

Year 1 – We are learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To hit a target 2. To defend a target 3. To roll and slide balls and beanbags 4. To shoot in a game to get points 5. To work with a partner to score points 6. To use our attacking and defending skills in a game 	<ol style="list-style-type: none"> 1. To find our pulse on our wrist 2. To move side to side to defend the goal 3. To bounce a ball with control to ourselves 4. To aim at different targets 5. To adapt to a game with changing rules 6. To play in the best defensive position in a game 	<ol style="list-style-type: none"> 1. To select space to throw or roll a ball into 2. To track and collect a rolling ball 3. To catch a ball to stop an opponent scoring 4. To use our hands to hit a ball 5. To run between bases to score points 6. To work as a team to score points 	<ol style="list-style-type: none"> 1. To catch a ball over a short distance 2. To begin to hit a ball with power 3. To position ourselves in the path of the ball 4. To field the ball to a base 5. To catch a high ball 6. To stop the other team from scoring points
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To slide a beanbag to a target 2. To hit a ball in different ways with our hands 3. To move towards a ball to return it 4. To work with a partner to stop and return a beanbag 5. What a rally is and rallying with a partner 6. To send a ball into space to make it harder for our opponent 	<ol style="list-style-type: none"> 1. To send the ball over a net to our partner 2. To track and stop a moving object using both hands 3. Why different muscles are important when playing games 4. To send balls accurately from different positions e.g., kneeling or sitting 5. To spot space on the playing area and hit the ball there 6. To play a game with a partner 	<ol style="list-style-type: none"> 1. To start and stop moving at speed 2. To use our arms when running at different speeds 3. To take off on two feet to jump for distance 4. To use correct technique to throw different objects for distance 5. To show improvement in our throwing 6. To take part in a competition using running, jumping, and throwing skills 	<ol style="list-style-type: none"> 1. To use agile movements in different activities 2. Different ways to recognise the start and end of an activity e.g., whistle 3. To develop stamina when running 4. To develop core strength to improve throwing 5. To stride and jump for height 6. To choose the best starting position for running quickly

Year 1 – We are learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> To show moods and feelings we would experience in the jungle To move as if we are living in the jungle To create and perform movements which show friendship To perform leading and following movements To perform a short dance with a clear start, middle and end To use repeated actions in our dance 	<ol style="list-style-type: none"> To perform actions to well-known nursery rhymes To march in time to the beat and to turn while marching To march in time as a group To perform actions in canon To perform a short dance using canon To perform in rounds in different groups 	<ol style="list-style-type: none"> To perform 3 'like actions' in a sequence To carry and set up apparatus safely To tense our muscles to hold different shapes To jump high and far To travel with good body tension To create a short movement pattern 	<ol style="list-style-type: none"> To move on, off and over apparatus To rock on different parts of the body To perform spins and turns at different levels To perform actions at the same time as a class To perform controlled actions at different times than others To create a sequence with a partner



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- To follow simple instructions to complete a trail
- To find matching symbols
- To copy and create a hoop dance
- To work with a partner to complete a hoop challenge
- To recognise a drawn symbol as a real object
- To use decision-making skills to hide equipment

Year 2 - We Are Learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To kick the ball over long and short distances 2. To stop a ball with control using the foot 3. To work as a team to keep the ball 4. To bounce a ball with my partner 5. To bounce the ball while we are moving 6. To pass the ball forward in a game 	<ol style="list-style-type: none"> 1. To throw different types of equipment 2. To move to a space after passing a ball 3. To pass and move forwards to a target with a partner 4. To position ourselves as a goalkeeper 5. To intercept a ball from a person on the other team 6. To use the skills we have developed in a competition 	<ol style="list-style-type: none"> 1. To hit a ball and score points by running to cones 2. To defend a target by kicking 3. To bowl underarm with control 4. To hit a ball using different bats and techniques 5. To throw accurately to a base 6. To hit a ball into a space, away from fielders 	<ol style="list-style-type: none"> 1. To time our run around the bases to stay 'safe' 2. To kick a ball into space using different parts of the foot 3. To respond to how a ball is bowled when hitting 4. About the role of a wicketkeeper 5. About the role of a backstop and its likeness to wicketkeeper 6. To bowl underarm in a game with accuracy
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To stay on our toes to move quickly to the ball 2. To identify which hand is dominant in a game 3. Basic rules of serving to our partner 4. To develop agility and use it in a game 5. To use the correct grip to hit a self-fed ball 6. To use the ready position in a rally 	<ol style="list-style-type: none"> 1. To feed a ball to our partner with consistency 2. To send the ball to different parts of the court 3. To throw and catch in a seated position 4. To accurately serve the ball to different parts of the court 5. To use overarm attacking shots in a game 6. To manage what we should be doing within the competition 	<ol style="list-style-type: none"> 1. To move quickly whilst being aware of others around 2. To create power with our legs to turn at speed 3. To move through an obstacle course with speed and control 4. To choose the best throw for different situations 5. To use quick feet whilst sprinting 6. To perform static and dynamic balances 	<ol style="list-style-type: none"> 1. To work both individually to run over a longer distance 2. To improve strength to increase jumping distance 3. To create power when throwing for distance 4. To use breathing techniques to be able to run more easily 5. To cooperate with our partner to complete a task well 6. Listen to others and work as a team to achieve the highest score possible

Year 2 - We Are Learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> To use penguin images to inspire our dance To show feelings of abandonment through dance To create movements that show friendship between two characters To create a solo dance with changes of direction and speed To match our movements to music To choose a formation for our dance and explain our choice 	<ol style="list-style-type: none"> To develop a dance that shows different emotions To work on our own to create a movement pattern To work on our own to create and perform a short movement phrase To watch, copy and repeat actions to create a 'motif' To perform our motif in different formations To use different movement pathways in our dance 	<ol style="list-style-type: none"> To combine 4 elements into a floor sequence To create power in a variety of different jumps To smoothly link actions To show flexibility in shapes To travel at different speeds To judge a short sequence 	<ol style="list-style-type: none"> To perform a front support position with control To perform an arch and dish shape To perform a back support shape showing flexibility To leapfrog To jump for distance with control To create and perform a 10-element sequence

Year 2 - We are Learning

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- To work as a team to complete a task
- To use problem-solving to complete a simple treasure hunt
- To copy and then create a simple movement pattern
- To give clues to guide a blindfolded person safely
- To improve performance through repetition
- To use a key on a map to re-create a map with accuracy

