

	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 5 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 2 7 weeks
Coverage Overview	<p>Multiskills – with Mr Bourne</p> <p>Development of balance, coordination, strength and spatial awareness. Learning how to throw and catch.</p> <p>Uni hoc – with teacher sending and receiving skills, attacking and defending</p>	<p>Dance – with Mr Bourne</p> <p>Developing our movement skills in time to music.</p> <p>Gymnastics – with class teacher</p>	<p>Throwing and catching, team games (tag rugby)– with Mr Bourne</p> <p>Drumba 1 class (outside provider)</p> <p>Or maypole dance with class teacher</p>	<p>Striking and fielding – with Mr Bourne.</p> <p>Drumba – 1 class (outside provider)</p> <p>Or Maypole dance with class teacher</p>	<p>Athletics skills – with Mr Bourne</p> <p>Little wickets (outside provider) team games and bat and ball skills</p>	<p>Ball skills – with Mr Bourne</p> <p>Bat and ball skills – tennis with class teacher.</p>

<p>I know I need to warm up and cool down. (recap from reception) I know how to perform an underarm throw. I know what aiming means I know how to catch a ball I know how to roll a ball to a partner. I know how to hold a uni hoc stick safely</p> <p>I know why it is important to keep the hockey stick low to the ground. I can move around in space safely and am aware of where others are. I can adjust speed and direction to avoid obstacles. I can work with a partner. I can play small team games.</p> <p>I can send a ball using underarm and overarm I know how to get my hands ready to receive a ball I can catch a ball at different levels</p> <p>I can hit a ball with the uni hoc stick making it move along the ground. I can send a ball with a uni hoc stick and aim towards a target.</p> <p>I can dribble a ball with a uni hoc stick and with some control. I can receive a ball and send it (pass it) with the uni hoc stick.</p> <p>I can defend a goal by trying to stop the ball with my uni hoc stick.</p>	<p>I know that 2 or more movements together create a dance. I know how to land safely when I jump by bending my knees. I know I need to warm up. I know I breathe faster when I exercise. I know my heart beats faster when I exercise.</p> <p>I know what a log and tuck roll is and can demonstrate them. I know how to move around the space safely.</p> <p>I can listen to music before responding I can copy and repeat actions I can develop a dance motif (recurring element) and use throughout the dance I can put a sequence of actions together to create a dance I can vary the speed of my actions I can perform a range of actions with some coordination I can use choreographic devices such as mirroring I can watch and describe others performances I can begin to say how my dance may be improved</p> <p>I can travel along different pathways using different levels. I can perform a tuck roll. I know how to balance using different parts of my body including performing a dish and arch shape I know how to perform a pencil jump and land safely I know how to perform a star jump and land safely I know I can hold my weight on my hands (bunny hop) I know how to put together a sequence of 5 moves (start, balance, jump, roll, finish) and perform it. I can say what I like about someone's performance and begin to suggest improvements.</p>	<p>I can give examples of exercise.</p> <p>I know a number of things I need to keep me healthy</p> <p>I know how to find space safely</p> <p>I can move safely in space and am aware of where others are I can work with a partner I can play small team games I can hold a rugby shaped ball I can run with a ball, holding it in 2 hands I can catch a large ball (rugby shaped) I can throw a large ball (rugby shaped) I can pass a ball by throwing it I can dodge a defender when attacking I can retrieve a tag from another child</p> <p><u>Drumba/ Maypole</u> I can move in time to a beat. I can copy movements. I can repeat movements</p> <p>I can change the speed of my movements. I can move at different levels. I can perform a range of actions with some coordination</p>	<p>I can spot some of the effects physical activity has on my body.</p> <p>I know I need to warm up and cool down</p> <p>I know how to find a space safely I can strike a ball with a bat along the ground I can strike a ball aiming towards a target I can throw a small ball for my partner to strike I can strike a ball which has been thrown to me (may include a bounce) I can move in space to strike a ball I can catch a small ball I can say what is good about the skill someone is performing. ie – good throwing/ catching technique</p> <p><u>Drumba/ Maypole</u> I can move in time to a beat. I can copy movements. I can repeat movements</p> <p>I can change the speed of my movements. I can move at different levels. I can perform a range of actions with some coordination</p>	<p>I know I need to look at the target or person I am throwing to. I know that I need to use my arms when running and can use them (hip to lip) I know how to stand when throwing a javelin I know I need to look the way I am throwing I know how to stay safe when objects are thrown. I know I need to swing my arms up when jumping I know I need to bend my knees when landing I can run in a straight line I can jump over an obstacle when running (hurdle) I can aim when throwing (javelin, shot putt) I can use different throwing techniques (over arm for javelin, push for shot putt) I can perform a standing long jump. I can pass a baton to a partner (relay)</p> <p><u>Little wickets</u> I can find space safely I can apply what I have learnt from throwing and catching to play a small game I can throw a ball over arm</p> <p>I can throw a ball towards a target (stumps) I can strike a still ball with a bat towards a target. I can strike a moving ball towards a target</p>	<p>I know how to avoid other children when moving around in space.</p> <p>I know I should exercise and begin to give reasons why.</p> <p>I know how to hold a racket accurately</p> <p>I know I need to look at where I want the ball to go when striking it</p> <p>I can talk about the effects exercise has on my body I can kick a ball I can kick a ball to a partner I can move to receive a ball I can kick a ball towards a target I can dribble a ball with my feet with some control in space I can dribble a ball and pass it to a partner I can dribble the ball in a small team game I can compete against another team, partner</p> <p>I can throw a ball towards a partner I can balance a ball on a racket I can hit a ball upwards/ downwards I can hit a ball across the ground using a racket I can bounce a ball and hit it with a racket</p> <p>I can swing a racket safely to strike a ball I can strike a ball that has been thrown towards me. I can hit a ball over a net I am beginning to move towards a ball to return it.</p>
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Critical Vocab	Space Speed Direction Underarm Roll Warm up Aim	Throw Catch Dribble Send Receive Cool down Defend attack	balance Log roll Tuck roll Arch dish Jump Land Movement	Weight Travel Space Stretch Healthy Pathways Level	Dodge Attack Defend Tag Rugby	Beat Drumba Coordination Copy and repeat Double triple	Physical activity Travel Target Underarm racket	Bounce Direction Coordination Send Receive beat	Active Healthy Aim Target Obstacles Hurdles Javelin Shot putt	Relay Baton Wickets Stumps	Dribble Kick Aim Target Receive Control	Racket Strike Bounce Underarm Space	
Assessment focus													
Enrichment Opps			Dance / gymnastics professional to visit. Christmas performance – dance routines	Drumba		Drumba			Little wickets				
Assessing Impact	Can children find a space, perform an underarm throw? Can they hit, dribble a ball along the ground? Aim at a target Quick quiz – whats a warm up, how do you find a space? How do you do an underarm throw/ catch a ball. How do you hold a uni hoc stick? Why is it important to hold it safely?		Can children find a space and perform a short sequence of dance moves? Video short dance sequences. Can children perform the following gymnastics moves – log roll, tuck roll, balance, dish, arch, jump and land safely? Quick quiz – what is exercise? How do you land when jumping? What is a tuck roll, log roll? What happens to your body when you do exercise?		Wjhat examples of exercise can you give? How do you move safely in space?		Can children hit a ball towards a partner or target? Can they catch a large ball? Can they copy movements?			Can children aim at a target and throw an object towards it? Can children jump over low obstacles without falling over? Can they run in a straight line?		Can children show good levels of coordination when playing a small game? Throwing accurately, catching. Can they move around the space making sure they don't bump into any obstacles or people?	