

Bishopstone Curriculum 2017/2018

| KS2 | Sport | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|----------|-----------------------|---|--|--|---|--|---|
| Autumn 1 | Gymnastics | Balancing and Basic Shapes | Jump, Land, Travel | Rolling (different types of rolls) | Partner work, Stretching (flexibility) | Group Routines/ Sequences | Circuit with everything combined, Show and Tell |
| Autumn 2 | Football | Dribbling, changing direction | Passing, spacial awareness | Dribbling, passing, shooting | Tackling techniques | Small groups demonstrating what they have learnt | Mini matches/ Tournament |
| Winter 1 | Netball | Passing Methods, chest/bounce/overhead | Footwork and Pivot, movement | Shooting into a hoop on the floor or netball hoop | Agility Circuit | Attack/ Defence | Mini Tournament |
| Winter 2 | Basketball | Agility, Balance and Coordination in a jumping situation | Focusing on Dribbling including stopping and Passing | Talking about rules in a game situation and demonstrating them | Shooting and rebound activities | Team passing activities | Mini game/ tournament |
| Summer 1 | Tennis | Movement Skills with and without a racquet. Focusing on control | Racquet and Ball, keeping in control | Basic correct techniques (going over the hold, where the ball lands etc) | Group Work (passing and receiving in rally) | Fun Drills covering everything they have learnt | Mini tournament |
| Summer 2 | Athletics and Fitness | Activities in a circuit including some coordination | Running/ Relays | Circuits | Standing Long Jump Hurdles / Jumping over objects | Shot Put/ Overarm Throwing | Mini Olympics |

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|-----------------|-----------------------|---|--|--|--|--|---|
| KS1 | | | | | | | |
| Autumn 1 | Gymnastics | Basic Shapes, Movement Patterns | Balancing, Body Awareness | Rolling Techniques, Safe Dismounts | Jump, Land and Travel | Basic Routines / Sequences | Circuit with everything combined, Show and Tell |
| Autumn 2 | Football | Spacial awareness, Basic rules, getting use to using a football | Dribbling and Control, through cones and to each other | Passing, focusing on direction and power | Dribbling, Passing, Shooting | Focusing more on including technique in team work | Mini matches/ tournament |
| Winter 1 | Netball | Passing Methods, chest pass | Footwork and Pivot, Movement | Shooting into a hoop on the floor at different distances | Circuits, Movement | Attack/ Defence or Recapping everything they have learnt | Mini tournament |
| Winter 2 | Basketball | Agility, Balance and Coordination in a jumping situation | Focusing on Dribbling and stopping | Focusing on Passing in different sized spaces | Shooting into different sized hops focusing on control | Team passing activities | Mini game/ tournament |
| Summer 1 | Tennis | Movement Skills with and without a racquet | Racquet and Ball (learnt how to hold the racquet) | Basic correct techniques (repeating things they have struggled with) | Group Work (passing and receiving) | Fun Drills including everything they have learnt | Mini tournament |
| Summer 2 | Athletics and Fitness | Basic Activities in a circuit including coordination | Running/ Relay | Hurdles (jumping over) Standing Long Jump (distance) | Circuits | Shot Put (overarm throwing) | Mini Olympics |