



	Autumn 1		Autumn 2		Spring 1	
Topic Title	Locomotion: Running 1	Gymnastics: Wide, Narrow and Curled	Gymnastics: Body Parts	Ball Skills: Hands 2	Ball skills: Feet 1	Dance: The Zoo
National Curriculum	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		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 perform dances using simple movement patterns		perform dances using simple movement patterns participate in team games, developing simple tactics for attacking and defending	
Skills and Techniques	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> 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
Vocabulary	Speed Acceleration Tagging/Tag	Transition Interesting Linking	Transition Interesting Linking	Throwing Catching Rolling	Dribbling Passing Control	Sequence Motif Expression
Outcomes	<ul style="list-style-type: none"> Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders. Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games. Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules. 	<ul style="list-style-type: none"> Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement. Pupils will demonstrate life skills such as empathy and gratitude as they work 	<ul style="list-style-type: none"> Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement. Pupils will demonstrate life skills such as empathy and gratitude as they work 	<ul style="list-style-type: none"> Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent Pupils will develop their concentration skills as they focus on the target, their partner and the ball. Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules 	<ul style="list-style-type: none"> Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball. Pupils will develop life skills such as fairness and empathy as they 	<ul style="list-style-type: none"> Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear. Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving. Pupils can demonstrate fairness and empathy as they work well with others, creating their movements and sequences. Pupils will develop life skills such as self belief and courage as they create their sequences including more advanced compositional elements.

		safely with each other. Pupils will support each other and share apparatus. - Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.	safely with each other. Pupils will support each other and share apparatus. - Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.	-Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.	work well with others and play by the rules. -Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly	
Previous Learning	Walking 1 (Reception)	Moving (Reception)	Moving (Reception)	Hands 2 (Reception)	Feet 1 (Reception)	Dinosaurs (Reception)
Next Learning	Feet 1 (Y2)	Pathways (Y2)	Pathways (Y2)	Hands 2 (Y2)	Feet 1 (Y2)	Water (Y2)

	Spring 2		Summer 1		Summer 2	
Topic Title	Heroes	Rackets, Bats and Balls	Jumping 1	Team Building	Games for Understanding	Health and Wellbeing
National Curriculum	participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns		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 participate in team games, developing simple tactics for attacking and defending		participate in team games, developing simple tactics for attacking and defending 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	
Skills and Techniques	<ul style="list-style-type: none"> Performing movements in sequence Creating movements that represent superpowers Creating movements that represent a superhero rescuing/saving, someone/something Exploring character movements 	<ul style="list-style-type: none"> Develop pushing (dribbling) a ball with a racket: Introducing control Explore hitting and develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with accuracy and power 	<ul style="list-style-type: none"> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game 	<ul style="list-style-type: none"> Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork 	<ul style="list-style-type: none"> Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending 	<ul style="list-style-type: none"> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing
Vocabulary	Speed Acceleration Tagging/Tag	Dribbling Accuracy Hitting Power	Skipping Landing	Courage Motivation	Rules Tactics Team	Hand-eye coordination Throwing Aiming
Outcomes	-Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.	-Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.	-Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into	- Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully	- Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will	- Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.

	<p>-Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games. -Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.</p> <p>-Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.</p>	<p>-Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.</p> <p>-Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together</p> <p>-Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, even if they find it challenging.</p>	<p>spaces to avoid the defenders</p> <p>-Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.</p> <p>-Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.</p> <p>-Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.</p>	<p>- Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics</p> <p>- Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.</p> <p>- Pupils will develop life skills such as courage and self belief as they strive to complete the different challenges, adapting strategies and never giving up.</p>	<p>successfully make a tag.</p> <p>- Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.</p> <p>- Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.</p> <p>- Pupils will continue to develop and apply honesty as they play by the rules and keep the score.</p>	<p>- Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.</p> <p>- Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.</p> <p>- Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.</p>
Previous Learning	Moving (Reception)	N/A	N/A	N/A	Games for Understanding (Reception)	N/A
Next Learning	Feet 1 (Y2)	Rackets, Bats and Balls (Y2)	Jumping 1 (Y2)	Team Building (Y2)	Games for Understanding (Y2)	Health and Wellbeing (Y2)