

DOGSTHORPE INFANT SCHOOL

GYM LONG-TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Developmental Movement Play</p> <p>Negotiating Space Coach</p> <p>30-50 months – M&H Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Run skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Stand momentarily on one foot when shown.</p> <p>40-60months – M&H Experiment with different ways of moving.</p> <p>Jump off an object and lands appropriately.</p> <p>Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p>			<p>Travelling Coach</p> <p>40-60 months – M&H Experiment with different ways of moving.</p> <p>Jump off an object and lands appropriately.</p> <p>Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>ELG Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>FS Rawmarsh lessons 6-10 Skills:</p> <ul style="list-style-type: none"> Take weight on feet, knees and seat using apparatus, combine travelling with still 'big' and 'small' shapes on apparatus. Travel on hands and feet; travel along a rope; change speed. 		

SLT and Subject Leader, Summer 2019.

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	<p>FS Rawmarsh lessons 1-5</p> <p>Skills:</p> <ul style="list-style-type: none"> • Take weight (balancing) on feet, knees and seat, jog, run and stop. • 'Big' and 'small' shapes on feet, knees and seat, hop, run, change speed. • 'Big' and 'small' shapes on feet, knees and seat, bounce, inside and outside a hoop. • Travel in different ways around the space and into and out of hoops, combine travelling with 'big' and 'small' shapes. • Take weight on feet, knees and seat using apparatus, combine travelling with still 'big' shapes on apparatus. • Take weight on feet, knees and seat using apparatus, combine travelling with still 'big' and 'small' shapes on apparatus. 			<ul style="list-style-type: none"> • Travel 'over' and 'over and along' a rope using different ways of travelling. • Take weight (balance) on back, tummy and side; 'big' and 'small'; combine travelling with different sized shapes inside hoops. • Travel in different ways 'forward and backward, turn; combine travelling and turning. 		
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Y1		<p>Travelling High & Low Coach</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y1 Rawmarsh lessons 1-5 Skills:</p> <ul style="list-style-type: none"> • travel high & low, travel on hands and feet; turn. • explore balances and combine with travelling. • narrow & wide body shapes. • travel under, through & over apparatus. 		<p>Rocking and Rolling Coach</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y1 Rawmarsh lessons 6-11 Skills:</p> <ul style="list-style-type: none"> • travel towards and away from apparatus combining 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. 		<p>Jumping</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y1 Rawmarsh lessons 12-16 Skills:</p> <ul style="list-style-type: none"> • travel along apparatus using a variety of actions. • jump from one foot to two feet, travel in big and small spaces. • combine jumping into & out of hoops with travelling between hoops. • explore jumping off apparatus and combining travelling to and from apparatus with jumping actions. • travel in specified ways on apparatus. • combine all 3 travelling, balancing and jumping with variations of speed/shape and level.
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<p>Y2</p>	<p>High & Low Pathways Coach</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y2 Rawmarsh lessons 1-5</p> <p>Skills:</p> <ul style="list-style-type: none"> • 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. 		<p>Zig Zag Pathways Coach</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y2 Rawmarsh lessons 6-10</p> <p>Skills:</p> <ul style="list-style-type: none"> • 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' & 'zigzag pathways' on apparatus; 'match', move 'alongside' & 'lead & follow' a partner. 		<p>Swinging & Jumping Coach</p> <p>NC: Master basic movements including running, jumping, as well as developing balance, agility and co-ordination.</p> <p>Y2 Rawmarsh lessons 11-16</p> <p>Skills:</p> <ul style="list-style-type: none"> • travel on 'straight' & 'zigzag pathways' on apparatus; 'match', move 'alongside' & 'lead & follow' a partner. • 'jump for height' over a rope; travel on 'straight' & 'zigzag' pathways. • 'step' into 'jump for height' & balances. • 'side step' (slip step); travel on 'straight' & 'zigzag' pathways; combine different ways of travelling with 'side stepping'. • 'hang', 'swing' & 'jump for height' using apparatus; combine 'hanging', 'swinging' & 'jumping for height' with travelling actions. 	
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