

# S4T VIRTUAL Yearly Lesson Schedule

Term	Week	Sport	Lesson Content / Skills practiced		
			Warm Up - 1	Activity - 2	Activity - 3
<b>Autumn 1</b>	Week 1	Football	Fruit Salad	Football Skill School	Pirate Football
	Week 2	Hockey	Jumping Frogs	Hockey Skill School	Pirate Hockey
	Week 3	Rugby	Chicken Chase	Rugby Skill School	Hungry Hippos
	Week 4	Basketball	Aye Aye Captain	Basketball Skill School	Basketball Fruit Salad
	Week 5	Tennis	Popcorn	Tennis Skill School Level 1	Messy Bedrooms
	Week 6	Cricket	Humpty Dumpty	Bounce and Catch	Crazy Fielding

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<b>Autumn 2</b>	Week 7	Football	Sticky Buds	Football Obstacle Course	Team Pirate Football
	Week 8	Hockey	Animal Game	Hockey Obstacle Course	Team Pirate Hockey
	Week 9	Catching Skills	Tricky Balls	Flying Fish Level 1	Shark Attack
	Week 10	Athletics	Jumping Frogs	Marching Soldiers	Zoo Rescue
	Week 11	Balance/Agility	Dice Exercises	Train Track and Caterpillar	Crocodile River
	Week 12	Dance	Copy Cat	Musical Steal the Honey	Sharks and Fishes

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Spring 1	Week 13	Rugby	Rugby Body Parts	Rugby Skill School - Crack the Egg	Space Rescue
	Week 14	Basketball	Crazy Cars	Basketball Traffic Lights	Hot Potatoes
	Week 15	Football	Steal the Honey	Football Stuck in the Mud	Football Messy Bedrooms
	Week 16	Hockey	Fish Hunt	Shoot on Command	Plenty of Fish in the Sea
	Week 17	Tennis	Tricky Balls	Tennis Skill School Level 2	Colour Messy Bedrooms
	Week 18	Cricket	Cat and Mouse (singles)	Bat and Chase	Reaction Races

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Spring 2	Week 19	Rugby	Rugby Mousetrap	Rugby Passing in Pairs	Space dodgeball
	Week 20	Basketball	Basketball Mousetrap	Basketball Stuck in the Mud	Basketball Forsest Adventure
	Week 21	Catching Skills	Tricky Balls	Flying Fish Level 2	Team Shark Attack
	Week 22	Athletics	Jumping Frogs	Long Jump and High Jump	Fun Sprint Races
	Week 23	Balance/Agility	Mousetrap Knockout	Agilty Obstacle Course	Agility Stations
	Week 24	Dance	Musical Crazy Cars	Planes, Trains and Automobiles	Conga Train

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Summer 1	Week 25	Tennis	Tricky Balls	Tennis Cat and Mouse	Balloon Tennis
	Week 26	Cricket	Cat and Mouse (pairs)	Batting (pairs)	Space Dodgeball
	Week 27	Football	Crazy Cars	Football Crazy Cars	Beat the Teacher
	Week 28	Hockey	Stuck in the Mud	Hockey Stuck in the Mud	Penalty Shootout
	Week 29	Rugby	Hungry Hippos	Rugby Stuck in the Mud	Crazy Horses
	Week 30	Basketball	Play to the Whistle	Bounce Passing in Pairs	Passing Races

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Summer 2	Week 31	Tennis	Tricky Balls in Pairs	Tennis Skill School Level 3	Alien Attack
	Week 32	Cricket	Lucky Colours	Smash and Run	Ultimate Fielding
	Week 33	Catching Skills	Lucky Numbers	Flying Fish Level 3 (pairs)	Space Dodgeball
	Week 34	Athletics	Animal Crossing	Javelin Throw	Crazy Horses
	Week 35	Balance / Agility	Balance Mousetrap	Reaction Competition	Crocodile River Race
	Week 36	Dance	Musical Animal Game	Musical Hoops	Holiday Adventures

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Seasonal	N/A	Christmas	Christmas Present Trap	Reindeer Rescue	Snowball Dodgeball
	N/A	Easter	Easter Egg Trap	Easter Bunny Challenge	Easter Egg Dodgeball
	N/A	Sports Day	Team Sticky Buds	Sports Day Races	Well Done Sticky Buds