (Gym)  <b>Skip to the beat (Y3 unit)</b> Skip with control and balance. (Hall/outdoor)	Develop good technique for running circuits. (Gym)	sequence. (Gym)  <b>Boot camp (Y3 unit)</b> Complete a circuit that includes activities which develop coordination and agility. (Hall/outdoor)	Perform a sequence of moves at different stations within a circuit with increased accuracy. (Gym)	competitively and fairly using skills learned in a game situation. (Hall/outdoor)  <b>Active athletics (Y3 unit)</b> Use learnt skills to complete an obstacle course. (Gym)	<b>(Y4 children only)</b>  <b>* Multi-Skills (Y3 unit)</b> <b>(Y3 children only during Swimming)</b> Use hand-eye co-ordination to balance, carry and travel with an object. (Hall/outdoor)
	<b>Extra activities throughout the year</b> - South Hunsley Dodgeball tournament, Hull FC Dance sessions - Cheerleading (x 1 half term), Y4 themed dance competition, Tigers Trust football festival at Airco Arena - KCOM Stadium, South Hunsley Benchball tournament, Hull FC tag rugby sessions (x1 term).					
Year 3/4 (Year B)	<b>Invaders (Y4 unit)</b> Play in a mini football competition using skills and tactics learned. (Hall/outdoor)	<b>Invaders (Hull FC)</b> (Hall/outdoor)  <b>Dynamic dance (Y4 unit)</b> Develop and	<b>Gym sequences (Y4 unit)</b> Make up gymnastic sequences and perform them with fluency and clarity of	<b>Fitness (Hull FC)</b> (Hall/outdoor)  <b>Gymfit circuits (Y4 unit)</b> Perform a sequence of	<b>Nimble nets (Y4 unit)</b> Play a competitive tennis game including a variety of tennis shots, demonstrating	<b>Fit4Life (Hull FC)</b> (Gym)  <b>* Swimming (Y4 children only)</b>



	<b>Skip to the beat (Y3 unit)</b> Skip with control and balance. (Gym)	improve dancing and performance skills. (Hall/outdoor)	movement. (Gym)  <b>Boot camp (Y4 unit)</b> Complete a circuit that includes activities which develop coordination and agility. (Hall/outdoor)	moves at different stations within a circuit with increased accuracy. (Gym)	correct technique. (Hall/outdoor)  <b>Cool Core (Y4 unit)</b> (Hall/outdoor) Master Pilates moves with accuracy and control, and understand the value of doing them.	<b>* Young Olympians (Y4 unit)</b> <i>(Y3 children only during Swimming)</i> Skills for throwing, running and jumping (Hall/outdoor)
Year 5/6 (Year A)	<b>Invaders (Hull FC)</b> (Hall/outdoor)  <b>Step to the beat (or Skip to the Beat adapted to suit Y6)</b> <b>(Y5 unit)</b> Perform a sequence of steps in time with music. (Gym)	<b>Orienteering</b> Navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the	<b>Gym sequences (Y5 unit)</b> Make up gymnastic sequences and perform them with fluency and clarity of movement (Gym)  <b>Boot camp (Y5 unit)</b> Perform complex patterns	<b>Cool core (Y5 unit)</b> Devise a sequence of yoga/Pilates moves with fluency and accuracy. (Gym)  <b>Striking and fielding (Y5 unit)</b> Develop cricket skills in batting	<b>Fitness (Hull FC)</b> (Gym)  <b>Nimble nets (Y5 unit)</b> Apply learnt tennis skills to a game. (Hall/outdoor)	<b>Fit4Life (Hull FC)</b> (Gym)  <b>Young Olympians (Y5 unit)</b> Learn skills and techniques for running, jumping and throwing events. (Hall/outdoor)



		<p>course in the quickest time (Gym)</p> <p><b>Invaders (Y5 unit)</b> Learning skills to play Netball. (Hall/outdoor)</p>	<p>of movement in a circuit. (Gym)</p>	<p>and fielding. (Hall/outdoor)</p>		
	<p><b>Extra activities throughout the year</b> - Y5 South Hunsley Cluster Football League, Winter Festival of Sport, Hull FC tag rugby sessions (x1 half term), South Hunsley Mini-Olympics festival.</p>					
<p>Year 5/6 (Year B)</p>	<p><b>Invaders (Hull FC)</b> (Hall/outdoor)</p> <p><b>Skip to the beat (Y6 unit)</b> Perform a sequence of steps in time with music. (Gym)</p>	<p><b>Striking and fielding (Y6 unit)</b> Develop rounders skills in batting and fielding. (Hall/outdoor)</p> <p><b>Dynamic Dance</b> Develop and improve dancing and performance skills. (Hall/outdoor)</p>	<p><b>Gym sequences (Y6 unit)</b> Make up gymnastic sequences and perform them with fluency and clarity of movement (Gym)</p> <p><b>Boot camp (Y6 unit)</b> Perform complex patterns of movement in a circuit. (Hall/outdoor)</p>	<p><b>Nimble nets (Y6 unit)</b> Apply learnt badminton skills to a game. (Gym)</p> <p><b>Gymfit circuits (Y6 unit)</b> Perform a fitness circuit that aims to improve strength and stamina. (Gym)</p>	<p><b>Fitness (Hull FC)</b> (Gym)</p> <p><b>Cool core (Y6 unit)</b> Devise a sequence of yoga/Pilates moves with fluency and accuracy. (Hall)</p>	<p><b>Dynamic Dance (Hull FC)</b> (Gym)</p> <p><b>Young Olympians (Y6 unit)</b> Learn skills and techniques for running, jumping and throwing events. (Hall/outdoor)</p>

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