



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



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



	fluency. (Gym) Skip to the beat (Y3 unit) Skip with control and balance. (Hall/outdoor)	Develop good technique for running circuits. (Gym)	sequence. (Gym) Boot camp (Y3 unit) 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) Active athletics (Y3 unit) Use learnt skills to complete an obstacle course. (Gym)	(Y4 children only) * Multi-Skills (Y3 unit) (Y3 children only during Swimming) Use hand-eye co-ordination to balance, carry and travel with an object. (Hall/outdoor)
	Extra activities throughout the year - 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)	Invaders (Y4 unit) Play in a mini football competition using skills and tactics learned. (Hall/outdoor)	Invaders (Hull FC) (Hall/outdoor) Dynamic dance (Y4 unit) Develop and	Gym sequences (Y4 unit) Make up gymnastic sequences and perform them with fluency and clarity of	Fitness (Hull FC) (Hall/outdoor) Gymfit circuits (Y4 unit) Perform a sequence of	Nimble nets (Y4 unit) Play a competitive tennis game including a variety of tennis shots, demonstrating	Fit4Life (Hull FC) (Gym) * Swimming (Y4 children only)



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



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



	Extra activities throughout the year - South Hunsley Cluster Year 6 Football League, Humberside Cup (football), South Hunsley Rounders tournament, Summer Festival of Sport, Tigers Trust tournaments, Hull FC tag rugby sessions (x1 half term), South Hunsley Orienteering event.					
	Other whole school events throughout the year - KS1 and KS2 Sports Days, KS2 Swimming Gala, Y5/6 Netball League, Tennis after-school clubs (Y1 - Y6), Gymnastics lunchtime club (Y3 - Y6) The Daily Mile Challenge, Y6 Triathlon event at St Mary's College, KS1 and KS2 Fun Run at Brantingham Park, Table Tennis lunchtime club. Hull FC experiences - Training Ground visit; Matchday experience; Meet the Player experiences, Tag Rugby after-school clubs (Y1 - Y6).					