

PATTERDALE 2 YEAR TEACHING CYCLE

<p>KS1</p>	<p>1st Hour https://platform.imoves.com/subjects/111 The 'i-suite' Core Cycle A – utilising Y1 Planning Cycle B – utilising Y2 Planning</p>	<p>2nd Hour Cycle A Fundamentals, Core & Sports</p>	<p>2nd Hour Cycle B Alt. Sports & Wellbeing</p>
<p>Autumn 1 Exercising the Body; Core Strength & Balance</p>	<p>A ixercise: Jungle</p> <p>B ixercise: Workout World</p>	<p>Swimming</p>	<p>Swimming</p>
<p>Autumn 2 Moving the Body; Locomotion, Travelling & Agility</p>	<p>A imove: Pirates</p> <p>B imove: Combat Zone</p>	<p>Fundamental Skills 1 Ages 5-6 Travelling, Locomotion & Dodging https://platform.imoves.com/subjects/126/subcategories/41</p>	<p>Dance Any theme/style that's suitable https://platform.imoves.com/subjects/3</p>
<p>Spring 1 Personal Best Agility, Balance & Coordination</p>	<p>A ipractise: Machines</p> <p>B ipractise: Sporting Best</p>	<p>Dance Any theme/style of choice that's suitable https://platform.imoves.com/subjects/3</p>	<p>Yoga / Pilates KS1 https://platform.imoves.com/subjects/110</p>
<p>Spring 2 Communication & Teamwork; Agility, Object Control & Core Strength</p>	<p>A icommunicate: Playtime</p> <p>B icommunicate: Ball Crazy</p>	<p>Gymnastics Ages 5-6 / Year 1 https://platform.imoves.com/subjects/109</p>	<p>Gymnastics Ages 6-7 / Year 2 https://platform.imoves.com/subjects/109</p>
<p>Summer 1 Creativity & Game Making Coordination</p>	<p>A icreate: Funfair</p> <p>B icreate: Skill Showdown</p>	<p>Fundamental Skills 2 Ages 5-6 Jumping, Hopping & Skipping https://platform.imoves.com/subjects/126/subcategories/41</p>	<p>Fundamental Skills 4 Ages 5-6 Throwing, Catching, Striking https://platform.imoves.com/subjects/126/subcategories/41</p>
<p>Summer 2 Rules, Tactics & Gameplay Locomotion, Travelling & Agility</p>	<p>A ithink: Wild West</p> <p>B ithink: Game Changers</p>	<p>Fundamental Skills 3 Ages 5-6 Spatial Awareness, Balance & Landing https://platform.imoves.com/subjects/126/subcategories/41</p>	<p>Fundamental Skills 5 Ages 6-7 Bat & Racquet https://platform.imoves.com/subjects/126/subcategories/42</p>

KS2	1st Hour https://platform.imoves.com/subjects/111 The 'i-suite' Core Cycle A – utilising Y4 Planning Cycle B – utilising Y5 Planning	2nd Hour Cycle A Fundamentals, Core & Sports	2nd Hour Cycle B Alt. Sports & Wellbeing
Autumn 1	A imove: Coordination, Agility & Fitness B ipractise: Resilience; Coordination, Agility & Fitness	Swimming	Swimming
Autumn 2	A ipractise: Resilience; Coordination, Strength & Balance B icomunicate: Social Skills & Teamwork; Locomotion, Strength & Balance	Invasion Games Year 4 Football / Basketball / Tag Rugby https://platform.imoves.com/subjects/2	Invasion Games Year 5 Football / Basketball / Tag Rugby https://platform.imoves.com/subjects/2
Spring 1	A icomunicate: Social Skills & Teamwork; Strength & Balance B icreate: Creativity & Adaptation; Coordination, Strength & Balance	Dance Any suitable theme/style https://platform.imoves.com/subjects/3	Dance Any suitable theme/style https://platform.imoves.com/subjects/3
Spring 2	A icreate: Creativity & Adaptation; Locomotion, Strength & Balance B ithink: Reasoning & Solving; Coordination, Strength & Balance	Gymnastics Year 4/5 https://platform.imoves.com/subjects/109	Yoga/Pilates KS2 https://platform.imoves.com/subjects/110
Summer 1	A ithink: Reasoning & Solving; Agility & Fitness B iexercise: Health & Fitness; Strength & Balance	Net & Wall Games Year 5 Tennis / Cricket https://platform.imoves.com/subjects/2	Net & Wall Games Year 5 Tennis / Cricket https://platform.imoves.com/subjects/2
Summer 2	A iexercise: Health & Fitness; Agility, Strength & Balance B imove: Agility & Coordination; Fitness	Athletics Athletic Activities Part 1/2 Year 4 https://platform.imoves.com/subjects/2/subcategories/48	Athletics Athletic Activities Part 1/2 Year 5 https://platform.imoves.com/subjects/2/subcategories/48

Outdoor Adventurous Activities will be carried out on residential and daily visits to outdoor centres, in addition to the above.