# **GYM LONG-TERM PLAN**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Developmental Movement Play			Travelling Coach		
	Negotiating Space <mark>Coach</mark>			<b>40-60 months – M&amp;H</b> Experiment with different ways of moving.		
	<b>30-50 months – M&amp;H</b> Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling,			Jump off an object and lands appropriately. Negotiate space		
	rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Run skilfully and negotiates			successfully when playing racing and chasing games with other children, adjusting speed or changing direction to		
	space successfully, adjusting speed or direction to avoid obstacles.			avoid obstacles. Travel with confidence and skill around, under, over and through		
	Stand momentarily on one foot when shown.			balancing and climbing equipment.		
	<b>40-60months – M&amp;H</b> Experiment with different ways of moving.			ELG Show good control and co-ordination in large and small movements.		
	Jump off an object and lands appropriately. Negotiate space			Move confidently in a range of ways, safely negotiating space.		
	successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.			FS Rawmarsh lessons 6-10 Skills: • Take weight on feet, knees and seat using apparatus, combine		
	Travel with confidence and skill around, under, over and through balancing and climbing equipment.			<ul> <li>travelling with still</li> <li>'big' and 'small'</li> <li>shapes on apparatus.</li> <li>Travel on hands and feet; travel along a rope; change speed.</li> </ul>		

SLT and Subject Leader, Summer 2019.

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Y1	Travelling High & Low	Rocking and Rolling	Jumping
	Coach NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination. Y1 Rawmarsh lessons 1-5 Skills: • travel high & low, travel on hands and feet; turn. • explore balances and combine with travelling. • narrow & wide body shapes. • travel under, through & over apparatus.	Coach NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination. Y1 Rawmarsh lessons 6-11 Skills: • travel towards and away from apparatus combing high, low & narrow shapes on apparatus. • slide (push &pull), travel on short and long pathways. • slide, under, through, along & across apparatus. • balance & travel on same body parts, travel along & across a rope. • rock, roll into a roll, travel sideways, combine rocking & rolling with travelling sideways around a mat.	<ul> <li>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</li> <li>Y1 Rawmarsh lessons 12-16 Skills: <ul> <li>travel along apparatus using a variety of actions.</li> <li>jump from one foot to two feet, travel in big and small spaces.</li> <li>combine jumping into &amp; out of hoops with travelling between hoops.</li> <li>explore jumping off apparatus and combining travelling to and from apparatus with jumping actions.</li> <li>travel in specified ways on apparatus.</li> <li>combine all 3 travelling, balancing and jumping with variations of</li> </ul> </li> </ul>
			speed/shape and level.

### **GYM LONG-TERM PLAN**

### Y2

### High & Low Pathways Coach

NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.

#### Y2 Rawmarsh lessons 1-5 Skills:

- travel 'high' to 'low'
  & 'low' to 'high'.
- explore ways of moving from 'high' to 'low' & 'low' to 'high' on the spot, balance 'high' to 'low'.
- travel and balance 'high' to 'low' and 'low' to 'high' on apparatus.
- travel & balance with hands and feet 'far apart'; 'match' a partner.
- travel & balance with hands and feet 'close together'; 'match' a partner.

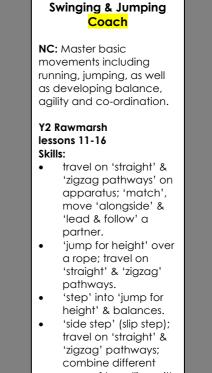
### Zig Zag Pathways Coach

NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.

### Y2 Rawmarsh lessons 6-10

#### Skills: • tra

- travel & balance with hands and feet 'far apart', 'close together' on apparatus.
- travel and balance with hands & feet 'far apart' & 'close together on apparatus; 'match' & 'lead & follow' a partner.
- travel 'around' a hoop; travel on 'straight' & 'zigzag pathways'.
- travel on 'straight' & 'zigzag pathways' using a rope; 'match' & move 'alongside' a partner.
   travel on 'straight' &
- Indverion stratgrin & 'zigzag pathways' on apparatus; 'match', move 'alongside' & 'lead & follow' a partner.



- ways of travelling with 'side stepping'.
  'hang', 'swing' & 'jump for height' using apparatus;
- combine 'hanging', 'swinging' & 'jumping for height' with travelling actions.