

The EYFS2 and KS1 curriculum is arranged around the aims and rationale of the **LEAP into Life Resource**: *A resource for delivery of Physical Literacy at Foundation Stage and KS1*.

There are 4 main strands involved in the rationale and these are as follows:

FM: Functional Movement (Fundamental movement required in a range of activities) MC: Movement Concepts (development of decision making and tactical play)
 AM: Aesthetic Movement (body awareness activities) MS: Manipulative Skills (the ability to work with equipment and small apparatus)

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	FM: Gait, Skip, Jump MC: Spatial Awareness AM: Isolated body parts MS: Roll and Trap	FM: Lunge and Leap MC: Temporal Awareness AM: Body Shape MS: Catching	FM: Push and Pull MC: Cross Lateral Awareness AM: Levels MS: Release	FM: Squat and Roll MC: Gallop and Slide AM: Direction MS: Strike and Kick	FM: Bend and stretch MC: Cross Lateral/ Directional AM: Dynamics MS: Catch	FM: Rotate and balance MC: Cognitive Development AM: Flow and Rhythm MS: Release and Dribble
Year 1	FM: Gait, Skip, Jump MC: Spatial Awareness AM: Isolated body parts MS: Roll and Trap	FM: Lunge and Leap MC: Temporal Awareness AM: Body Shape MS: Catching	FM: Push and Pull MC: Cross Lateral Awareness AM: Levels MS: Release	FM: Squat and Roll MC: Gallop and Slide AM: Direction MS: Strike and Kick	FM: Bend and stretch MC: Cross Lateral/ Directional AM: Dynamics MS: Catch	FM: Rotate and balance MC: Cognitive Development AM: Flow and Rhythm MS: Release and Dribble
Year 2	FM: Gait, Skip, Jump MC: Spatial Awareness AM: Isolated body parts MS: Roll and Trap	FM: Lunge and Leap MC: Temporal Awareness AM: Body Shape MS: Catching	FM: Push and Pull MC: Cross Lateral Awareness AM: Levels MS: Release	FM: Squat and Roll MC: Gallop and Slide AM: Direction MS: Strike and Kick	FM: Bend and stretch MC: Cross Lateral/ Directional AM: Dynamics MS: Catch	FM: Rotate and balance MC: Cognitive Development AM: Flow and Rhythm MS: Release and Dribble

The programme of study aims to cover all of the 4 strands each half term in order to acquire the necessary skills successfully. Each year group will revisit and build upon prior learning to ensure skills are embedded and applied in meaningful context for successful transfer into KS2 and beyond. The wide variety of activities each half term will also allow for successful links to topic areas.

	Autumn 1	Autumn 2	Autumn 3	Spring 1	Spring 2	Spring 3	Summer 1	Summer 2	Summer 3
4R	Dance (KS1)	Hockey	Rugby	Gym (KS2)	Netball	Football	Tennis	Cricket	Athletics
4T	Rugby	Dance (KS1)	Hockey	Football	Gym (KS2)	Netball	Athletics	Tennis	Cricket
5H/P	Hockey	Rugby	Dance (KS1)	Netball	Football	Gym (KS2)	Cricket	Athletics	Tennis
5T	Gym (KS2)	Netball	Football	Hockey	Rugby	TT or Bad	Dance (KS1)	Rounders	Athletics
6H	Football	Gym (KS2)	Netball	TT or Bad	Hockey	Rugby	Athletics	Dance (KS1)	Rounders
6B	Netball	Football	Gym (KS2)	Rugby	TT or Bad	Hockey	Rounders	Athletics	Dance (KS1)

Each Class in KS2 receives 9 different physical activities throughout the year.

The curriculum at KS2 allows pupils to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. There are activities which allow children to develop communication, collaboration and a sense of competition. Lesson emphasis is on developing an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.