

Physical Development

KS1 and KS2	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 1	SWIMMING	Gymnastics skills: Travelling (stop start, different speeds, changing directions)	SWIMMING	Dance skills: copying actions to music. Learn a dance: Circle dances	SWIMMING	Target games skills: Rolling and releasing (bowling, skittles)	SWIMMING	Target Games skills: Pushing and receiving (Kurling, floor lacrosse)	SWIMMING	Fitness Trail skills: Balance, stepping, climbing	SWIMMING	Athletics skills: Running (including races) Jumping
Year 2		Target Games skills: Kicking and travelling (football)		Target games skills: Throwing and catching		Dance skills: copying actions to music. Learn a dance: Morris dancing		Gymnastics skills: Travelling Balancing		Athletics skills: Running (endurance) Travelling and Jumping		Fitness Trail skills: Balance, stepping, climbing
Year 3		Gymnastics skills: Travelling Balancing Rolling		Yoga skills: Balance Co ordination Flexibility Breathing		Target games skills: Bouncing, passing, catching (basketball)		Target games skills: Striking with stick/bat (tennis/ hockey/ cricket)		Orienteering skills: Find your way to...		Athletics skills: Throwing distance and accuracy
Year 4		Target games skills: kicking, travelling, passing, receiving (football)		Target games skills: Passing, receiving, travelling (rugby)		Yoga skills: Balance Co ordination Flexibility Breathing		Gymnastics skills: Travelling Balancing Rolling Jump and land		Athletics: Jumping – height and distance		Team Challenge skills: Work together to achieve a goal
Year 5		Dance: Barn dancing Line dancing		Gymnastics (combined skills): Floor routines		Target and team Games Boccia, kurling, goal ball		Target Games Tennis Table tennis Polybat		Orienteering skills: Directions		Athletics (combined skills): Run and pass Relay races

Year 6	Target and team Games Football, basketball and rugby	Target and team Games Floor lacrosse and hockey	Gymnastics (combined skills): Balance routines	Aerobics	Fitness/ Circuits	Athletics (combined skills): Travel and throw Shotput, discus, javelin
---------------	--	---	--	-----------------	--------------------------	--

Physical Development

KS3 and KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Team Games: Football	Team Games: Hockey Floor lacrosse	Dance: Zumba	Gymnastics: Apparatus	Athletics: Throwing	Athletics: Running
Year 8	Team Games: Basketball	Target Games: Tennis	Gymnastics: Floor	Fitness/ Circuits	Orienteering	Athletics: Throwing
Year 9	Yoga/Tai Chi	Gymnastics: Rhythmic	Team Games: Kurling Boccia	Target Games: Table tennis Polybat	Team Building	Athletics: Running
Year 10	Team Games: Volleyball	Boxercise	Aerobics	Fitness/ Circuits	Dance: Zumba	Athletics: Throwing and running
Year 11	Team Games: Rugby	Dance: Street dance	Fitness/ Circuits	Yoga/Tai Chi	OAA Walking	Athletics: Throwing and running

Bouncability	The Bridge School qualified Bouncability coaches provide all students with trampoline-based activities on a weekly basis, at all levels of physical ability.
Soft Play	All students receive a thirty-minute slot in one of our Soft Play areas where they can engage in intensive interaction as well as practice balancing skills.
Horse Riding	Many students are able to access riding with the RDA for at least ½ a term per school year.
Team Competitions	We are members of the Suffolk Special Schools Sports Group (Discovery) who organise a varied calendar or inter-school competitions and sporting experiences throughout the year.

Boccia	All students are taught Boccia and the school has an annual inter-class Boccia championship.
Boxing	Some students are invited to experience Boxing coaching (which is proven to be a useful trauma and anxiety resolution sporting activity).