

Year 1

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> Modified Games: Football Onside Scheme of Work 	<ul style="list-style-type: none"> Gymnastics School Scheme of Work 	<i>KS1&2 Football Festival</i>
Autumn 2	<ul style="list-style-type: none"> Multiskills Onside Scheme of Work 	<ul style="list-style-type: none"> Dance: linked to Xmas Imoves dance 	<i>Millom Multiskills Festival: Y1&2</i>
Spring 1	<ul style="list-style-type: none"> Dance: linked to topic Imoves dance 	<ul style="list-style-type: none"> Multiskills Onside Scheme of Work 	
Spring 2	<ul style="list-style-type: none"> Dance: linked to topic Imoves dance 	<ul style="list-style-type: none"> Gymnastics School Scheme of Work 	<i>Key Step Gymnastics Y1&2</i>
Summer 1	<ul style="list-style-type: none"> OAA: Orienteering Cambridge Scheme of Work 	<ul style="list-style-type: none"> Modified games: Cricket Onside Scheme of Work 	
Summer 2	<ul style="list-style-type: none"> Athletics Onside Scheme of Work 	<ul style="list-style-type: none"> Modified games: Rounders Onside Scheme of Work 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 3 Dance x 3 OAA x 1 Athletics x 1 Multiskills x 2 Gymnastics x 2		

Year 2

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> Modified Games: Football Onside Scheme of Work 	<ul style="list-style-type: none"> Gymnastics School Scheme of Work 	<i>KS1&2 Football Festival</i>
Autumn 2	<ul style="list-style-type: none"> Swimming / Multi skills / Ball Skills 	<ul style="list-style-type: none"> Dance: linked to Xmas Imoves dance 	<i>Millom Multiskills Festival: Y1&2</i>
Spring 1	<ul style="list-style-type: none"> Swimming / Basketball 	<ul style="list-style-type: none"> Gymnastics Cambridge Scheme of Work 	
Spring 2	<ul style="list-style-type: none"> Modified Games: Shortened Tennis 	<ul style="list-style-type: none"> Dance linked to topic Imoves dance 	<i>Key Step Gymnastics Y1&2</i>
Summer 1	<ul style="list-style-type: none"> OAA: Orienteering Cambridge Scheme of Work 	<ul style="list-style-type: none"> Athletics Cambridge Scheme of Work 	
Summer 2	<ul style="list-style-type: none"> Modified Games: Cricket / Rounders Onside scheme of work 	<ul style="list-style-type: none"> Athletics Onside scheme of work 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 3 Dance x 2 OAA x 1 Athletics x 2 Gymnastics x 2 Swimming x 2		

Year 3

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> OAA Team building games / Cross-country 	<ul style="list-style-type: none"> Games: Rugby Coach from Whitehaven Rugby League Club 	<i>Rugby Festival?</i> <i>Cross-country qualifier/finals Y3,4,5,6</i>
Autumn 2	<ul style="list-style-type: none"> Dance - Linked to Xmas Imoves dance 	<ul style="list-style-type: none"> Gymnastics 	
Spring 1	<ul style="list-style-type: none"> Gymnastics / Swimming 	<ul style="list-style-type: none"> Sports-hall Athletics Eveque Lesson Plans 	
Spring 2	<ul style="list-style-type: none"> Dance - linked to topic Imoves dance 	<ul style="list-style-type: none"> Games: Hockey Onside Scheme of Work 	<i>Key Step Gymnastics Y1-6</i> <i>Millom Quick-Sticks Hockey Y3&4</i>
Summer 1	<ul style="list-style-type: none"> Shortened Tennis KW 	<ul style="list-style-type: none"> OAA Cambridge Scheme of Work 	
Summer 2	<ul style="list-style-type: none"> Athletics Onside Scheme of Work 	<ul style="list-style-type: none"> Games: Rounders / Cricket Onside Scheme of Work 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 4 Dance x 2 OAA x 2 Athletics x 2 Multiskills x 2 Gymnastics x 2		

Year 4

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> OAA Team building games / Cross-country 	<ul style="list-style-type: none"> Games: Rugby Coach from Whitehaven Rugby League Club 	<i>Rugby Festival?</i> <i>Cross-country qualifier/finals Y3,4,5,6</i>
Autumn 2	<ul style="list-style-type: none"> Dance - Linked to Xmas Imoves dance 	<ul style="list-style-type: none"> Gymnastics 	
Spring 1	<ul style="list-style-type: none"> Gymnastics / Swimming 	<ul style="list-style-type: none"> Sports-hall Athletics Eveque Lesson Plans 	
Spring 2	<ul style="list-style-type: none"> Dance - linked to topic Imoves dance 	<ul style="list-style-type: none"> Games: Hockey Onside Scheme of Work 	<i>Key Step Gymnastics Y1-6</i> <i>Millom Quick-Sticks Hockey Y3&4</i>
Summer 1	<ul style="list-style-type: none"> Shortened Tennis 	<ul style="list-style-type: none"> OAA Cambridge Scheme of Work 	
Summer 2	<ul style="list-style-type: none"> Athletics Onside Scheme of Work 	<ul style="list-style-type: none"> Games: Rounders / Cricket Onside Scheme of Work 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 4 Dance x 2 OAA x 2 Athletics x 2 Multiskills x 2 Gymnastics x 2		

Year 5

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> Football Onside scheme of work Brian Dawson 	<ul style="list-style-type: none"> Cross-country / OAA Team building games TK 	<i>KS1&2 Football Festival</i> <i>Cross-country qualifier/finals Y3,4,5,6</i>
Autumn 2	<ul style="list-style-type: none"> Yoga JM 	<ul style="list-style-type: none"> Dance - Linked to Xmas Imoves Dance TK 	
Spring 1	<ul style="list-style-type: none"> Sports-hall Athletics Onside scheme of work TK 	<ul style="list-style-type: none"> Dance - Linked to Topic Imoves dance JM 	<i>Sports-hall Athletics Y5&6</i>
Spring 2	<ul style="list-style-type: none"> Tag-Rugby TK 	<ul style="list-style-type: none"> Gymnastics School developed planning JM 	<i>Key Step Gymnastics Y1-6</i> <i>RFU Tag Rugby Festival Y5&6</i>
Summer 1	<ul style="list-style-type: none"> OAA Cambridge Scheme of Work TK & JM 	<ul style="list-style-type: none"> Games: High 5 Netball JM 	<i>Millom High 5 Netball Festival (Y5&6)</i>
Summer 2	<ul style="list-style-type: none"> Rounders / cricket Onside scheme of work TK 	<ul style="list-style-type: none"> Athletics Onside scheme of work JM 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 4 Dance x 2 OAA x 2 Athletics x 2 Gymnastics x 2		

Year 6

	Weekly Session 1	Weekly Session 2	Competitions
Autumn 1	<ul style="list-style-type: none"> Football Onside scheme of work Brian Dawson 	<ul style="list-style-type: none"> Cross-country / OAA Team building games TK 	<i>KS1&2 Football Festival</i> <i>Cross-country qualifier/finals Y3,4,5,6</i>
Autumn 2	<ul style="list-style-type: none"> Gymnastics School developed planning VL 	<ul style="list-style-type: none"> Dance - Linked to Xmas Imoves Dance TK 	
Spring 1	<ul style="list-style-type: none"> Sports-hall Athletics Onside scheme of work TK 	<ul style="list-style-type: none"> Dance - Linked to Topic Imoves dance VL 	<i>Sports-hall Athletics Y5&6</i>
Spring 2	<ul style="list-style-type: none"> Tag-Rugby TK 	<ul style="list-style-type: none"> Gymnastics School developed planning VL 	<i>Key Step Gymnastics Y1-6</i> <i>RFU Tag Rugby Festival Y5&6</i>
Summer 1	<ul style="list-style-type: none"> OAA Cambridge Scheme of Work TK 	<ul style="list-style-type: none"> Games: High 5 Netball JM & VL 	<i>Millom High 5 Netball Festival (Y5&6)</i>
Summer 2	<ul style="list-style-type: none"> Rounders / cricket Onside scheme of work TK 	<ul style="list-style-type: none"> Athletics Onside scheme of work VL 	<i>Millom Rounders KS1&2</i>
Suggestions for improvements / issues: (CPD req.etc)	Games x 4 Dance x 2 OAA x 2 Athletics x 2 Gymnastics x 2		

Year 1 & 2

Football
Multiskills
Dance
Gymnastics
Athletics
OAA
Rounders/Cricket
Tennis
Swimming (Just Year 2)

Year 3 & 4

Rugby
Cross-country
Dance
Gymnastics
Sports-hall Athletics
Hockey
OAA
Athletics
Rounders/Cricket
Tennis

Year 5 & 6

Football
Cross-country
Gymnastics
Dance
Sports-hall Athletics
Tag-Rugby
OAA
High 5 Netball
Athletics
Rounders/Cricket

