

Whatfield Primary School Physical Exercise

Year 2022 - 2023

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R/1/2	Class teacher	<i>Gym trail and baseline assessment</i>	<i>Panathlon and multiskills</i>	<i>Dance</i>	<i>Racket skills – LTA L1-6</i>	<i>Athletics</i>	<i>Sports day prep</i>
	Sarah Bartholomew	<i>Multiskills on field</i>	<i>Gymnastics – core skill work</i>	<i>Gymnastics – take off and landing</i>	<i>Throwing and catching</i>	<i>Striking and fielding</i>	<i>Team games</i>
Year 3 & 4	Class teacher	<i>Basketball – beating an opponent</i>	<i>Outdoor education – problem solving and orienteering</i>	<i>Dance</i>	<i>Racket skills – LTA L7-L12</i>	<i>Striking and fielding – cricket (team tactics)</i>	<i>Sports day prep and team games</i>
	Sarah Bartholomew	<i>Swimming (Thur)</i>	<i>Swimming (Thur)</i>	<i>Gymnastics – skill development</i>	<i>Gymnastics – apparatus work in groups</i>	<i>Athletics – including training methods</i>	<i>Striking and fielding – rounders (umpiring and scoring)</i>
Year 5 & 6	Class teacher	<i>Basketball – beating an opponent</i>	<i>Outdoor education – problem solving and orienteering</i>	<i>Dance</i>	<i>Racket skills – LTA L7-L12</i>	<i>Striking and fielding – cricket (team tactics)</i>	<i>Sports day prep and team games</i>
	Sarah Bartholomew	<i>Hockey – ball control</i>	<i>Badminton/table tennis – skill development</i>	<i>Gymnastics – skill development</i>	<i>Gymnastics – apparatus work in groups</i>	<i>Athletics – including training methods</i>	<i>Striking and fielding – rounders (umpiring and scoring)</i>

Dance units can be decided either based on your work in class, using one from the Cambridge scheme that Bildeston has or one I have written.