

Total Sports Coaching Curriculum Coverage 2021 – 2022

Year	Games	Gymnastics	Dance	Athletics	OAA	Swimming
Reception (7)	<p><b>Ball Skills:</b> Ball skills at the Zoo (invasion)</p> <p><b>Ball Skills:</b> Bats and Balls at the circus (Net Games)</p> <p><b>FMS:</b> Ongoing</p>	<p><b>Gymnastics:</b> Jumping and Balancing, Stretching and Body Parts.</p>	<p><b>Dance:</b> Skills Based</p> <p>Following patterns</p>	<p>Fun with Quoits and Cones</p>	<p><b>OAA:</b> Fun Games with Friends</p>	N/A
Year 1 (10)	<p><b>Ball Skills:</b> Ball control (Invasion)</p> <p><b>Ball skills:</b> Group Games (S&amp;F)</p> <p><b>Striking:</b> Balance and Control (Net Games)</p> <p><b>FMS:</b> Ongoing</p>	<p><b>Gymnastics:</b> Balance and Agility</p> <p><b>Gymnastics:</b> Position and Direction</p>	<p><b>Dance:</b> Skills Based</p> <p><b>Dance:</b> Topic Based</p>	<p><b>Infant Agility:</b> Throwing and Jumping</p> <p><b>Infant Agility:</b> Running events</p>	<p><b>OAA:</b> Creative Play</p>	N/A
Year 2 (10)	<p><b>Ball skills:</b> Kicking and Dribbling</p> <p><b>Ball Skills:</b> Group Games</p> <p><b>FMS:</b> Ongoing</p>	<p><b>Gymnastics:</b> Balance and Co-ordination</p> <p><b>Gymnastics:</b> Intro to Key Steps Gymnastics</p>	<p><b>Dance:</b> Skills Based</p> <p><b>Dance:</b> Topic Based</p>	<p><b>Infant Agility:</b> Competition</p> <p><b>Sports Day Activities</b></p>	<p><b>OAA:</b> Identifying areas and symbols in a familiar location</p> <p>Communication games</p>	N/A
Year 3 (10)	<p><b>Invasion:</b> Dribbling to invade</p> <p><b>Striking and Fielding:</b> Group games</p> <p><b>Net/Wall:</b> Over the net</p> <p><b>FMS:</b> Ongoing (Targeted)</p>	<p><b>Gymnastics:</b> Symmetrical Shapes</p> <p><b>Gymnastics:</b> Key Step Gymnastics (KSG) Level 1 and Intro Level 2 lower</p>	<p><b>Dance:</b> Skills Based</p>	<p><b>Sportshall Athletics:</b> Introduction</p> <p><b>Sports Day Activities</b></p>	<p><b>OAA:</b> Values Orienteering and Problem solving</p>	N/A

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<p><b>Year 4 (10)</b></p>	<p><b>Invasion:</b> Dribbling, movement and teamwork <b>Net/Wall:</b> Forehand and Backhand <b>Striking and Fielding:</b> Fielding <b>FMS:</b> Ongoing (Targeted)</p>	<p><b>Gymnastics:</b> What's my direction <b>Gymnastics:</b> KSG Level 2 Lower</p>	<p><b>Dance:</b> Skills Based</p>	<p><b>Sportshall Athletics:</b> <b>Throwing and Jumping</b> <b>Sports Day Activities</b></p>	<p><b>OAA:</b> Decisions Finding Success</p>	<p>N/A</p>
<p><b>Year 5 (10)</b></p>	<p><b>Net Games:</b> Accuracy and Rallies <b>Invasion:</b> Invasion as a team <b>Striking and Fielding:</b> Exploring Striking and Fielding <b>Health Related Exercise</b></p>	<p><b>Gymnastics</b> Abstract Angles <b>Gymnastics:</b> KSG Level 2 Upper</p>	<p><b>Dance:</b> Topic Based</p>	<p><b>Sportshall Athletics:</b> <b>Running</b> <b>Sports Day Activities</b></p>	<p><b>OAA:</b> Leadership</p>	<p><b>Friday afternoons</b></p>
<p><b>Year 6 (10)</b></p>	<p><b>Invasion:</b> Invasion to score <b>Invasion:</b> Competitive <b>Striking and Fielding:</b> Games for competition <b>Net/Wall:</b> Net games for points <b>Health Related Exercise</b></p>	<p><b>Gymnastics:</b> Complex Sequences 'Mountains' <b>Gymnastics:</b> KSG Level 3</p>	<p><b>Dance:</b> Topic Based</p>	<p><b>Sportshall Athletics:</b> <b>Competition</b> <b>Sports Day Activities</b></p>	<p><b>OAA:</b> Finding Success</p>	<p><b>Friday afternoons</b></p>

**Personal Achievement**