

## North West London Jewish Day School Curriculum Map

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<b>Ball skills</b> Throwing & catching	<b>Ball skills</b> Throwing & catching	<b>Ball skills</b> Throwing & catching	<b>Football (ball striking)</b> Short passing	<b>Football (ball mastery)</b> Dribbling	<b>Basketball (ball mastery)</b> Basic dribbling	<b>Basketball (game play)</b> Pass & shoot
Week 2	<b>Ball skills</b> Throwing & catching Target games	<b>Ball skills</b> Throwing & catching Target games	<b>Ball skills</b> Throwing & catching Target games	<b>Football (ball striking)</b> Long passing	<b>Football (ball mastery)</b> Dribbling with skills	<b>Basketball (ball mastery)</b> Dribbling with skills	<b>Basketball (game play)</b> Overload attack
Week 3	<b>Ball skills</b> Rolling Target games	<b>Ball skills</b> Ball control with hands	<b>Ball skills</b> Ball control with hands	<b>Football (ball striking)</b> Passing games	<b>Football (ball mastery)</b> One v one dribbling	<b>Basketball (ball mastery)</b> Dribbling to score	<b>Basketball (game play)</b> Two on two
Week 4	<b>Ball skills</b> Ball control with hands	<b>Ball skills</b> Ball control with bat/racket	<b>Ball skills</b> Ball control with bat/racket	<b>Football (ball striking)</b> shooting	<b>Football (ball mastery)</b> turning	<b>Basketball (ball mastery)</b> Dribbling one v one	<b>Basketball (game play)</b> Zone defence
Week 5	<b>Ball skills</b> Ball control with feet	<b>Ball skills</b> Ball control with feet	<b>Ball skills</b> Ball control with feet	<b>Football (ball striking)</b> Shooting first time	<b>Football (ball mastery)</b> control	<b>Basketball (ball mastery)</b> Dribbling race	<b>Basketball (game play)</b> Screen
Week 6	<b>Ball skills</b> Ball striking	<b>Ball skills</b> Ball striking	<b>Ball skills</b> Ball control with feet	<b>Football (ball striking)</b> Crossing & shooting	<b>Football (ball mastery)</b> Dribbling races	<b>Basketball (ball mastery)</b> Two bounce shoot	<b>Basketball (game play)</b> 5v5 games
Week 7	<b>Footwork &amp; coordination</b> Changing speeds	<b>Footwork &amp; coordination</b> Changing speeds & direction	<b>Footwork &amp; coordination</b> Changing speeds & direction	<b>Handball (skills)</b> Passing and catching	<b>Handball (gameplay)</b> Passing and shooting	<b>Tag Rugby</b> defending	<b>Tag Rugby</b> defending
Week 8	<b>Footwork &amp; coordination</b> Changing direction	<b>Footwork &amp; coordination</b> Quick feet drills	<b>Footwork &amp; coordination</b> Quick feet drills	<b>Handball (skills)</b> Ball handing	<b>Handball (gameplay)</b> one on ones	<b>Tag Rugby</b> passing	<b>Tag Rugby</b> passing
Week 9	<b>Footwork &amp; coordination</b> Quick feet drills	<b>Footwork &amp; coordination</b> balancing	<b>Footwork &amp; coordination</b> balancing	<b>Handball (skills)</b> skills	<b>Handball (gameplay)</b> Overload attack	<b>Tag Rugby</b> Overload attack	<b>Tag Rugby</b> Overload attack
Week 10	<b>Footwork &amp; coordination</b> balancing	<b>Footwork &amp; coordination</b> Balancing using different body parts	<b>Footwork &amp; coordination</b> Balancing using different body parts	<b>Handball (skills)</b> shooting	<b>Handball (gameplay)</b> defending	<b>Tag Rugby</b> 3 on 3 games	<b>Tag Rugby</b> 3 on 3 games
Week 11	<b>Footwork &amp; coordination</b> Changing levels	<b>Footwork &amp; coordination</b> Changing levels	<b>Footwork &amp; coordination</b> Changing levels	<b>Handball (skills)</b> One on ones	<b>Handball (gameplay)</b> Defence vs attack	<b>Tag Rugby</b> Full game	<b>Tag Rugby</b> Full game
Week 12	<b>Footwork &amp; coordination</b> relays	<b>Footwork &amp; coordination</b> relays	<b>Footwork &amp; coordination</b> Relays	<b>Handball (skills)</b> matches	<b>Handball (gameplay)</b> matches	<b>Tag Rugby</b> Full game	<b>Tag Rugby</b> Full game

# North West London Jewish Day School Curriculum Map

## Spring Term

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<b>Gymnastics (Shapes)</b> Letters shapes	<b>Gymnastics (Balances)</b> Standing balances	<b>Gymnastics (Jumps)</b> Jumping and landing	<b>Gymnastics (rolls)</b> Forward rolls	<b>Gymnastics (equipment)</b> Jumping and landing	<b>Gymnastics (strength and flexibility)</b> Jumping and landing	<b>Gymnastics (routines)</b> Rolling into balances
Week 2	<b>Gymnastics (Shapes)</b> standing shapes	<b>Gymnastics (Balances)</b> ground balances	<b>Gymnastics (Jumps)</b> Jumping shapes	<b>Gymnastics (rolls)</b> backward rolls	<b>Gymnastics (equipment)</b> vaulting	<b>Gymnastics (strength and flexibility)</b> Jumping and landing	<b>Gymnastics (routines)</b> Jumping into shape
Week 3	<b>Gymnastics (Shapes)</b> Ground shapes	<b>Gymnastics (Balances)</b> partner balances	<b>Gymnastics (Jumps)</b> Jumping off equipment	<b>Gymnastics (rolls)</b> Sideway rolls	<b>Gymnastics (equipment)</b> Using platforms	<b>Gymnastics (strength and flexibility)</b> Body flexibility	<b>Gymnastics (routines)</b> Learning to choreography
Week 4	<b>Gymnastics (Shapes)</b> Transition shapes	<b>Gymnastics (Balances)</b> equipment balances	<b>Gymnastics (Jumps)</b> Synchronized Jumps	<b>Gymnastics (rolls)</b> Transition roll	<b>Gymnastics (equipment)</b> Jumping and landing	<b>Gymnastics (strength and flexibility)</b> Body holds	<b>Gymnastics (routines)</b> Choreographing routine
Week 5	<b>Gymnastics (Shapes)</b> routine	<b>Gymnastics (Balances)</b> routine	<b>Gymnastics (Jumps)</b> routine	<b>Gymnastics (rolls)</b> routine	<b>Gymnastics (equipment)</b> routine	<b>Gymnastics (strength and flexibility)</b> routine	<b>Gymnastics (routines)</b> routine
Week 6	<b>Gymnastics (Shapes)</b> routine	<b>Gymnastics (Balances)</b> routine	<b>Gymnastics (Jumps)</b> routine	<b>Gymnastics (rolls)</b> routine	<b>Gymnastics (equipment)</b> routine	<b>Gymnastics (strength and flexibility)</b> routine	<b>Gymnastics (routines)</b> routine
Week 7	<b>Dance (intro to dance)</b> Dancing games	<b>Dance (ballroom)</b> Move to the music	<b>Dance (cultural dances)</b> Bollywood Dancing	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> dribbling	<b>Hockey</b> dribbling
Week 8	<b>Dance (intro to dance)</b> Move with rhythm	<b>Dance (ballroom)</b> Move to the music	<b>Dance (cultural dances)</b> Bollywood Dancing	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> Dribbling 1v1	<b>Hockey</b> Dribbling 1v1
Week 9	<b>Dance (intro to dance)</b> Dance with partner	<b>Dance (ballroom)</b> Move to the music with partner	<b>Dance (cultural dances)</b> Bollywood Dancing	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> passing	<b>Hockey</b> passing
Week 10	<b>Dance (intro to dance)</b> Group dance	<b>Dance (ballroom)</b> Move to the music with partner	<b>Dance (cultural dances)</b> Bollywood Dancing	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> shooting	<b>Hockey</b> shooting
Week 11	<b>Dance (intro to dance)</b> routine	<b>Dance (ballroom)</b> routine	<b>Dance (cultural dances)</b> routine	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> Small games	<b>Hockey</b> Small games
Week 12	<b>Dance (intro to dance)</b> routine	<b>Dance (ballroom)</b> routine	<b>Dance (cultural dances)</b> routine	<b>Fitness Circuits</b> Intro to circuits	<b>Fitness Circuits</b> Intro to circuits	<b>Hockey</b> matches	<b>Hockey</b> matches

