**Active Tameside Sports Coach**
**Long Term Plan**

## Reception

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| Autumn 1 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Types of movement<br>○ Moving on different levels (e.g. low to the floor, as high as you can etc.)<br>○ Changing directions safely and effectively<br>○ Basic knowledge of health and fitness (e.g. warming up)<br>○ Personal and social development (e.g. being able to cope with losing etc) |
| Autumn 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Different types of movement (other than walking/jogging)<br>○ Moving on different levels (e.g. low to the floor, as high as you can etc.)<br>○ Changing directions safely and effectively<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |
| Spring 1 | ○ Fundamental Movement Skills – agility, balance, coordination (used in warm up)<br>○ Introduction to throwing and catching<br>○ Rolling to a partner and back consistently<br>○ Begin to experiment with different ways of throwing ball<br>○ Underarm throwing with a partner<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |
| Spring 2 | ○ Fundamental Movement Skills – agility, balance, coordination (used in warm up)<br>○ Dance –<br>✓ move to music<br>✓ copy dance moves<br>✓ perform own dance moves<br>✓ perform simple sequence<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |
| Summer 1 | ○ Fundamental Movement Skills – agility, balance, coordination (used in warm up)<br>○ Throwing at a target with accuracy<br>○ Developing tactics to hit target more frequently e.g. throwing harder or higher etc.<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |
| Summer 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Introduction into different throwing and catching games (more competitive)<br>○ Introduction into attacking and defending<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |

**Year 1**

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| Autumn 1 | ○ Fundamental Movement Skills – agility, balance, coordination (used in warm up)<br>○ Different types of movement<br>○ Moving on different levels<br>○ Changing directions safely and effectively (without bumping into each other)<br>○ Basic knowledge of health and fitness (effect of exercise on body and health) |
| Autumn 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Experimenting with different ways of throwing ball<br>○ Revisit underarm throwing with a partner<br>○ Overarm throwing with a partner<br>○ Throwing at a target<br>○ Basic knowledge of health and fitness |
| Spring 1 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Underarm throwing with a partner accurately and increasing power<br>○ Overarm throwing with a partner accurately and increasing power<br>○ Developing tactics for attacking and defending<br>○ Hitting target with accuracy<br>○ Basic knowledge of health and fitness |
| Spring 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Dance –<br>✓ move to music with increasing control<br>✓ copy dance moves<br>✓ perform own dance moves<br>✓ perform own more complicated sequence<br>○ Basic knowledge of health and fitness<br>○ Personal and social development |
| Summer 1 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Introduction to striking and fielding<br>○ Hitting ball with bat<br>○ Basic knowledge of health and fitness |
| Summer 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Striking and fielding games<br>○ Developing offensive and defensive tactics<br>○ Hitting the ball in different ways (e.g forehand, backhand etc.)<br>○ Basic knowledge of health and fitness |

**Year 2**

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| Half Term 1 & 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Different types of movement (other than walking/jogging/running/skipping)<br>○ Moving on different levels<br>○ Changing directions safely and effectively (awareness)<br>○ Basic knowledge of health and fitness (effect of exercise on body and health) |
| Spring 1 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Experimenting with different ways of throwing ball<br>○ Contested throwing and catching (under pressure) e.g. throwing to a teammate round a defender<br>○ Throwing at a target accurately<br>○ Basic knowledge of health and fitness |
| Spring 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Dance –<br>• move to music fluently and with control<br>• copy dance moves<br>• perform own dance moves<br>• perform sequence with a peer, working together and evaluating sequence.<br>• express idea, mood or feeling through their dance<br>○ Basic knowledge of health and fitness |
| Summer 1 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Throwing and catching more game based – implementing offensive/defensive tactics into a game situation<br>○ Using and finding space in game situations<br>○ Self and peer evaluation<br>○ Working out different ways to improve performance<br>○ Striking and fielding within games<br>○ Basic knowledge of health and fitness |
| Summer 2 | ○ Fundamental Movement Skills – agility, balance, coordination<br>○ Striking and fielding games<br>○ Using and finding space in game situations<br>○ Self and peer evaluation<br>○ Offensive and defensive tactics<br>○ Hitting the ball in different ways (e.g forehand, backhand etc.)<br>○ Basic knowledge of health and fitness (e.g. warming up) |