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|  | **Movement** | | **Ball Skills Hands 1** | **Ball Skills Feet 1** | **Games For Understanding** |
| Reception | **Walking**   * Explore/develop walking * Explore walking in different pathways * Sustain walking * Explore marching * Apply walking into a game | **Jumping**   * Explore/develop jumping * Apply jumping into a game * Jumping for distance * Explore jumping high * Explore hopping | * Explore pushing * Explore rolling * Explore bouncing * Explore bouncing into space * Combine pushing and rolling * Combine rolling, pushing and bouncing | * Explore moving with a ball using our feet * Develop moving with a ball using our feet * Understand dribbling * Develop dribbling against an opponent | * Taking turns/keeping the score * Understanding and playing by the rules * Avoiding a defender * Preventing an attacker from scoring * Applying attacking and defending into a game |
| Year 1 | **Running**   * Explore running * Apply running into a game * Explore running at different speeds * Running for speed: Acceleration * Explore running in a team * Consolidate running * Apply running into a competitive game | **Jumping**   * Recap jumping * Develop jumping * Explore how jumping affects our bodies * Explore skipping * Apply skipping and jumping into a game | * Introduce sending (bouncing) with control * Introduce aiming with accuracy * Introduce power and speed when sending a ball * Introduce/develop stopping, combining sending skills * Combine sending and receiving skills | * Develop moving the ball using the feet * Apply dribbling into games * Consolidate dribbling * Explore kicking (passing) * Apply kicking (passing) to score a point | * Understanding the principles of attack/defence * Applying attacking/ defending principles into a game Consolidate attacking/defending |
| Year 2 | **Dodging**   * Explore dodging * Develop dodging * Apply dodging: * Explore attacking and defending * Apply dodging in teams | **Jumping**   * Consolidate jumping * Apply jumping into a game * Linking jumping * Explore jumping combinations * Develop jumping combinations | * Develop dribbling/passing and receiving * Combine dribbling, passing and receiving, keeping possession * Develop dribbling/passing and receiving to score a point * Combine dribbling, passing and receiving to score a point | * Develop dribbling/passing/ receiving, keeping possession * Combine dribbling, passing and receiving, keeping possession/to score a point * Apply dribbling, passing and receiving as a team to score a point | * Attacking/defending as a team * Understanding the transition between defence and attack * Create and apply attacking/ defensive tactics |

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|  | **Gymnastics** | | | **Dance** | | **Health and Wellbeing** |
| Reception | * Introduction to high, low, over and under * Introduction to the apparatus * Applying high and low on apparatus | * Explore moving and making shapes using different body parts * Explore moving in different directions * Explore big and small ways of moving and making shapes * Moving in pairs * Creating shapes in pairs | * Moving in sequence * Creating our own movements * Creating simple movement sequences * Responding in movement to words and music * Exploring contrasting tempos * Exploring character movement | | * Moving in sequence * Responding in movement to words and music * Moving with props and contrasting tempos * Creating their own movements * Exploring opposites and creating simple movement sequences |  |
| Year 1 | * Introduction to wide, narrow and curled * Exploring the difference between wide, narrow and curled * Transitioning between wide, narrow and curled movements * Linking two movements together | * Introduction to big/small body parts * Combining big and small with wide, narrow and curled * Transition between wide narrow and curled using big and small body parts * Adding (linking) movements together | * Exploring expression * Developing our movements, adding movements together * Responding to a rhythm: * Introducing partner work * Creating an animal sequence motifs * Exploring relationships within our motifs | | * Responding to rhythm * Developing the growing plant 'dance’ * Introduction to motifs * Creating motifs * Creating movement sequences * Relationships and performance | * Introduce and explore agility * Introduce and explore balance * Introduce and explore coordination: * Bouncing, rolling and throwing |
| Year 2 | * Developing linking * Linking on apparatus * Jump, roll, balance sequences/on apparatus * Creation of sequences * Completion of sequences and performance | * Explore/develop zig-zag pathways/on apparatus * Explore/develop curved pathways/ on apparatus * Creation of pathway sequences * Completion of pathways sequences and performance | * Responding to stimuli * Developing our motif with expression and emotion * Applying choreography in our motifs * Extending our motifs * Sequences, relationships and performance | | * Responding to stimuli * Developing whole group movement * Improvisation and physical descriptions * Creating contrasting movement sequences * Sequences, relationships and performance | * Consolidate agility * Consolidate balancing: * Explore balancing on apparatus * Introduce and explore coordination: * Dribbling and kicking |

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|  | **Team Games** | **Ball Skills Hands 2** |
| **Reception** |  | * Explore throwing overarm * Explore throwing underarm * Explore rolling * Explore stopping a ball Explore catching |
| **Year 1** | * Introducing teamwork * Develop teamwork * Building trust and developing communication * Cooperation and communication * Explore simple strategies * Problem solving: Consolidate teamwork | * Introduce throwing with accuracy * Apply throwing with accuracy in a team * Introduce stopping a ball * Develop sending (rolling) skills to score a point * Consolidate sending and stopping to win a game |
| **Year 2** | * Consolidating teamwork * Building trust and developing communication * Cooperation and communication * Explore simple strategies * Problem solving: Consolidate teamwork | * Consolidate pupils application and understanding of underarm throwing * Applying the underarm and overarm throw to win a game * Applying the underarm throw to beat an opponent |