

Year group	Topic 1	Equipment	Time	Spaces available	People
EYFS/Nursey	<p><u>Ready, Set Ride - Balance Bike Curriculum HSBC</u> Teaching a child to learn to ride a bike can make you feel like a superhero – and will open up all sorts of adventures for your family. With HSBC UK Ready Set Ride the process is as simple as playing together, with fun games designed to break learning to ride into easy to follow steps. Your child will learn at their own speed, so do not worry if they don't pick it up straight away! Learning on a suitable bike is important to make the process easier, where our guide to balance and pedal bikes includes handy tips on buying a bicycle that will be a good investment.</p>	30 x Balance Bikes 30 x Helmets Cones Floor Spots	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers
Year 1	<p><u>Athletics</u> In this unit, pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping, and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. <u>Health and Safety</u> Teach the pupils how to behave and move in a safe way both with and without equipment. In throwing events ensure all pupils throw in the same direction. Ensure the pupils wait to take turns when instructed to do so and that all equipment is stored safely when not in use.</p>	42 x Cones 16 x Floor Spots 30 x Bean Bags 1 x Benches 6 x Skipping Ropes 14 x Mini Hurdles Optional 2 x Foot Speed Ladder Hula Hoops 2 x Tennis Balls	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers
Year 2	<p><u>Athletics</u> In this unit, pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping, and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop. <u>Health and Safety</u> Teach the pupils how to behave and move in a safe way both with and without equipment. In throwing events ensure all pupils throw in the same direction. Ensure the pupils wait to take turns when instructed to do so and that all equipment is stored safely when not in use.</p>	30 x Cones 10 x Activity Skittles 14 x Mini Hurdles 30 x Floor Spots 15 x Beanbags 8 x Hula Hoops 4 x Tennis Balls 2 x Cricket Wickets	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers

Year 3	<p>Athletics In this unit, pupils will develop basic running, jumping, and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance, or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p> <p>Health and Safety In throwing activities, even where pupils are throwing soft athletic equipment it is important to instill good practice for the future. Ensure:</p> <ul style="list-style-type: none"> • pupils wait for instruction and check the area is clear before throwing • there is adequate space between throwers <p>In obstacle events ensure the following:</p> <ul style="list-style-type: none"> • the obstacles can fall easily when hit • there is adequate space for returning runners • runners only hurdle the obstacles in one direction 	<p>30 x Cones 8 x Relay Batons 18 x Mini Hurdles 2 x Benches 8 x Hula Hoops 10 x Basketball 15 x Beanbags 3 x Speed Bounce Mat 1 x Stopwatch iPad for Video</p>	60 mins	<p>Infant hall School Field Lewis Playground Dahl Playground Rowling Playground</p>	Class teachers
Year 4	<p>Athletics In this unit, pupils will develop basic running, jumping, and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. In this unit pupils are able to experience running for distance, sprinting, relay, long jump, vertical jump and javelin.</p> <p>Health and Safety In throwing activities, even where pupils are throwing soft athletic equipment it is important to instill good practice for the future. Ensure:</p> <ul style="list-style-type: none"> • pupils wait for instruction and check the area is clear before throwing • there is adequate space between throwers <p>In obstacle events ensure the following:</p> <ul style="list-style-type: none"> • the obstacles can fall easily when hit • there is adequate space for returning runners • runners only hurdle the obstacles in one direction 	<p>15 x Beanbags 60 x Cones 1 x Stopwatch 8 x Relay Batons 8 x Skipping Ropes 7 x Metal Skittles 7 x Plastic Canes 15 x Basketball 10 x Foam Javelin 5 x Pencils iPad for Video</p> <p>Optional Mats</p>	60 mins	<p>Infant hall School Field Lewis Playground Dahl Playground Rowling Playground</p>	Class teachers

Year 5	<p>Athletics In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance, or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.</p> <p>In this unit pupils learn the following athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.</p> <p>Health and Safety In throwing activities, even where pupils are throwing soft athletic equipment it is important to instil good practice for the future. Ensure:</p> <ul style="list-style-type: none"> • pupils wait for instruction and check the area is clear before throwing • there is adequate space between throwers <p>In obstacle events ensure the following:</p> <ul style="list-style-type: none"> • the obstacles can fall easily when hit • there is adequate space for returning runners • runners only hurdle the obstacles in one direction 	<p>60 x Cones 1 x Stopwatch 8 x Relay Batons 4 x Tape Measures 15 x Tennis Balls 15 x Light Shot Puts 10 x Foam Javelin 5 x Pencils iPad for Video</p> <p>Optional Mats Floor Spots Beanbags</p>	60 mins	<p>Infant hall School Field Lewis Playground Dahl Playground Rowling Playground</p>	Class teachers
Year 6	<p>Athletics In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance, or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.</p> <p>In this unit pupils learn the following athletic activities: long distance running, sprinting, hurdles, high jump, triple jump, discus and shot put.</p> <p>Health and Safety In throwing activities, even where pupils are throwing soft athletic equipment it is important to instil good practice for the future. Ensure:</p> <ul style="list-style-type: none"> • pupils wait for instruction and check the area is clear before throwing • there is adequate space between throwers <p>In obstacle events ensure the following:</p> <ul style="list-style-type: none"> • the obstacles can fall easily when hit • there is adequate space for returning runners • runners only hurdle the obstacles in one direction 	<p>15 x Cones 1 x Stopwatch 15 x Hurdles 7 x Mats 7 x Metal Skittles 7 x Plastic Canes 15 x Skipping Ropes 4 x Tape Measure 10 x Discus 10 x Quoits 10 x Light Shot Puts 6 x Pencils iPad for Video</p> <p>Optional Floor Spots 10 x Hula Hoops</p>	60 mins	<p>Infant hall School Field Lewis Playground Dahl Playground Rowling Playground</p>	Class teachers

Planning resources

Get Set 4 PE:

Log on: your school email address.....@suttonparkprimary.co.uk