



Turney School Schemes of Work – Physical Development

By the end of the **Engagement Pathway** pupils will:

- Participate and engage in routines and transitions for different physical activities
- Develop independent living skills by dressing appropriately for different activities with support
- Explore and engage in actions and movements in a range of physical activities:
 - **Multi Skills:** catching, throwing, aiming, kicking, walking, running, jumping, throwing
 - **Gymnastics:** movement, balance, jumping and landing
 - **Trampolining:** seated balance, standing balance, turning, stopping
- Engage in and initiate interactions with adults and peers.
- Make simple choices of activity.
- Follow routines and instructions to act safely.
- Sequence movements and actions with support.

By the end of the **Semi-Formal pathway** pupils will:

- Understand and engage in routines and transitions for different physical activities
- Develop healthy lifestyles and wellbeing by being active and engaged in Physical Activity
- Develop independent living skills by learning to dress appropriately for different activities
- Learn how to copy and repeat physical skills with improved control and co-ordination
- **Multi Skills:** catching, throwing, aiming, kicking, walking, running, jumping, throwing, sequencing skills
- **Gymnastics:** movement, balance, jumping and landing, sequencing skills
- **Trampolining:** Basic trampolining and rebound skills, sequencing skills
- Develop social skills and communication by working together in pairs and groups
- Recognise or describe how their bodies feel during physical activity
- Move and handle resources and equipment safely
- Follow routines and instructions to act safely in physical activities

Learning Intention	Skills	Implementation – Learning Activities
Engagement Pathway	Pupils will	
<p>To engage, explore and develop curiosity about:</p> <p><u>Multi Skills</u></p> <p><u>Gymnastics Skills</u></p> <p><u>Trampolining and Rebound</u></p> <p><u>Applying PE to develop life-skills</u></p>	<p><u>Multi Skills</u></p> <p>Engage in a range of activities to explore Walking, running, jumping Simple stretching and mobilisation Catching, kicking, aiming, throwing</p> <p><u>Gymnastics Skills</u></p> <p>Engage in a range of activities to explore Movement, balance, jumping and landing</p> <p><u>Trampolining and Rebound</u></p> <p>Engage in a range of activities to explore seated balance, standing balance, bouncing and stopping</p> <p>Explore changing for different activities Follow routines and prompts Develop healthy, active lifestyles</p>	<p><u>Multi Skills</u></p> <ul style="list-style-type: none"> • Walk and run freely, around markers, in different ways and patterns • Copy and explore exercises with support eg. stretch up, circle arms, touch toes • Explore different ways to aim, catch, throw and kick different equipment in different ways eg. bean bags, basketballs, footballs, Boccia balls, beach balls, balloons into or towards hoops, nets, goals, partners <p><u>Gymnastics Skills</u></p> <ul style="list-style-type: none"> • Balance on the floor, on low apparatus and raised apparatus • Explore moving, balancing and turning on apparatus with support • Explore basic jumping and landing on floor and apparatus • Explore simple sequences of movements <p><u>Trampolining and Rebound</u></p> <ul style="list-style-type: none"> • Mount and dismount the trampoline • Sit on the trampoline and be bounced with support • Stand on the trampoline and be bounced with support • Bounce sitting or standing without support • Bounce, turn and stop when prompted
Learning Intention Semi-Formal Pathway	Skills Pupils will	Implementation – Learning Strategies

<p>To copy and repeat skills and actions with improved confidence, co-ordination and independence</p> <p><u>Multi Skills</u></p> <p><u>Gymnastics Skills</u></p> <p><u>Trampolining and Rebound</u></p> <p><u>Applying PE to develop life-skills</u></p>	<p><u>Multi Skills</u> Copy, repeat and develop games skills: Walking, running, jumping Simple stretching and mobilisation Catching, kicking, aiming, throwing, dribbling Sequencing skills and applying skills to challenges</p> <p><u>Gymnastics Skills</u> Copy, repeat and develop gymnastics skills using floor and apparatus: Movement, balance, jumping and landing Sequencing skills into simple routines and shows</p> <p><u>Trampolining and Rebound</u> Copy, repeat and develop simple trampolining and rebound skills: Jump and stop, turn, tuck jump, star jump, seat drop Sequence skills into simple routines and shows</p> <p>Explore changing for different activities Follow routines and prompts Develop healthy, active lifestyles</p>	<p><u>Multi Skills</u></p> <ul style="list-style-type: none"> • Walk, run, hop, skip and jump freely, around markers, in different ways and patterns • Copy and explore simple exercises with less support eg. stretch up, circle arms, touch toes. Name body parts • Explore different ways to aim, catch, throw, dribble and kick different equipment in different ways eg. bean bags, basketballs, footballs, Boccia balls, beach balls, balloons into or towards hoops, nets, goals, partners • Sequence games and apply to simple challenges <p><u>Gymnastics Skills</u></p> <ul style="list-style-type: none"> • Copy and repeat different movements and balances on the floor, on low apparatus and raised apparatus • Explore moving, balancing and turning on more challenging apparatus with less support • Copy and repeat different jumps and landings on floor and apparatus • Sequence movements into simple shows and routines <p><u>Trampolining and Rebound</u></p> <ul style="list-style-type: none"> • Mount and dismount the trampoline independently • Copy and repeat simple trampolining and rebound skills with improved confidence, co-ordination and independence • Sequence rebound skills into simple shows and routines of ten bounces
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