



KS3 CURRICULUM PLAN LOWER DEPT

	Autumn Term 1 st half	Autumn Term 2 nd half	Spring Term 1 st half	Spring Term 2 nd half	Summer Term 1 st half	Summer Term 2 nd half
CYCLE 1	Gymnastics: Jump down, turn around, whirl & twirl a ribbon Unit 3.12	<i>Swimming:</i> <i>Floatin' Fun</i> Unit 3.16 <i>Rebound Therapy</i>	<i>Dance:</i> <i>I feel like</i> <i>dancing.</i> Unit 3.4	<i>Striking and</i> <i>Fielding:</i> <i>Whack it</i> Unit 3.10	Athletics: Skill Zones Unit 3.1	<i>Invasion Games:</i> <i>Dodgin 'n Scorin</i> Unit 3.6
CYCLE 2	Gymnastics: It's Partner Time Unit 3.13	<i>Swimming:</i> <i>Fun and Games</i> Unit 3.18 <i>Rebound Therapy</i>	<i>Dance:</i> <i>Roll up, Roll up</i> <i>to the Big Top</i> Unit: 3.5	<i>Striking and</i> <i>Fielding:</i> <i>Bashball</i> Unit 3.11	Athletics: High, Far and Fast Unit 3.2	<i>Invasion Games:</i> <i>Dribble 'n Shoot</i> Unit 3.7
CYCLE 3	Gymnastics: Balance Unit	<i>Swimming:</i> <i>Stroking to success</i> Unit 3.17 <i>Rebound Therapy</i>	<i>Net and Wall</i> <i>Games:</i> <i>Going for the top</i> Unit 3.8	<i>Net and Wall</i> <i>Games:</i> Shuttle, we have lift off Unit 3.9	<i>Outdoor and</i> <i>Adventurous</i> <i>Let's Get</i> <i>Together</i> Unit 3.14	<i>Outdoor and</i> <i>Adventurous</i> <i>Follow it Find it</i> Unit 3.15

ALTERNATIVE UNITS WHICH COULD BE TAUGHT: REBOUND THERAPY, CARDIO TENNIS, PARACHUTE GAMES



KS4 CURRICULUM PLAN MIDDLE DEPT

	Autumn Term 1 st half	Autumn Term 2 nd half	Spring Term 1 st half	Spring Term 2 nd half	Summer Term 1 st half	Summer Term 2 nd half
CYCLE 1	Gymnastics: Gymfit Unit 4.10	Swimming: <i>Survive and stay alive</i> Unit 4.13 <i>Rebound Therapy</i>	<i>Dance:</i> Dance the dream Unit 4.2	<i>Net and Wall:</i> <i>Over the Top</i> Unit 4.6	<i>Athletics:</i> <i>Ready Steady</i> Unit 4.1	Invasion Games Footy Unit 4.4 (or) Striking & Fielding: Making a start Unit 4.8

	Autumn Term 1 st half	Autumn Term 2 nd half	Spring Term 1 st half	Spring Term 2 nd half	Summer Term 1 st half	Summer Term 2 nd half
CYCLE 2	Gymnastics: Getting there together Unit 4.11	<i>Swimming:</i> <i>Watercise</i> Unit 4.14 <i>Rebound Therapy</i>	<i>Dance</i> Composing and Performing Unit 4.3	<i>Net and Wall:</i> <i>Keepy Uppy</i> Unit 4.7	<i>Outdoor & Adventurous:</i> <i>Walk the Walk</i> Unit 4.1	Invasion Games Getting sorted Unit 4.5 (or) Fielding & Striking Wicked Cricket Unit 4.9

ALTERNATIVE UNITS WHICH COULD BE TAUGHT: REBOUND THERAPY, CARDIO TENNIS, PARACHUTE GAMES