

2022-2023 Cycle A		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor PE	FROG	Boot Camp (Y3) Can balance on different points of their body. Use hand and eye co-ordination to keep control of an object. Use agility to stop and turn. Use hand and eye co-ordination to balance, carry and travel with an object. Observe and match speed of others.	Sports: African dance (Y3) Perform dances with control and co-ordination. Link two or more actions together to form a sequence. Remember and repeat dance movements. Choose movements to communicate a mood or feeling. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Sports: Groovy Gymnastics (Y3) Develop flexibility, strength, technique, control and balance through gymnastics. Plan and perform sequences with up to four controlled movements. Show contrasts such as small/tall, straight curved and wide/narrow.	Sports: Gymnastic Sequences (Y4) Develop symmetrical and asymmetrical balances with a partner in a sequence. Link two or more actions together to form a sequence. Develop critique skills identifying strengths and areas of improvement.	Cool Core (Y4) Perform and link core strength activities in appropriate ways. Learn Pilates techniques. Perform a circuit with accuracy.	Fitness: Fitness frenzy (Y4) Develop agility and co-ordination. Perform simple patterns of movement in a circuit.
		Can describe how my body feels during exercise, using parts of the body to describe the effects. Knows how to exercise safely and understand the importance of warming up and cooling down.					
	FROG Lilac						
	School Award	Staying Healthy: Do at least two exercise activities a week.					
	Further Implementation tools						