



Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<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>
Year 2 (Year A)	<p>Story time dance (Y1 unit) Perform a dance in time to</p>	<p>Throwing and catching (Y1 unit) Know the tactics and</p>	<p>Fitness (Hull FC) (Hall/outdoor)</p> <p>Groovy</p>	<p>Brilliant ball skills (Y1 unit) Use ball skills in</p>	<p>Cool core (Y1 unit) Develop and improve core</p>	<p>Invaders (Hull FC) (Hall/outdoor)</p>



	<p>music and with fluency. (Gym)</p> <p>Skip to the beat (Y1 unit) Skip with control and balance. (Hall/outdoor)</p>	<p>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>gymnastics (Y1 unit) Choose and use a variety of gymnastic actions to make a sequence. (Gym)</p>	<p>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>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>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>					
<p>Year 3/4 (Year A)</p>	<p>African dance (Y3 unit) Tell a story using dance gestures and step patterns with fluency. (Gym)</p>	<p>Invaders (Hull FC) (Hall/outdoor)</p> <p>Mighty movers (Y3 unit) Develop good technique for</p>	<p>Groovy gymnastics (Y3 unit) Choose and use a variety of gymnastic actions to make a sequence. (Gym)</p>	<p>Fitness (Hull FC) (Hall/outdoor)</p> <p>Gymfit circuits (Y3 unit) Perform a sequence of</p>	<p>Throwing and catching (Y3 unit) Play a striking and fielding game competitively and fairly using skills learned in</p>	<p>Dynamic Dance (Hull FC) (Gym)</p> <p>* Swimming (Y4 children only)</p>



	<p>Skip to the beat (Y3 unit) Skip with control and balance. (Hall/outdoor)</p>	<p>running circuits. (Gym)</p>	<p>Boot camp (Y3 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>a game situation. (Hall/outdoor)</p> <p>Active athletics (Y3 unit) Use learnt skills to complete an obstacle course. (Gym)</p>	<p>* Multi-Skills (Y3 unit) <i>(Y3 children only during Swimming)</i> Use hand-eye co-ordination to balance, carry and travel with an object. (Hall/outdoor)</p>
	<p>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).</p>					
<p>Year 3/4 (Year B)</p>	<p>Invaders (Y4 unit) Play in a mini football competition using skills and tactics learned. (Hall/outdoor)</p> <p>Skip to the beat</p>	<p>Invaders (Hull FC) (Hall/outdoor)</p> <p>Dynamic dance (Y4 unit) Develop and improve dancing and</p>	<p>Gym sequences (Y4 unit) Make up gymnastic sequences and perform them with fluency and clarity of movement. (Gym)</p>	<p>Fitness (Hull FC) (Hall/outdoor)</p> <p>Gymfit circuits (Y4 unit) Perform a sequence of moves at different</p>	<p>Nimble nets (Y4 unit) Play a competitive tennis game including a variety of tennis shots, demonstrating correct technique.</p>	<p>Fit4Life (Hull FC) (Gym)</p> <p>* Swimming (Y4 children only)</p> <p>* Young Olympians</p>



	<p>(Y3 unit) Skip with control and balance. (Gym)</p>	<p>performance skills. (Hall/outdoor)</p>	<p>Boot camp (Y4 unit) Complete a circuit that includes activities which develop coordination and agility. (Hall/outdoor)</p>	<p>stations within a circuit with increased accuracy. (Gym)</p>	<p>(Hall/outdoor) Cool Core (Y4 unit) (Hall/outdoor) Master Pilates moves with accuracy and control, and understand the value of doing them.</p>	<p>(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)</p> <p>Skip to the beat (Y3* unit) Skip with control and balance. (Gym)</p>	<p>Orienteering Navigate in sequence between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time</p>	<p>Gym sequences (Y5 unit) Make up gymnastic sequences and perform them with fluency and clarity of movement (Gym)</p> <p>Boot camp (Y5 unit) Perform complex patterns of movement in a circuit. (Gym)</p>	<p>Cool core (Y5 unit) Devise a sequence of yoga/Pilates moves with fluency and accuracy. (Gym)</p> <p>Striking and fielding (Y5 unit) Develop cricket skills in batting and fielding. (Hall/outdoor)</p>	<p>Fitness (Hull FC) (Gym)</p> <p>Nimble nets (Y5 unit) Apply learnt tennis skills to a game. (Hall/outdoor)</p>	<p>Fit4Life (Hull FC) (Gym)</p> <p>Young Olympians (Y5 unit) Learn skills and techniques for running, jumping and throwing events. (Hall/outdoor)</p>



	(Gym) Invaders (Y5 unit) Learning skills to play Netball. (Hall/outdoor)					
	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.					
Year 5/6 (Year B)	Invaders (Hull FC) (Hall/outdoor) Skip to the beat (Y3* unit) Skip with control and balance. (Gym)	Striking and fielding (Y6 unit) Develop rounders skills in batting and fielding. (Hall/outdoor) Dynamic Dance (Y6 unit) Develop and improve dancing and performance skills. (Hall/outdoor)	Gym sequences (Y6 unit) Make up gymnastic sequences and perform them with fluency and clarity of movement (Gym) Boot camp (Y6 unit) Perform complex patterns of movement in a circuit. (Hall/outdoor)	Nimble nets (Y6 unit) Apply learnt badminton skills to a game. (Gym) Gymfit circuits (Y6 unit) Perform a fitness circuit that aims to improve strength and stamina. (Gym)	Fitness (Hull FC) (Gym) Cool core (Y6 unit) Devise a sequence of yoga/Pilates moves with fluency and accuracy. (Hall)	Dynamic Dance (Hull FC) (Gym) 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.</p>
	<p>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).</p>