

Overview - Primary KS1 and 2

		Term 1	Term 2	Term3	Term 4	Term 5	Term 6
Planets and stars	1	Premier Fundamental skills for invasion games	Zumba	Premier Gym	Teacher led OAA	Premier Fundamental skills for striking games	Teacher led Athletics
	2	Swimming	Swimming		Swimming	Swimming	Swimming
Sunshine	1	Premier Fundamental skills for invasion games	Zumba	Premier Gym	Teacher led OAA	Premier Fundamental skills for striking games	Teacher led Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Moonlight	1	Premier Fundamental skills for invasion games	Zumba	Premier Gym	Teacher led OAA	Premier Fundamental skills for striking games	Teacher led Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
End of term house competition/festival		House Matches	Zumba display	Gym Display	Outdoor treasure hunt	House matches	Sports Day
Comets	1	Zumba	Premier Fundamental skills for Invasion games	Teacher led OAA	Premier Gym	Teacher led Fundamental skills for striking games	Premier Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Rockets	1	Zumba	Premier Fundamental skills for Invasion games	Teacher led OAA	Premier Gym	Teacher led Fundamental skills for striking games	Premier Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Asteroids	1	Zumba	Premier Fundamental skills for invasion games	Teacher led OAA	Premier Gym	Teacher led Fundamental skills for striking games	Premier Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
End of term house competition/festival		Zumba display	House matches	Outdoor treasure Hunt	Gym Display	House matches	Sports Day

Also to be included throughout primary as part of movement breaks: Sherborne movement, outdoor trampoline, Zumba in KS2 may change to dance – to be discussed

Secondary KS3

KS3	Lesson	Term 1	Term 2	Term3	Term 4	Term 5	Term 6
Year 7	1	Invasion games – football	Dance	Gymnastic fundamental skills	Outdoor and Adventurous activities	Athletics	Striking games - rounders
	2					Swimming	Swimming
End of term house competition/festival		Football House matches	Dance Festival	Gym display	Whole school fun run	Sports Day	Rounders House matches
Year 8	1	Invasion games - unihoc	Dance	Gymnastics	OAA	Athletics	Striking games – Kwik cricket
	2			Swimming	Swimming		
End of term house competition/festival		Unihoc House matches	Dance festival	Gym display	Whole school fun run	Sports Day	Kwik cricket House Matches
Year 9	1	Invasion games – Handball	Dance	Gymnastics	OAA	Athletics	Net wall games - Short Tennis
	2			Swimming			
End of term house competition/festival		Handball House Matches	Dance Festival	Gym display	Whole school fun run	Sports Day	Short Tennis house matches

Secondary KS4

	Lesson	Term 1	Term 2	Term3	Term 4	Term 5	Term 6
Year 10	1	Invasion Games - Basketball	Fitness	Net wall games – Badminton/volleyball	Orienteering	Athletics	Option of tennis or rounders
End of term house competition/festival		Basketball House matches	Fitness tests	Volleyball/Badminton house matches	Whole school fun run	Sports Day	Rounders or tennis house matches
Year 11	1	Invasion games – Tchouk ball	Fitness	Net wall games – Badminton/volleyball	Orienteering	Athletics	Option of tennis or rounders
End of term house competition/festival		Tchouk ball House matches	Fitness tests	Volleyball/Badminton House matches	Whole school fun run	Sports Day	Rounders or tennis house matches

Sixth Form KS5

	Lesson	Term 1	Term 2	Term3	Term 4	Term 5	Term 6
Sport and Active Leisure option	1	Invasion Games	Fitness – Circuit training	Net wall games	Trampolining	Striking games	Athletics
	2	Theory	Theory	Theory	Theory	Theory	Tennis
Year 12, 13 and 14	1	Terms 1 – 4 students to do a carousel of on and off-site activities. This is to help students gain confidence and competence in specific areas and know what is available in the community. It should also enable them to continue with activities after they leave school as part of their healthy, active lifestyles. All students in sixth form will have opportunities to act as sports leaders during House competitions and to support in younger students' lessons.				Striking/Net wall games	Athletics
End of term house competition/festival		House matches	Whole school fun run	Gym competition	Festival	House matches	Sports Day