

How this scheme of work links to school vision and values (wellbeing, independence, communication, achievement):

	Topic	Learning Intentions	Tasks	Assessed LI (based on SOLAR descriptors)
W1	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Push Ups (and variations) <b>Dodging</b> - agility footwork, ball thrown by partner off wall behind them, rolling gym ball dodgeball, step the teacher Game : Dodgeball	
W2	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Push Ups (and variations) <b>Agility</b> - Illinois Agility Test, teams' agility, relay race, Game : Red Rover, Catch the tail	
W3	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Mountain Climbers <b>Catching</b> - pairs throwing, timed passes, quarterback pass, jumping catch, turn and catch (pairs) Game - No Man's Land team catching, End Zone Ball	
W4	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Mountain Climbers <b>Throwing</b> - accuracy (targets), power (catch off wall, increase distance) Game: Ducks along wall, dodgeball,	
W5	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Glute Bridge <b>Balance</b> – balance beam, wobble boards, arabesque, eyes shut/one foot, Game : Stop/Go, Netball	
W6	Skills Training	To develop basic sports skills in both individual and team environments. Continue to develop students' knowledge of human anatomy.	Exercise of the week: Glute Bridge <b>Basic gymnastics</b> – jumps, landings, climbing and dead hangs (apparatus), falls (matt), front roll (matt) Game: Floor is Lava, Jailbreak	