

Rolling programme for KS1 SLD/ ASC PE lessons
Italics are the new National curriculum requirements for subject content.

1

Autumn KS1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Multi skill games <i>'developing balance, agility and co-ordination, and begin to apply these in a range of activities'</i></p> <p>Such as ;</p> <ul style="list-style-type: none"> • Boccia and kurling • Rebound therapy • Throwing and aiming games and or exploration of pe equipment for example bat and ball games • Aerobics • 	<p>Gymnastics <i>'Developing balance , agility and coordination'</i></p> <p>Fundamentals - body management</p> <p>such as ;</p> <ul style="list-style-type: none"> • ways of travelling small apparatus • <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • Gymnastics – Push Me Pull Me 1.6 • Gymnastics – Zigzag 1.7 <p>Gym</p> <ul style="list-style-type: none"> • large apparatus / stations • Rebound therapy • Sherburne activities 	<p>Dance <i>'Perform dances using simple movement patterns'</i></p> <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • Dance – Prance and Dance equals 1.1 • Dance – Express Yourself Equals 1.2 <p>Such as ;</p> <ul style="list-style-type: none"> • Nursery songs and action rhymes • body awareness • sensory exploration • Start and stop travelling games • Back to your spot games • Maypole dancing • Ribbon dancing • Wheelchair dancing • Line dancing • 	<p>Team games <i>'developing simple tactics for attacking and defending</i> <i>Such as ;</i></p> <p>Fundamentals – object control</p> <ul style="list-style-type: none"> • Tag games • Parachute games <p>EQUALS</p> <ul style="list-style-type: none"> • Games – Sharing Together 1.3 • Games – To Me To You 1.4 • Games – To Me To You Again 1.5 	<p>Athletics <i>'Master basic movements including running, throwing jumping and catching'</i></p> <p>Fundamentals – locomotor <i>Such as dodge, gallop, hop jump for distance, jump for height side gallop, skip sprint run.</i></p> <p>.</p>	<p>Generalizing skills of the previous terms for example Outdoor games</p> <p>Going to local parks Short walks</p> <p>Sports day practice Sports week</p>

Rolling programme for KS2 SLD/ ASC PE lessons
Italics are the new National curriculum requirements for subject content.

<p>Dance</p> <p><i>'... perform dances using a range of movement patterns...'</i></p> <p><i>'compare their performances with previous ones and demonstrate improvement to achieve their personal best.'</i> (photographic and video evidence)</p> <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • E.motion 2.1 • Moving Stories 2.2 • Strictly Fun Dancing 2.3 • A Sense of Dance 2.9 • Net and Wall Games - What a Racket 2.1 • (BADMINTON) 	<p>Gymnastics</p> <p><i>'develop flexibility, strength, technique, control and balance in gym'</i></p> <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • Busy Bodies 2.5 • Twist and Shout 2.6 • Fantastic Gymnastic 2.7 • Balanced 2.8 	<p>Gymnastics</p> <p><i>'develop flexibility, strength, technique, control and balance in gym'</i></p> <p>Rebound therapy</p> <p><u>Equals scheme</u></p> <p>For example ...</p> <ul style="list-style-type: none"> • Ribbon and hoop gymnastics • Making shapes on apparatus • Rawmarch scheme of work • Yoga / stretching • 	<p>Competitive games</p> <p><i>'play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending'</i></p> <p>[for example, badminton, basketball, kwick cricket, table cricket , football, hockey, netball, rounders' and tennis],</p> <p>Play against another class or school</p> <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • Brill Skills 2.4 • Invasion Games - Control and Goal 2.10 • Invasion Games - Attack and Defence 2.11 (FOOTBALL) • Invasion Games - Making your Mark 2.12 (TAG RUGBY) • Boccia and kurling 	<ul style="list-style-type: none"> • Dance • • <i>'perform dances using simple movement patterns.'</i> • <i>'compare their performances with previous ones and demonstrate improvement to achieve their personal best.'</i> (photographic and video evidence) • For example • Country dancing • Cheerleading • Pop / street dancing • Making sequences up • Video performance • Zumba • Aerobics • Boxercise • Line dancing • Equal schemes of work • E.motion 2.1 • Moving stories 2.2 • Strictly fun dancing 2.3 • A sense of dance 2.4 	<p>Athletics /</p> <p><i>'use running, jumping, throwing and catching in isolation and in combination...compare their performances with previous ones and demonstrate improvement to achieve their personal best.'</i></p> <p>Outdoor activities <i>'take part in outdoor and adventurous activity challenges both individually and within a team'</i></p> <p>EQUALS SCHEME</p> <ul style="list-style-type: none"> • Athletics - Starting Blocks 2.17 • Athletics - Going for Gold 2.18 • Striking and Fielding Games Striking Progress 2.13 • How's Zat! 2.14 • Net and Wall Games - Back to You 2.15

Rolling programme for KS1 PMLD PE lessons
Italics are the new National curriculum requirements for subject content.

<u>PMLD PE</u> <u>Foundation</u> <u>Stage and</u> <u>KS1</u>	Autumn 1 Autumn 2	Spring 1 Spring 2	Summer 1 Summer 2
<p>Year 1</p> <p><i>Italics indicate objectives from 'Planning, teaching and assessing the curriculum for pupils with learning difficulties Physical education' ALL lessons should develop their skills in communicating thoughts about an activity using their preferred mode of communication</i></p>	<p>Games</p> <p><i>Explore and use equipment in different ways, for example, throwing or kicking a ball at a large target, playing swing ball, throwing and bouncing balls on Lycra, throwing a ball or beanbag through an upright hoop, reaching for, and placing, equipment in a space, hoop or basket with the distances increasing „ track balls or quoits of different shapes and sizes</i></p> <p><i>Ideas use MATP for ideas and skill progression</i></p> <p><i>To Be Me (Personal Development and Mutual Understanding) thematic unit for Key Stage 1 pupils with severe learning difficulties (SLD) aims to provide teachers with support in beginning the planning, teaching and assessing of PDMU within the Northern Ireland Curriculum. Exploring the hall and PE equipment</i></p>	<p>DANCE</p> <p><i>'pupils can copy and then repeat actions, for example, using mirrors to watch different parts of their bodies move'</i></p> <p><i>using action rhymes and songs, for example, 'Follow my leader' responding appropriately to different music and tempos, such as relaxing, fast/slow move different parts of their bodies to different instruments, for example, fingers to the sound of a triangle, feet to the sound of a drum beat</i></p> <p>Dance massage Maypole dancing <i>Getting to know you and me form the Northern Ireland PE curriculum</i> <i>Body awareness dances - copy and then repeat actions, for example, using mirrors to watch different parts of their bodies move</i> Wheelchair dance Resonance boards Flo longhorn sessions Use of the Atrium for sensory processing Parachute games and Dance Nursery rhymes <i>Body awareness dances - Touch your feet , touch your head spread your fingers</i></p>	<p>MOVEMENT / GYMNASTICS</p> <p>Physiotherapy programs to improve Gross motor development</p> <p>Rocking with a partner and rolling on mats , climbing up steps rolling prone over big balls stretching /yoga Rebound therapy</p> <p>Walking and collecting flowers Use the outdoor swing / outside play opportunities</p> <p>ATHLETICS Relay races throwing foam javelins throwing balls to a target / skittles</p>

Rolling programme for KS2 PMLD PE lessons
Italics are the new National curriculum requirements for subject content.

PMLD PE KS2	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<p>Year 1</p> <p>Italics indicate objectives from 'Planning, teaching and assessing the curriculum for pupils with learning difficulties Physical education</p> <p>ALL lessons should develop their skills in communicating thoughts about an activity using their preferred mode of communication</p>	<p><i>Dance</i></p> <p><i>explore moving and/or using objects in a variety of ways in response to different types of music, for example, crawling, sliding, rolling, rocking, rowing with a partner, moving backwards, forwards and sideways, waving streamers, ribbons and material</i></p> <p><i>Parachute games</i> <i>Stretchy lycra songs</i> <i>Dancing with ribbons</i> <i>Resonance boards</i> <i>Flo longhorn sessions</i> <i>Use of the Atrium for sensory processing</i> <i>Parachute games and Dance</i></p>	<p><i>Games</i></p> <p><i>explore different ways of sending equipment to a partner or in a team, for example, pushing, throwing, catching, releasing, passing, striking using a variety of bats, sticks and rackets</i> <i>Please refer to MATP activities</i> <i>Table cricket</i> <i>Balloon activities play, use and understand cause and effect games, for example, predicting their own actions, in games such as skittles, boccia and polybat, Kurling , Football</i></p>	<p><i>Music and dance</i></p> <p><i>learn to stop and start, and change direction in response to sounds such as a clap and instruments such as a drum .. change their own movement in response to sounds, instruments and music, for example, slowing down, moving faster .. be helped to freeze their position when the music stops</i> <i>Use the sound beam to make large and small movements</i></p>	<p><i>MOVEMENT/ GYMNATICS</i></p> <p><i>Physio programme Gross motor development</i> <i>Rocking with a partner and rolling on mats , climbing up steps rolling prone over big balls stretching /yoga</i> <i>Rebound therapy</i></p> <p><i>IDEAS</i> <i>Rocking with a partner and rolling on mats , climbing up steps rolling prone over big balls</i></p> <p><i>Exploration of the hall equipment</i></p>	<p><i>Wheelchair dancing</i></p> <p><i>Maypole dancing</i></p> <p><i>Rebound Therapy</i></p>	<p><i>ATHLETICS</i></p> <p><i>use equipment in different ways, for example, throwing or kicking a ball at a large target, playing swing ball, throwing and bouncing balls on Lycra, throwing a ball or beanbag through an upright hoop, reaching for, and placing, equipment in a space, hoop or basket with the distances increasing .. track balls or quoits of different shapes and sizes</i></p> <p><i>Relay races</i> <i>throwing foam javelins</i> <i>throwing balls to a target / skittles</i></p> <p><i>Walking and collecting flowers</i> <i>Use the outdoor swing / outside play opportunities</i> <i>Join in and , celebrate Team games</i></p>