



BHM PESSPA Curriculum Overview 2021-22

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
2 Year Olds	Skills Focus				<u>Diddi Dance</u> -co-ordination - balance -movement and travel	<u>Going on a Bear Hunt</u> -coordination -agility -movement and travel	<u>Parachute Games</u> -balance -coordination -spatial awareness
		Outdoor fixed climbing frame, trikes, tyres, planks and crates Daily well being workout sessions					
Pre School	Skills Focus	-Steps and moves across climbing equipment using alternative feet. -Maintains balance using hands and body to stabilise -Creates lines and circles pivoting from the shoulder and elbow	-Walks down steps or slopes whilst carrying a small object -balance and stability	-Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles	-Balance on one foot or in a squat momentarily - shifts body weight to improve stability	-Grasp and release with two hands to throw and catch a large ball, beanbag or object	-Move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement
Reception	Lesson Focus	<u>Games</u> Running Jumping and landing Jumping distance Hopping Galloping Skipping Dodging	<u>Gymnastics</u> Travel in various ways Balance on a variety of small and large body parts Link movements together in a short sequence Rolls and different types of rolls	<u>Athletics</u> Running Jumping for height Jumping for distance	<u>Games</u> Rolling a ball Underarm throwing Overarm throwing Catching Kicking Bouncing a ball (dribbling) Dribbling with feet Striking a ball	<u>Dance</u> Perform a range of actions with control and coordination Respond with different ways of moving to a range of stimuli Link actions Repeat and remember	<u>Athletics</u> -Running at speed -Jumping for distance -Throwing for distance -Running for distance



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						<p>simple movement patterns</p> <p>Demonstrate stillness in a range of shapes</p> <p>Explore actions that express and create ideas for dance</p>	
Y1	Lesson Focus	<p>Target Games</p> <ul style="list-style-type: none"> -Throwing and catching -Fair and Square -Python -Boccia 	<p>Gymnastics</p> <ul style="list-style-type: none"> -Sequences and stability (balance) -Vault -Apparatus 	<p>Invasion Games</p> <ul style="list-style-type: none"> -Triangle Passing -Two on One -Dribble and Score 	<p>Dance - Giraffes</p> <p>Can't Dance</p> <ul style="list-style-type: none"> -Movement, direction, levels -adapting force -remember and repeat 	<p>Multi-Sports</p> <ul style="list-style-type: none"> -Striking and Fielding: All Together Now -Net and Wall: Racket Fun 	<p>Athletics</p> <ul style="list-style-type: none"> -Running at speed -Jumping for distance -Throwing for distance -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for Accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance
Y2	Lesson Focus	<p>Target Games</p> <ul style="list-style-type: none"> -Throwing and catching (D) -Fair and Square (D) -Python (D) -Boccia (D) 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Sequences and stability (balance) -Vault (D) -Apparatus (D) 	<p>Invasion Games</p> <ul style="list-style-type: none"> -Two on One (D) -Dribble and Score(D) -Football skills -Basketball skills 	<p>Dance- The Owl and the Pussycat</p> <ul style="list-style-type: none"> -Movement, direction, levels -adapting force -remember and repeat (D) 	<p>Multi-Sports</p> <ul style="list-style-type: none"> -Striking and Fielding: Plank and Weave -Net and Wall: On the Spot -Tennis skills 	<p>Athletics</p> <ul style="list-style-type: none"> -Running at speed -Jumping for distance -Throwing for distance -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance



BHM PESSPA Curriculum Overview 2021-22

Y3	Lesson Focus	<u>Swimming</u> -use a range of strokes -perform self rescue -swim over 25m	<u>Swimming</u> -use a range of strokes -perform self rescue -swim over 25m	<u>Swimming</u> -use a range of strokes -perform self rescue -swim over 25m	<u>Invasion Games</u> -End Zone -Too Many Goals -Tag Rugby skills -Hockey skills	<u>Net and Wall Games</u> -Keep it Going -Volleyball skills -Tennis skills	<u>Athletics</u> -5 Jumps - step, hop, jump, sissone, bounce -3 throws – push, pull, sling -Running for speed -Running for distance
	PB Focus (Possibilities)	Running for distance	Throwing for distance	Hurdle Run	Throwing for accuracy 2	Skipping	Throwing and catching
Y4	Lesson Focus	<u>Gymnastics</u> -Sequence and travel -Vault -Apparatus	<u>Invasion Games</u> -End Zone -Football -Netball	<u>OAA</u> -Counting Cones -Team Building -Night Trail	<u>Dance based on 'Coming from the Mill' LS Lowry.</u> -Performing stillness, movement, gesture -Direction and levels -Adapting force	<u>Striking and Fielding Games</u> -Quick Pick Up -Round the Square -Rounders skills	<u>Athletics</u> -5 Jumps - step, hop, jump, sissone, bounce (D) -3 throws – push, pull, sling (D) -Running for speed (D) -Running for distance (D)
	PB Focus (Possibilities)	Running for distance	Throwing for distance	Hurdle Run	Throwing for accuracy 2	Skipping	Throwing and catching
Y5	Lesson Focus	<u>Gymnastics</u> -Group Balances -Vault -Apparatus	<u>Invasion Games</u> -Kabaddi -Lacrosse -Football	<u>Dance</u> -Perform a traditional dance -Samba (Brazil)	<u>Target Games</u> -Dodgeball -Boccia -Koolchee	<u>Striking and Fielding Games</u> -Continuous Cricket -Face the bowler -Rounders skills	<u>Athletics</u> -Running for speed and distance -Throwing – push, pull, sling -Jumping – long jump, triple jump
	PB Focus (Possibilities)	Running for distance	Throwing and catching	Skipping	Throwing for Distance	Hurdle Run	Throwing for accuracy
	Lesson Focus	<u>Gymnastics</u> -Group Balances (D)	<u>Net and Wall Games</u> -Seated Volleyball	<u>Invasion Games</u> -Lacrosse (D)	<u>OAA</u> -River Crossing -Symbol Match Up	<u>Striking and Fielding Games</u>	<u>Athletics</u> -Running for speed and distance (D)



BHM PESSPA Curriculum Overview 2021-22

Y6		-Vault (D) -Apparatus (D)	-In the Zone -Rebound -Tennis skills	-Hockey -Tag Rugby	-Pitch Orienteering	-Continuous Cricket (D) -Face the bowler (D) -Rounders skills (D)	-Throwing – push, pull, sling (D) -Jumping – long jump, triple jump (D)
	PB Focus (Possibilities)	Running for distance	Throwing and catching	Skipping	Throwing for Distance	Hurdle Run	Throwing for accuracy