

## Becoming a Sportsperson at Wellstead



**Wellstead Primary School**  
Sowing the Seeds of Success



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### All About Me

#### Agility, Balance and Co-ordination

Key Skills: Learning the very basic of ABC's and understand the technical way to undergo those skills.

**Agility/ Balance / coordination defining skills** Gymnastic  
**Expressive dance movements**

Key Skills: agility, balance, coordination, dance

**Agility/ Balance/ Coordination. Application of fine motor skills-** multisports Athletics

Key Skills: agility, balance, coordination

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#### ABC- (Sending and receiving)

ABC - linked to gymnastics balances, rolls and transitions in between. Multi-sports (Sending and Receiving games) link in Bat and ball skills Dance (Bhangra)

Key Skills: Dance, agility, balance, coordination

**Racket/ bat skills (Introduction to tennis), Wellbeing (yoga) Orienteering, Multi skills (Kicking skills)**

Key Skills: competition, agility, balance, coordination

**ABC - link to invasion games (Futsal) Young leaders (Adaptable) Racket and bat skills (Cricket) Athletics**

Key Skills: competition, agility, balance, coordination, Adaptable

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**Racket and bat skills (Rounders) Wellbeing (Sufficient sleep and Articulating feeling in competition) Dodgeball**  
**Swimming (5 Oct - 9 Nov)**

Key Skills: competition, agility, balance, coordination

**Street Dance Sending and Receiving (Handball linked to invasion) Invasion Games (Tag Rugby)**  
**Gymnastics - Balances and counter balances. Engaging Core to express movement.**

Key Skills: competition, agility, balance, coordination

**Athletics (Independent) Orienteering (Reflective) Circuits Young leaders (Collaboration)**

Key Skills: competition, agility, balance, coordination

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**Gymnastics - Full routine with a start and end point**  
**Invasion Games (Netball)**  
**Young Leaders (Lunchtime Lead)**  
**Invasion Games (Handball)**

**Dance – Capoeira Invasion Game (Basketball)**  
**Wellbeing (Basic First Aid in sports, Respectful, Mental Health) Invasion (Dodgeball) Circuits**

**Athletics (Independent) Racket and batt skills (Rounders) Martial Arts (self-defence) Net and Wall (Volleyball)**

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**Fine motor skills through Multi-sports Wellbeing (yoga)**

**Fine motor skills through Multi-sports (Continued & beginning of sending and receiving) Gymnastics - Basic shapes and balances**

Key Skills: agility, balance, coordination

**Dance - Cheerleading Agility/ Balance/ Coordination (continued Sending and receiving) Sending and receiving (introduction to rackets and bats) Orienteering**

Key Skills: Agility, balance, coordination, expressive movements

**Agility/ Balance/ coordination (kicking skills) Introduction to team games (Collaboration) Multi-sport Games Athletics**

Key Skills: agility, balance, coordination

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**Multi-sports focussed on team building (Respectful) Gymnastics- Recap on shapes and balances, Progression to jumps and leaps. (Understanding the body in action) Invasion games (Netball) Racket skills (Introduction to Badminton Indoors)**

Key Skills: Team work, ABC, Core, Respect

**Invasion games (Understanding respect) (Basketball) Dance- Cheerleading Wellbeing (body in sport) Orienteering Invasion Games (Introduction to Tag Rugby)**

Key Skills: ABC, Respectful, Core

**Games- Racket/ bat and ball skills (Introduction to Tennis) Athletics Continued Tennis skills Introduction to Invasion tactics (CTF)**

Key Skills: Adaptability, ABC,

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**Games- Racket/ bat and ball skills (Tennis) Gymnastics- Rolls and Turns. (Understanding and developing core) Orienteering Multi skills (Team Building)**

Key Skills:

**Bikeability Invasion games-tag based Dance- Salsa Wellbeing (Sportsmanship, Nutrition) Orienteering Invasion games (Hockey)**

Key Skills:

**Invasion games (CTF understanding principles of play) Athletics Racket/ bat and ball- cricket based Invasion Game (Tag Rugby)**

Key Skills:

## Becoming a Sportsperson at Wellstead

Curriculum Intent

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At Wellstead Primary School we endeavour to provide the children with excellent knowledge, understanding and skills as well as enjoyment of physical activity. The children will build upon prior learning to enhance and develop their skills through dance, gymnastics, games and swimming.