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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
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| 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
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| 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
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