




Cycle B PE Whole School Spring 1 Indoor

Spring 1	Y1/2	Y3/4	Y5/6
Area of learning	Gymnastics: Pathways	OAA: Communication & Tactics	OAA: Problem solving
			
Skill outcomes	<p>Week 1: Learn zig-zag pathways</p> <p>Week 2: Practice zig-zag pathways on apparatus</p> <p>Week 3: Explore curved pathways</p> <p>Week 4: Develop curved pathways on apparatus</p> <p>Week 5: Create your own pathway sequences</p> <p>Week 6: Perform completed pathway sequences</p>	<p>This program focuses on developing tactics, leadership, and communication skills within a team over the course of six weeks. Participants will learn how to create and apply simple tactics, develop leadership qualities, improve team communication, and work collaboratively to create defending and attacking strategies.</p>	<p>The goals are to complete several challenges including benches and mats, around the clock, the pen, the river rope, and caving challenges parts 1 and 2.</p>