

# Templemoor Infant and Nursery School – PE Curriculum Progression Document



EYFS		Key Stage One (National Curriculum Subject Content)
In Nursery	<p><b>Personal, Social and Emotional Development</b>  <b>Pupil should:</b></p> <ul style="list-style-type: none"> <li>• Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Remember rules without needing an adult to remind them.</li> </ul> <p><b>Physical Development</b>  <b>Pupil should:</b></p> <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.</li> <li>• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul>	<p>Pupils should <b>develop fundamental movement skills</b>, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>They should be able to engage in <b>competitive</b> (both against self and against others) and <b>co-operative physical activities</b>, in a range of increasingly challenging situations.</p> <p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>

	<ul style="list-style-type: none"> <li>• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>• Show a preference for a dominant hand.</li> <li>• Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips</li> </ul> <p><b>Expressive Arts and Design</b></p> <p><b>Pupils should:</b></p> <ul style="list-style-type: none"> <li>• Respond to what they have heard, expressing their thoughts and feelings.</li> </ul>	
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<p style="text-align: center;"><b>In Reception</b></p>	<p><b>Personal, Social and Emotional Development</b></p> <ul style="list-style-type: none"> <li>• Manage their own needs. - personal hygiene</li> <li>• Know and talk about the different factors that support overall health and wellbeing: - regular physical activity</li> </ul> <p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping – climbing</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</li> <li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</li> <li>• Develop overall body strength, balance, coordination and agility.</li> </ul> <p><b>Expressive Arts and Design</b></p> <p>Explore, use and refine a variety of artistic effects to express their ideas and feelings.</p> <ul style="list-style-type: none"> <li>• Return to and build on their previous learning, refining ideas and developing their ability to represent them.</li> <li>• Create collaboratively, sharing ideas, resources and skills.</li> <li>• Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>• Watch and talk about dance and performance art, expressing their feelings and responses.</li> <li>• Explore and engage in music making and dance, performing solo or in groups.</li> </ul>	
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<p><b>Early Learning Goal</b></p>	<p><b>Personal, Social and Emotional Development</b></p> <p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing.</li> </ul> <p><b>Building Relationships</b></p> <ul style="list-style-type: none"> <li>• Work and play cooperatively and take turns with others.</li> </ul> <p><b>Physical Development</b></p> <p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>Expressive Arts and Design</b></p> <p><b>Being Imaginative and Expressive</b></p> <ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>	
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Nursery						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Learning Project	How many colours are in a rainbow?	Is it shiny?	How does that building stay up?	Are Eggs Alive?	How many pebbles on a beach?	How high can you jump?
Subject Focus	Continuous Provision - Inside and Outside				Introduction to PE Unit 1	Fundamentals Unit 1
Key Skills	<ul style="list-style-type: none"> <li>• I can run with increasing control.</li> <li>• I am beginning to negotiate space.</li> <li>• I can pick up, carry and put down with increasing care.</li> <li>• I can thread with control.</li> <li>• I can build carefully using small objects.</li> <li>• I can move to music.</li> </ul>				<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• I am beginning to move safely in a space with consideration of others.</li> <li>• I can use different travelling actions whilst following a path.</li> <li>• I am beginning to follow, copy and lead a partner.</li> <li>• I can explore movement skills.</li> <li>• I am beginning to move safe space safely.</li> <li>• I am beginning to demonstrate balance.</li> <li>• I am beginning to take turns with others.</li> </ul> <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• I can make guided choices.</li> <li>• I can follow instructions with support.</li> </ul>	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• I am beginning to negotiate space safely.</li> <li>• I am developing balancing skills whilst stationary and on the move.</li> <li>• I am developing running and stopping skills.</li> <li>• I am developing jumping and landing skills.</li> <li>• I am developing hopping skills and landing with control.</li> <li>• I am building my confidence to try new challenges.</li> <li>• I follow instructions with support.</li> <li>• I can explore different ways to travel.</li> <li>• I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.</li> </ul>

						<ul style="list-style-type: none"> <li>• I am beginning to take turns with others.</li> </ul> <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• I play games guided by rules with support.</li> <li>• I follow instructions with support.</li> </ul>
Key Knowledge	<ul style="list-style-type: none"> <li>• I know I need to be aware of the other children.</li> <li>• I know I need to run around with my head up.</li> <li>• I know that I need to look forwards to safely move around in space</li> <li>• I know that I need to control my speed to ensure safety</li> </ul>					
Key Vocabulary	run, hop, space, move, jump, stop				As Spring 2 plus...  balance follow copy lead	As Summer 1 plus... Skip
Assessing Impact	Ongoing Assessment	Ongoing Assessment Data on Insight	Ongoing Assessments	Ongoing Assessments Data on Insight	Ongoing Assessments	Ongoing Assessments Data on Insight

RECEPTION						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Learning Project	All About Me and my Friends	Autumn	Will you read me a story?	Do cows drink milk?	Are we there yet?	Why do ladybirds have spots?
Subject Focus	Introduction to PE Unit 2	Fundamentals Unit 2	Dance Unit 1	Dance Unit 2	Games Unit 1	Games Unit 2
			Gymnastics Unit 1	Gymnastics Unit 2	Ball Skill Unit 1	Ball Skills Unit 2
Key Skills	<ul style="list-style-type: none"> <li>I can move around safely in a space.</li> <li>I can follow instructions and stop safely.</li> <li>I can develop running and jumping skills.</li> <li>I can develop throwing catching and rolling skills.</li> <li>I can develop control when using equipment.</li> <li>I can follow a path and take turns</li> <li>I can work co-operatively with a partner.</li> </ul>	<b>Fundamentals Running:</b> <ul style="list-style-type: none"> <li>I can explore running and stopping.</li> <li>I can explore changing direction safely.</li> <li>Balancing: <ul style="list-style-type: none"> <li>I can explore balancing whilst stationary and on the move. J</li> </ul> </li> <li>Jumping: <ul style="list-style-type: none"> <li>I can begin to explore taking off and landing safely.</li> </ul> </li> <li>Hopping: <ul style="list-style-type: none"> <li>I can explore hopping on both feet.</li> </ul> </li> <li>Skipping: <ul style="list-style-type: none"> <li>I can explore skipping as a travelling action.</li> </ul> </li> </ul>	<b>Dance Actions:</b> <ul style="list-style-type: none"> <li>I am beginning to explore how my body moves.</li> <li>I am beginning to copy basic body actions and rhythms.</li> <li>Dynamics: <ul style="list-style-type: none"> <li>I am beginning to explore actions in response to music and an idea.</li> </ul> </li> </ul> <b>Space:</b> <ul style="list-style-type: none"> <li>I can begin to explore pathways and the space around me and in relation to others.</li> </ul> <b>Performance:</b> <ul style="list-style-type: none"> <li>I am beginning to perform short phrases of movement in front of others.</li> </ul> <b>Gymnastics Shapes:</b>	<b>Dance Actions</b> <ul style="list-style-type: none"> <li>I can explore how my body moves.</li> <li>I can copy basic body actions and rhythms.</li> <li>Dynamics: <ul style="list-style-type: none"> <li>I can explore actions in response to music and an idea.</li> </ul> </li> </ul> <b>Space:</b> <ul style="list-style-type: none"> <li>I can explore pathways and the space around me and in relation to others.</li> </ul> <b>Performance:</b> <ul style="list-style-type: none"> <li>I can perform short phrases of movement in front of others.</li> </ul> <b>Gymnastics</b> <p>I can explore basic shapes straight, tuck, straddle, pike.</p> <b>Balances:</b>	<b>Games</b> <ul style="list-style-type: none"> <li>I can negotiate space safely with consideration for myself and others.</li> <li>I follow instructions involving several ideas or actions.</li> <li>I play co-operatively, take turns and encourage others.</li> <li>I use ball skills with increasing competence and accuracy.</li> <li>I use movement skills with increasing balance and co-ordination.</li> <li>I use ball skills with developing competence and accuracy.</li> <li>I am beginning to play co-operatively and take turns with others.</li> </ul>	<b>Games</b> <ul style="list-style-type: none"> <li>I can negotiate space safely with consideration for myself and others.</li> <li>I follow instructions involving several ideas or actions.</li> <li>I play co-operatively, take turns and encourage others.</li> <li>I use ball skills with increasing competence and accuracy.</li> <li>I use movement skills with increasing balance and co-ordination.</li> <li>I use ball skills with developing competence and accuracy.</li> <li>I am beginning to play co-operatively and take turns with others.</li> </ul>

			<p>I am beginning to explore basic shapes: straight, tuck, straddle, pike.</p> <p><b>Balances:</b></p> <ul style="list-style-type: none"> <li>I am beginning to perform balances making my body tense, stretched and curled. Rolls:</li> <li>I am beginning to explore barrel, straight and forward roll progressions.</li> </ul> <p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>I am beginning to explore shape jumps including jumping off low apparatus.</li> </ul>	<p>I can perform balances making my body tense, stretched and curled rolls:</p> <ul style="list-style-type: none"> <li>I can explore barrel, straight and forward roll progressions.</li> </ul> <p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>I can explore shape jumps including jumping off low apparatus.</li> </ul>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>I use ball skills with developing competence and accuracy.</li> <li>I am beginning to play co-operatively and take turns with others.</li> <li>I can make independent choices.</li> <li>I persevere when trying new challenges.</li> </ul>	<ul style="list-style-type: none"> <li>I persevere when trying new challenges.</li> </ul>
Key Knowledge	<ul style="list-style-type: none"> <li>I understand rules and why it is important to follow them.</li> <li>I follow instructions involving several ideas or actions.</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>I know that I use big steps to run and small steps to stop.</li> <li>I know that moving into space away from others helps to keep me safe.</li> </ul> <p><b>Balancing:</b></p> <p>I know that I can hold my arms out to help me to balance.</p> <p>Jumping:</p> <p>I know that bending my knees will help me to land safely.</p> <p>Hopping:</p>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I am beginning to understand that I can move my body in different ways to create interesting actions.</li> </ul> <p>Dynamics:</p> <ul style="list-style-type: none"> <li>I am beginning to understand that I can change my action to show an idea.</li> </ul> <p>Space:</p> <ul style="list-style-type: none"> <li>I am beginning to know that if I move into space it will help to keep me and others safe.</li> </ul> <p>Performance:</p>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>I understand that I can move my body in different ways to create interesting actions.</li> </ul> <p>Dynamics:</p> <ul style="list-style-type: none"> <li>I understand that I can change my action to show an idea.</li> </ul> <p>Space:</p> <ul style="list-style-type: none"> <li>I know that if I move into space it will help to keep me and others safe.</li> </ul> <p>Performance:</p> <ul style="list-style-type: none"> <li>I know that when watching others, I sit</li> </ul>	<ul style="list-style-type: none"> <li>I play games honestly with consideration of the rules.</li> <li>I show an understanding of my feelings and can regulate my behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>I can make independent choices.</li> </ul>



		<p>I understand that I use one foot to hop.          Skipping:          I know that if I hop then step that will help me to skip.</p>	<ul style="list-style-type: none"> <li>• I know that when watching others, I sit quietly and clap at the end.</li> <li>• Strategy:</li> <li>• I am beginning to know that if I use lots of space, it helps to make my dance look interesting.</li> </ul> <p><b>Gymnastics</b>          Shapes:  <ul style="list-style-type: none"> <li>• I can explore basic shapes straight, tuck, straddle, pike.</li> </ul>         Balances:  <ul style="list-style-type: none"> <li>• I can perform balances making my body tense, stretched and curled.</li> </ul>         Rolls:  <ul style="list-style-type: none"> <li>• I am beginning to explore barrel, straight and forward roll progressions.</li> </ul>         Jumps:          I am beginning to explore shape jumps including jumping off low apparatus.</p>	<p>quietly and clap at the end.          Strategy:          I know that if I use lots of space, it helps to make my dance look interesting.</p> <p><b>Gymnastics</b>          Shapes:  <ul style="list-style-type: none"> <li>• I can explore basic shapes straight, tuck, straddle, pike.</li> </ul>         Balances:  <ul style="list-style-type: none"> <li>• I can perform balances making my body tense, stretched and curled.</li> </ul>         Rolls:  <ul style="list-style-type: none"> <li>• I can explore barrel, straight and forward roll progressions.</li> </ul>         Jumps:  <ul style="list-style-type: none"> <li>• I am beginning to explore shape jumps including jumping off low apparatus.</li> </ul> </p>		
<b>Key Vocabulary</b>	As Nursery plus... , throw, catch, roll	As Autumn 1 Safely,	As Autumn 2 plus...  Move, copy, travel, forwards, backwards, around, shape, over, rock	As Spring 1 plus... travel,	As Spring 2 plus... Pass, team, safely, tag	As Summer 1 plus...
<b>Assessing Impact</b>	Ongoing Assessment Criteria	Ongoing Assessment Criteria  Data on Insight	Ongoing Assessment Criteria	Ongoing Assessment Criteria  Data on Insight	Ongoing Assessment Criteria	Ongoing Assessment Criteria  Data on Insight

Year One						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Learning Project	Our School	My Family History	Our Local Area	The Greatest Explorers	Our Country	Great Inventions Transport
Subject Focus	Fundamentals  Ball Skills	Gymnastics – (movement, linking, balance, stability)  Dance	Gymnastics (technique, control, sequence)  Dance	Target Games  Sending and Receiving	Net and Wall Games Skills  Athletics	Invasion Games  Striking and Fielding
Key Skills	<b>Fundamentals</b>  <b>Running:</b> <ul style="list-style-type: none"> <li>I can explore changing direction and dodging.</li> <li>I can discover how the body moves at different speeds.</li> </ul> <b>Balancing:</b> <ul style="list-style-type: none"> <li>I can move with some control and balance.</li> <li>I can explore stability and landing safely.</li> </ul> <b>Jumping:</b> <ul style="list-style-type: none"> <li>I can demonstrate control in a take off and landing when jumping.</li> </ul> <b>Hopping:</b> <ul style="list-style-type: none"> <li>I can begin to explore hopping in different directions.</li> </ul>	<b>Gymnastics - Movement/ linking/balancing/ stability</b>  <b>Shapes:</b> <ul style="list-style-type: none"> <li>I can explore basic shapes including straight, tuck, straddle, pike.</li> <li>I can link shapes together.</li> </ul> <b>Balance:</b> <ul style="list-style-type: none"> <li>I can perform balances making my body tense, stretched and curled.</li> <li>I can take my body weight on my hands for a short period of time.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I can explore barrel, straight and</li> </ul>	<b>Gymnastics- Technique, control, Sequence</b>  <b>Shapes:</b> <ul style="list-style-type: none"> <li>I can explore basic shapes including straight, tuck, straddle, pike.</li> </ul> <b>Balance:</b> <ul style="list-style-type: none"> <li>I can perform balances making my body tense, stretched and curled.</li> <li>I can demonstrate poses and movements that challenge my flexibility.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I can explore barrel, straight and</li> </ul>	<b>Target Games</b> <b>Throwing overarm:</b> <ul style="list-style-type: none"> <li>I can explore techniques when throwing overarm towards a target.</li> </ul> <b>Throwing underarm:</b> <ul style="list-style-type: none"> <li>I can explore techniques when throwing underarm towards a target.</li> </ul> <b>Sending and Receiving</b> <b>Sending:</b> <ul style="list-style-type: none"> <li>I can face my body towards the target</li> </ul>	<b>Net and Wall Skills Games</b>  <b>Hitting:</b> <ul style="list-style-type: none"> <li>I can explore hitting a dropped ball with a racket.</li> </ul> <b>Feeding:</b> <ul style="list-style-type: none"> <li>I can throw a ball over a net to land into the court area.</li> </ul> <b>Rallying:</b> <ul style="list-style-type: none"> <li>I can explore sending a ball with hands and a racket.</li> </ul> <b>Footwork:</b> <ul style="list-style-type: none"> <li>I can use the ready position to move towards a ball.</li> </ul> <b>Athletics</b> <b>Running:</b> <ul style="list-style-type: none"> <li>I can explore running at different speeds.</li> </ul> <b>Jumping:</b>	<b>Invasion Games</b> <b>Sending &amp; Receiving:</b> <ul style="list-style-type: none"> <li>I can explore sending and receiving with hands and feet to a partner.</li> </ul> <b>Dribbling:</b> <ul style="list-style-type: none"> <li>I can explore dribbling with hands and feet.</li> </ul> <b>Space:</b> <ul style="list-style-type: none"> <li>I can recognise good space when playing games.</li> </ul> <b>Attacking:</b> <ul style="list-style-type: none"> <li>I can explore changing direction to move away from a partner.</li> </ul> <b>Defending:</b> <ul style="list-style-type: none"> <li>I can explore tracking and moving to stay with a partner.</li> </ul>

	<p><b>Skipping:</b></p> <ul style="list-style-type: none"> <li>I can show co-ordination when turning a rope.</li> <li>I can use rhythm to jump continuously in a French rope.</li> </ul> <p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li><b>Sending:</b> <ul style="list-style-type: none"> <li>I can roll and throw with some accuracy towards a target.</li> </ul> </li> <li><b>Catching:</b> <ul style="list-style-type: none"> <li>I can begin to catch with two hands.</li> <li>I can catch after a bounce.</li> </ul> </li> <li><b>Tracking:</b> <ul style="list-style-type: none"> <li>I can track a ball being sent directly.</li> </ul> </li> <li><b>Dribbling:</b> <ul style="list-style-type: none"> <li>I can explore dribbling with hands and feet.</li> </ul> </li> </ul>	<p>forward roll progression.</p> <p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>I can explore shape jumps including jumping off low apparatus.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I can copy, remember and repeat actions to represent a theme.</li> <li>I can create my own actions in relation to a theme.</li> </ul> <p><b>Dynamics:</b></p> <p>I can explore varying speeds to represent an idea.</p> <p><b>Space:</b></p> <p>I can explore pathways within my performance.</p> <p><b>Relationships:</b></p> <p>I can begin to explore actions and pathways with a partner.</p> <p><b>Performance:</b></p> <p>I can perform on my own and with others to an audience.</p>	<p>forward roll progression.</p> <ul style="list-style-type: none"> <li>I can develop my roll techniques.</li> <li>I can use different rolls in a sequence.</li> </ul> <p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>I can explore shape jumps including jumping off low apparatus.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I can copy, remember and repeat actions to represent a theme.</li> <li>I can create my own actions in relation to a theme.</li> </ul> <p><b>Dynamics:</b></p> <p>I can explore varying speeds to represent an idea.</p> <p><b>Space:</b></p> <p>I can explore pathways within my performance.</p> <p><b>Relationships:</b></p> <p>I can begin to explore actions and pathways with a partner.</p> <p><b>Performance:</b></p> <p>I can perform on my own and with others to an audience.</p>	<p>when sending to help my balance.</p> <ul style="list-style-type: none"> <li>I can look at my partner before sending the ball.</li> <li>I can roll and throw with some accuracy, towards a target.</li> <li>I can begin to catch with two hands.</li> <li>I can catch after a bounce.</li> <li>I can track a ball being sent directly.</li> <li>I can explore dribbling with hands and feet.</li> </ul> <p><b>Receiving:</b></p> <ul style="list-style-type: none"> <li>I can watch the ball as it comes towards me.</li> </ul>	<p>I can develop balance whilst jumping and landing.</p> <p>I can explore hopping, jumping and leaping for distance.</p> <p><b>Throwing:</b></p> <p>I can explore throwing for distance and accuracy.</p>	<p><b>Striking and Fielding</b></p> <p><b>Striking:</b></p> <p>I can explore striking a ball with my hand and different equipment.</p> <p><b>Fielding:</b></p> <p>I develop tracking and retrieving a ball.</p> <p><b>Throwing:</b></p> <p>I can explore technique when throwing over and underarm.</p> <p><b>Catching:</b></p> <p>I develop co-ordination and technique when catching.</p>
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Key Knowledge	<p><b>Fundamentals</b></p> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>I know that bending my knees will help me to change direction.</li> <li>I know that if I swing my arms it will help me to run faster.</li> </ul> <p><b>Balancing:</b></p> <ul style="list-style-type: none"> <li>I know that looking ahead will help me to balance.</li> <li>I know that landing on my feet helps me to balance.</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>I know that landing on the balls of my feet helps me to land with control.</li> </ul> <p><b>Hopping:</b></p> <ul style="list-style-type: none"> <li>I know that I should hop with a soft bent knee.</li> </ul> <p><b>Skiping:</b></p> <ul style="list-style-type: none"> <li>I know that I should use the opposite arm to leg when I skip.</li> <li>I know that jumping on the balls of my feet helps me to keep a consistent rhythm.</li> </ul> <p><b>Ball Skills</b></p> <p><b>Sending:</b></p> <ul style="list-style-type: none"> <li>I know to face my body towards my</li> </ul>	<p><b>Gymnastics</b></p> <p><b>Shapes:</b></p> <ul style="list-style-type: none"> <li>I know that I can improve my shapes by extending parts of my body.</li> </ul> <p><b>Balance:</b></p> <ul style="list-style-type: none"> <li>I know that balances should be held for 5 seconds.</li> </ul> <p><b>Rolls:</b></p> <ul style="list-style-type: none"> <li>I know that I can use different shapes to roll.</li> </ul> <p><b>Jump:</b></p> <ul style="list-style-type: none"> <li>I know that landing on the balls of my feet helps me to land with control.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>I know that if I use a starting and finishing position, people will know when my sequence has begun and ended.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I understand that actions can be sequenced to create a dance.</li> </ul> <p><b>Dynamics:</b></p> <ul style="list-style-type: none"> <li>I understand that I can create fast and slow actions to show an idea.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I understand that there are different</li> </ul>	<p><b>Gymnastics</b></p> <p><b>Shapes:</b></p> <ul style="list-style-type: none"> <li>I know that I can improve my shapes by extending parts of my body.</li> </ul> <p><b>Balance:</b></p> <ul style="list-style-type: none"> <li>I know that balances should be held for 5 seconds.</li> </ul> <p><b>Rolls:</b></p> <ul style="list-style-type: none"> <li>I know that I can use different shapes to roll.</li> </ul> <p><b>Jump:</b></p> <ul style="list-style-type: none"> <li>I know that landing on the balls of my feet helps me to land with control.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>I know that if I use a starting and finishing position, people will know when my sequence has begun and ended.</li> <li>I know how to start linking different shapes/rolls together.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I understand that actions can be sequenced to create a dance.</li> </ul> <p><b>Dynamics:</b></p> <ul style="list-style-type: none"> <li>I understand that I can create fast and slow actions to show an idea.</li> </ul> <p><b>Space:</b></p>	<p><b>Target Games</b></p> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>I know which type of throw to use for distance and accuracy.</li> <li>I know that my body position will affect the accuracy of my throw.</li> </ul> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>I know that tactics can help us when playing games.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know that rules help us to play fairly.</li> </ul> <p><b>Sending and Receiving</b></p> <p><b>Sending:</b></p> <ul style="list-style-type: none"> <li>I know to look at my partner before sending the ball to help me to balance.</li> <li>I understand that being in a good space helps us to pass the ball.</li> <li>I know that being able to move away from a partner helps my team to pass me the ball.</li> <li>I know that staying with a partner makes it more difficult for them to receive the ball.</li> </ul> <p><b>Receiving:</b></p>	<p><b>Net and wall Skills</b></p> <p><b>Hitting:</b></p> <ul style="list-style-type: none"> <li>I know to use the centre of the racket for control.</li> </ul> <p><b>Feeding:</b></p> <ul style="list-style-type: none"> <li>I know to use an underarm throw to feed to a partner.</li> </ul> <p><b>Rallying:</b></p> <ul style="list-style-type: none"> <li>I know that throwing/ hitting to my partner with not too much power will help them to return the ball.</li> </ul> <p><b>Footwork:</b></p> <ul style="list-style-type: none"> <li>I know that using a ready position will help me to move in any direction.</li> </ul> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>I know that tactics can help us to be successful when playing games.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know that rules help us to play fairly.</li> </ul> <p><b>Athletics</b></p> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>I understand that if I swing my arms it will help me to run faster.</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>I know that landing on the balls of my feet helps me to land with control.</li> <li>I understand that if I bend my knees it will help me to jump further.</li> </ul>	<p><b>Invasion Games</b></p> <p><b>Sending and Receiving:</b></p> <ul style="list-style-type: none"> <li>I know to look at my partner before sending the ball.</li> </ul> <p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>I know that moving with a ball is called dribbling.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I understand that being in a good space helps us to pass the ball.</li> </ul> <p><b>Attacking:</b></p> <ul style="list-style-type: none"> <li>I know that being able to move away from a partner helps my team to pass me the ball.</li> </ul> <p><b>Defending:</b></p> <ul style="list-style-type: none"> <li>I know that staying with a partner makes it more difficult for them to receive the ball.</li> </ul> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>I know that tactics can help us when playing games.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know that rules help us to play fairly.</li> </ul> <p><b>Striking and Fielding</b></p> <p><b>Striking:</b></p> <ul style="list-style-type: none"> <li>I understand that the harder I strike, the further the ball will travel.</li> </ul> <p><b>Fielding:</b></p>
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	<p>target when rolling and throwing underarm to help me to balance.</p> <p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>• I know to watch the ball as it comes towards me.</li> </ul> <p><b>Tracking:</b></p> <ul style="list-style-type: none"> <li>• I know to move my feet to get in the line with the ball.</li> </ul> <p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>• I know that moving with a ball is called dribbling.</li> </ul>	<p>directions and pathways within space.</p> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>• I understand that when dancing with a partner it is important to be aware of each other and keep in time.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>• I know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>• I know that if I use exaggerated actions it helps the audience to see them clearly</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that there are different directions and pathways within space.</li> </ul> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>• I understand that when dancing with a partner it is important to be aware of each other and keep in time.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>• I know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>• I know that if I use exaggerated actions it helps the audience to see them clearly</li> </ul>	<ul style="list-style-type: none"> <li>• I know to watch the ball when it comes towards me.</li> <li>• I know that tactics can help us when playing games.</li> <li>• I know that rules help us to play fairly.</li> </ul>	<p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>• I know that stepping forward with my opposite foot to hand will help me to throw further.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>• I know that rules help us to play fairly.</li> </ul>	<ul style="list-style-type: none"> <li>• I know that throwing the ball back is quicker than running with it.</li> </ul> <p>Throwing:</p> <ul style="list-style-type: none"> <li>• I know which type of throw to use to throw over longer distances.</li> </ul> <p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>• I know to watch the ball as it comes towards me.</li> </ul> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>• I know that tactics can help us when playing games.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>• I know that rules help us to play fairly.</li> </ul>
Key Vocabulary	<p><b>Fundamentals</b></p> <p>Bend, direction, dodge, fast, hop, jog, jump, land, skip, challenge, swing, ready position</p> <p><b>Ball skills</b></p> <p>Catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm</p>	<p><b>Gymnastics</b></p> <p>Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel</p> <p><b>Dance</b></p> <p>Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing</p>	<p><b>Gymnastics</b></p> <p>Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel</p> <p><b>Dance</b></p> <p>Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing</p>	<p><b>Target Games</b></p> <p>Balance, distance, further, overarm, point, score, swing, throw, underarm</p> <p><b>Sending and Receiving</b></p> <p>Catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm</p>	<p><b>Net and Wall Games Skills</b></p> <p>Net, partner, point, racket, ready position, score, track, underarm</p> <p><b>Athletics</b></p> <p>Balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk</p>	<p><b>Invasion Games</b></p> <p>Attacker, defender, dodge, goal, marking, points, score, space</p> <p><b>Striking and fielding</b></p> <p>Batter, batting, bowl, bowler, fielder, fielding, hit, out, ready position, track, underarm/overarm</p>

Assessing Impact	Teacher Assessment	Teacher Assessment Data on Insight	Teacher Assessment	Teacher Assessment Data on Insight	Teacher Assessment	Teacher Assessment Data on Insight
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Year 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Learning Project	Magical Mapping	Bonfire Night and The Great Fire of London	Our Wonderful World	Amazing Activists	Sensational Safari	Holidays
Subject Focus	Fundamentals  Ball Skills	Gymnastics (control, balance, linking)  Dance	Gymnastics (travelling, balance on apparatus, sequencing)  Dance	Target Games  Sending and Receiving	Net and Wall Games Skills  Athletics	Invasion Games Skills  Striking and fielding Games Skills
Key Skills	<b>Fundamentals</b> <b>Running:</b> <ul style="list-style-type: none"> <li>I can demonstrate balance when changing direction.</li> <li>I can clearly show different speeds when running.</li> </ul> <b>Balancing:</b> <ul style="list-style-type: none"> <li>I can demonstrate balance when performing movements.</li> </ul> <b>Jumping:</b> <ul style="list-style-type: none"> <li>I can demonstrate jumping for distance, height and in different directions.</li> </ul> <b>Hopping:</b> <ul style="list-style-type: none"> <li>I can demonstrate hopping for distance height and in different directions.</li> </ul> <b>Skipping:</b>	<b>Gymnastics</b> <b>Shape:</b> <ul style="list-style-type: none"> <li>I can explore using shapes in different gymnastic balances.</li> </ul> <b>Balances:</b> <ul style="list-style-type: none"> <li>I can remember, repeat and link combinations of gymnastic balances.</li> <li>I can perform balances on different body parts with some control and balance.</li> <li>I can show an increased awareness of extension and flexibility in actions.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I can explore barrel, straight and forward roll and put into a sequence work.</li> </ul> <b>Jumps:</b>	<b>Gymnastics</b> <b>Shape:</b> <ul style="list-style-type: none"> <li>I can explore using shapes in different gymnastic balances.</li> </ul> <b>Balances:</b> <ul style="list-style-type: none"> <li>I can remember, repeat and link combinations of gymnastic balances.</li> <li>I can perform balances on different body parts with some control and balance.</li> <li>I can show an increased awareness of extension and flexibility in actions.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I can explore barrel, straight and forward roll and put into a sequence work.</li> </ul> <b>Jumps:</b>	<b>Target Games</b> <b>Throwing overarm:</b> <ul style="list-style-type: none"> <li>I can develop my co-ordination and technique when throwing overarm towards a target.</li> </ul> <b>Throwing underarm:</b> <ul style="list-style-type: none"> <li>I can develop my co-ordination and technique when throwing.</li> <li>I can throw a ball underarm with some accuracy at a target.</li> </ul> <b>Striking:</b> <ul style="list-style-type: none"> <li>I can develop striking a ball with equipment with some consistency.</li> <li>I can take part in challenges enthusiastically and taking turns</li> <li>I can kick a ball with some accuracy with both feet.</li> </ul>	<b>Net and Wall Games</b> <b>Hitting:</b> <ul style="list-style-type: none"> <li>I can develop hitting a dropped ball over the net.</li> </ul> <b>Feeding:</b> <ul style="list-style-type: none"> <li>I can accurately underarm throw over a net to a partner.</li> </ul> <b>Rallying:</b> <ul style="list-style-type: none"> <li>I can explore underarm rallying with a partner catching after one bounce.</li> </ul> <b>Footwork:</b> <ul style="list-style-type: none"> <li>I can consistently use the ready position to move towards a ball.</li> </ul> <b>Athletics</b> <b>Running:</b> <ul style="list-style-type: none"> <li>I can develop the sprinting action.</li> </ul> <b>Jumping:</b> <ul style="list-style-type: none"> <li>I can develop jumping, hopping and skipping actions.</li> </ul>	<b>Invasion Games</b> <b>Sending and Receiving:</b> <ul style="list-style-type: none"> <li>I can develop sending and receiving with increased control.</li> </ul> <b>Dribbling:</b> <ul style="list-style-type: none"> <li>I can explore dribbling hands and feet with increasing control on the move.</li> </ul> <b>Space:</b> <ul style="list-style-type: none"> <li>I can explore moving into space away from others.</li> </ul> <b>Attacking:</b> <ul style="list-style-type: none"> <li>I can develop moving into a space away from defenders.</li> </ul> <b>Defending:</b> <ul style="list-style-type: none"> <li>I can explore staying close to other players to try and stop them getting the ball.</li> </ul> <b>Striking and Fielding Games</b> <b>Striking:</b>

	<ul style="list-style-type: none"> <li>I can explore single and double bounce when jumping in a rope.</li> </ul> <p><b>Ball Skills</b></p> <p><b>Sending:</b></p> <ul style="list-style-type: none"> <li>I can roll, throw and kick a ball to hit a target.</li> </ul> <p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>I can develop catching a range of objects with two hands.</li> <li>I can catch with and without a bounce.</li> </ul> <p>Tracking:</p> <ul style="list-style-type: none"> <li>I can consistently track and collect a ball being sent directly.</li> </ul> <p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>I can explore dribbling with hands and feet with increasing control on the move</li> </ul>	<ul style="list-style-type: none"> <li>I can explore shape jumps and take off combinations.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I can accurately remember, repeat and link actions to express an idea.</li> </ul> <p><b>Dynamics:</b></p> <ul style="list-style-type: none"> <li>I can develop an understanding of dynamics.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I can develop the use of pathways and travelling actions to include level.</li> </ul> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>I can explore working with a partner using unison, matching and mirroring.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>I can develop the use of facial expressions in my performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can explore shape jumps and take off combinations.</li> <li>I can copy, remember. Repeat and remember linking simple actions with control and technique.</li> </ul> <p><b>Dance</b></p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>I can accurately remember, repeat and link actions to express an idea.</li> </ul> <p><b>Dynamics:</b></p> <ul style="list-style-type: none"> <li>I can develop an understanding of dynamics.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I can develop the use of pathways and travelling actions to include level.</li> </ul> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>I can explore working with a partner using unison, matching and mirroring.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>I can develop the use of facial expressions in my performance.</li> </ul>	<ul style="list-style-type: none"> <li>I can roll with some accuracy with either hand.</li> <li>I can punt a ball with some accuracy.</li> <li>I can strike a ball with a racket or bat at a target</li> <li>I can aim with accuracy at a target.</li> </ul> <p><b>Sending and Receiving</b></p> <p><b>Sending:</b></p> <ul style="list-style-type: none"> <li>I can control the ball before sending it.</li> <li>I can step with opposite foot to throwing arm to help me to balance. <ul style="list-style-type: none"> <li>I can roll, throw and kick a ball to hit a target.</li> </ul> </li> </ul> <p><b>Receiving:</b></p> <ul style="list-style-type: none"> <li>I can use wide fingers and ball the ball into my chest to help securely catch.</li> <li>I can develop catching a range of objects with two hands.</li> <li>I can catch with and without a bounce.</li> </ul> <p>Tracking:</p> <ul style="list-style-type: none"> <li>I can consistently track and collect a ball being sent directly.</li> </ul> <p>Dribbling:</p> <ul style="list-style-type: none"> <li>I can explore dribbling with hands and feet with</li> </ul>	<p>I can explore safely jumping for distance and height.</p> <p><b>Throwing:</b></p> <p>I can develop overarm throwing for distance.</p>	<ul style="list-style-type: none"> <li>To develop striking a ball with their hand and equipment with some consistency.</li> </ul> <p><b>Fielding:</b></p> <ul style="list-style-type: none"> <li>To develop tracking a ball and decision making with the ball.</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>To develop co-ordination and technique when throwing over and underarm.</li> </ul> <p><b>Catching:</b></p> <p>To catch with two hands with some co-ordination and technique.</p>
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				increasing control on the move.		
Key Knowledge	<b>Fundamentals</b>  <b>Running:</b> <ul style="list-style-type: none"> <li>I know that putting weight into the front of my feet helps me to stop in a balanced position.</li> <li>I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</li> </ul> <b>Balancing:</b> <ul style="list-style-type: none"> <li>I know that squeezing my muscles helps me to balance.</li> </ul> <b>Jumping:</b> <ul style="list-style-type: none"> <li>I know that swinging my arms forwards will help me to jump further.</li> </ul> <b>Hopping:</b> <ul style="list-style-type: none"> <li>I know that if I look straight ahead it will stop me falling over when I land.</li> </ul> <b>Skipping:</b> <ul style="list-style-type: none"> <li>I know that I should swing opposite arm to leg to help me balance when</li> </ul>	<b>Gymnastics Shapes:</b> <ul style="list-style-type: none"> <li>I know that some shapes link well together.</li> </ul> <b>Balance:</b> <ul style="list-style-type: none"> <li>I know that squeezing my muscles helps me to balance.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I know that there are different teaching points for different rolls.</li> </ul> <b>Jumps:</b> <ul style="list-style-type: none"> <li>I know that looking forward will help me to land with control.</li> </ul> <b>Strategy:</b> <ul style="list-style-type: none"> <li>I know that if I use shapes that link well together it will help my sequence to flow.</li> </ul> <b>Dance Actions:</b> <ul style="list-style-type: none"> <li>I know that sequencing actions in a particular order will help me to tell the story of dance.</li> </ul> <b>Dynamics:</b>	<b>Gymnastics Shapes:</b> <ul style="list-style-type: none"> <li>I know that some shapes link well together.</li> </ul> <b>Balance:</b> <ul style="list-style-type: none"> <li>I know that squeezing my muscles helps me to balance.</li> </ul> <b>Rolls:</b> <ul style="list-style-type: none"> <li>I know that there are different teaching points for different rolls.</li> </ul> <b>Jumps:</b> <ul style="list-style-type: none"> <li>I know that looking forward will help me to land with control.</li> </ul> <b>Strategy:</b> <ul style="list-style-type: none"> <li>I know that if I use shapes that link well together it will help my sequence to flow.</li> </ul> <b>Dance Actions:</b> <ul style="list-style-type: none"> <li>I know that sequencing actions in a particular order</li> </ul>	<b>Target Games Throwing:</b> <ul style="list-style-type: none"> <li>I know that stepping with opposite foot to throwing arm will help me to balance.</li> <li>I know that moving my arm quicker will give me more power.</li> </ul> <b>Striking:</b> <ul style="list-style-type: none"> <li>I know to finish with my object/hand pointing at my target.</li> </ul> <b>Tactics:</b> <ul style="list-style-type: none"> <li>I know and can apply simple tactics.</li> </ul> <b>Rules:</b> <ul style="list-style-type: none"> <li>I know how to score points and follow simple rules.</li> </ul> <b>Sending and Receiving Sending:</b> <ul style="list-style-type: none"> <li>I know that stepping with opposite foot to throwing arm will help me to balance.</li> </ul> <b>Receiving:</b> <ul style="list-style-type: none"> <li>I know to use wide fingers and pull the ball in to my chest to help to securely catch.</li> </ul>	<b>Net and Wall Games Hitting:</b> <ul style="list-style-type: none"> <li>I know to watch the ball as it comes towards me to help me to prepare to hit it.</li> </ul> <b>Feeding:</b> <ul style="list-style-type: none"> <li>I know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</li> </ul> <b>Rallying:</b> <ul style="list-style-type: none"> <li>I know that sending the ball towards my partner will help me to keep a rally going.</li> </ul> <b>Footwork:</b> <ul style="list-style-type: none"> <li>I know that using a ready position helps me to react quickly and return/catch a ball.</li> </ul> <b>Tactics:</b> <ul style="list-style-type: none"> <li>I know that applying simple tactics makes it difficult for my opponent.</li> </ul> <b>Rules:</b> <ul style="list-style-type: none"> <li>I know how to score points and follow simple rules.</li> </ul> <b>Athletics</b>	<b>Invasion Games Sending and Receiving</b> <ul style="list-style-type: none"> <li>I know to control the ball before sending it.</li> </ul> <b>Dribbling:</b> <ul style="list-style-type: none"> <li>I know that keeping my head up will help me to know where defenders are.</li> </ul> <b>Space:</b> <ul style="list-style-type: none"> <li>I know that moving into space away from defenders helps me to pass and receive a ball.</li> </ul> <b>Attacking:</b> <ul style="list-style-type: none"> <li>I know that when my team is in possession of the ball, I am an attacker and I can score.</li> </ul> <b>Defending:</b> <ul style="list-style-type: none"> <li>I know that when my team is not in possession of the ball, I am a defender and I need to try to get the ball.</li> <li>I know that standing between the ball and the attacker will help me to stop them from getting the ball.</li> </ul> <b>Tactics:</b> <ul style="list-style-type: none"> <li>I understand and can apply simple tactics</li> </ul>

	<p>skipping without a rope.</p> <p><b>Ball Skills</b></p> <p><b>Sending:</b></p> <ul style="list-style-type: none"> <li>I know that stepping with opposite foot to throwing arm will help me to balance.</li> </ul> <p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>I know to use wide fingers and pull the ball in to my chest to help to securely catch.</li> </ul> <p><b>Tracking:</b></p> <ul style="list-style-type: none"> <li>I know that it is easier to move towards a ball to track it than chase it.</li> </ul> <p><b>Dribbling:</b></p> <ul style="list-style-type: none"> <li>I know to keep my head up when dribbling to see space/opponents</li> </ul>	<ul style="list-style-type: none"> <li>I know that I can change the way I perform actions to show an idea.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I know that I can use different directions, pathways and levels in my dance.</li> </ul> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>I know that using counts of 8 will help me to stay in time with my partner and the music.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>I know that using facial expressions helps to show the mood of my dance.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>I know that if I practise my dance my performance will improve.</li> </ul>	<p>will help me to tell the story of dance.</p> <p><b>Dynamics:</b></p> <ul style="list-style-type: none"> <li>I know that I can change the way I perform actions to show an idea.</li> </ul> <p><b>Space:</b></p> <ul style="list-style-type: none"> <li>I know that I can use different directions, pathways and levels in my dance.</li> </ul> <p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>I know that using counts of 8 will help me to stay in time with my partner and the music.</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>I know that using facial expressions helps to show the mood of my dance.</li> </ul> <p><b>Strategy:</b></p> <ul style="list-style-type: none"> <li>I know that if I practise my dance my performance will improve.</li> </ul>		<p><b>Running:</b></p> <p>I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p><b>Jumping:</b></p> <p>I know that swinging my arms forwards will help me to jump further.</p> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>I know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know how to follow simple rules when working with others.</li> </ul>	<p>for attack and defence.</p> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know how to score points and follow simple rules.</li> </ul> <p><b>Striking and Fielding Games</b></p> <p><b>Striking:</b></p> <ul style="list-style-type: none"> <li>I understand the role of a batter.</li> <li>I know that striking quickly will increase the power.</li> </ul> <p><b>Fielding:</b></p> <ul style="list-style-type: none"> <li>I understand that there are different roles within a fielding team.</li> <li>I know to move towards the ball to collect it to limit a batter's points.</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>I know that stepping with opposite foot to throwing arm will help me to balance.</li> </ul> <p><b>Catching:</b></p> <ul style="list-style-type: none"> <li>I know to use wide fingers and pull the ball in to my chest to help me to securely catch.</li> </ul> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>I understand and apply simple tactics for attack (batting) and defence (fielding).</li> </ul> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>I know how to score points and follow simple rules.</li> </ul>
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<b>Key Vocabulary</b>	<p><b>Fundamentals</b> Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight</p> <p><b>Ball Skills</b> Bounce, catch, collect, control, dribble, kick, prepare, receive, release, roll, target, touch, underarm</p>	<p><b>Gymnastics</b> Balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck</p> <p><b>Dance</b> Action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison</p>	<p><b>Gymnastics</b> Balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck</p> <p><b>Dance</b> Action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison</p>	<p><b>Target Games</b> Accurate, ahead, aim, opponent, overarm, release, strike, target, teammate, underarm</p> <p><b>Sending and Receiving</b> Catch, distance, kick, ready position, receive, roll, send, target, throw, track</p>	<p><b>Net and Wall Games</b> Against, defend, partner, point, quickly, ready position, receive, return, trap</p> <p><b>Athletics</b> Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw</p>	<p><b>Invasion Games</b> Attack, defend, defender, goalkeeper, mark, opponent, possession, receive, send, score, shoot, tactic, teammate</p> <p><b>Striking and Fielding</b> Backstop, batter, batting, bowler, collect, fielder, fielding, hit, out, rules, runs, stump, tactics, teammate, track</p>
<b>Assessing Impact</b>	Assessment Criteria	Assessment Criteria Data on Insight	Assessment Criteria	Assessment Criteria Data on Insight	Assessment Criteria	Assessment Criteria Data on Insight