

	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 5 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 2 7 weeks
overview	Multiskills – with Mr Bourne Development of balance, coordination, strength and spatial awareness. Learning how to throw and catch.	Dance – with Mr Bourne Developing our movement skills in time to music.	Gymnastics – with Mr Bourne Drumba 1 class (outside provider)	Bat and ball skills – with Mr Bourne. Drumba – 1 class (outside provider)	Athletics skills – with Mr Bourne	ball skills – with Mr Bourne bat and ball skills – little wickets.
Knowledge and application	<p>I know I need to warm up and cool down.</p> <p>I know how to perform an underarm throw.</p> <p>I know how to catch a ball</p> <p>I can move around in space safely.</p> <p>I can travel in different directions.</p> <p>I can change speed.</p> <p>I can push a ball along the ground.</p> <p>I can roll a large ball to a partner.</p> <p>I can stop a ball.</p> <p>I can hold a large ball/ beanbag in 2 hands.</p> <p>I can throw a large ball/ beanbag underarm.</p> <p>I can place my hands together in a catching position.</p> <p>I can catch a large ball/ beanbag.</p> <p>I can kick a ball along the ground.</p> <p>I can kick a ball towards a partner.</p> <p>I can dribble a ball.</p>	<p>I know that 2 or more movements together create a dance.</p> <p>I can move around safely in space.</p> <p>I can move at different levels.</p> <p>I can change the speed of my movement.</p> <p>I can respond to a stimulus and move in a variety of ways.</p> <p>I can copy movements.</p> <p>I am beginning to show good control when doing large and small movements.</p> <p>I can stretch and curl my body into different shapes.</p> <p>I begin to move in time to the beat.</p> <p>I can say what I have done.</p> <p>I am beginning to notice what others do and talk about it.</p> <p>I can link some movements together to create a dance sequence.</p>	<p>I know I need to bend my knees when I land.</p> <p>I know how to jump off low apparatus and land safely.</p> <p>I know how to travel in different ways.</p> <p>I know how to move in space safely and around apparatus.</p> <p>I know how to perform a log roll</p> <p>I know how to use my body to create shapes and demonstrate it.</p> <p>I can jump off low apparatus and land safely.</p> <p>I know how to balance on different parts of my body and can demonstrate it.</p> <p>I know how to hold my weight on my hands (bunny hop)</p> <p>I know how to put a sequence of 3 moves together and demonstrate it.</p> <p>I can give examples of exercise.</p> <p><u>Drumba</u></p> <p>I can move in time to a beat.</p> <p>I can copy movements.</p> <p>I can change the speed of my movements.</p> <p>I can move at different levels.</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.</p> <p>I can pass a ball/ beanbag from one hand to another.</p> <p>I can pat a ball to make it bounce.</p> <p>I can throw a ball, beanbag or scarf to a partner underarm.</p> <p>I can catch a ball, beanbag or scarf.</p> <p>I can push a ball along the ground with a bat/ racket.</p> <p>I can hit a ball along the ground to a partner.</p> <p>I can balance a ball on a bat/ racket.</p> <p>I can hit a ball down making it bounce.</p> <p>I can hit a ball towards a target.</p> <p><u>Drumba</u></p> <p>I can move in time to a beat.</p> <p>I can copy movements.</p> <p>I can change the speed of my movements.</p> <p>I can move at different levels.</p>	<p>I know I need to look at the target or person I am throwing to.</p> <p>I can aim at a target and throw an object (javelin, ball, beanbag)</p> <p>I can run in a straight line.</p> <p>I can jump over low obstacles (hurdles)</p> <p>I can run at different speeds.</p> <p>I can run fast when competing.</p> <p>I can use my arms when running.</p>	<p>I know how to avoid other children when moving around in space.</p> <p>I know I should exercise.</p> <p>I can move around in space safely, changing speed.</p> <p>I can kick a ball along the ground.</p> <p>I can dribble a ball with increasing control.</p> <p>I can kick a ball at a target.</p> <p><u>Little wickets</u></p> <p>I can apply what I have learnt when throwing and catching to play a small game.</p> <p>I can throw a ball overarm</p> <p>I can hit a still ball towards a target.</p>

Critical Vocab	Space Speed Direction Underarm Roll Warm up	Throw Catch Dribble Send Receive Cool down	Copy Repeat Level Direction Speed	Curl stretch	balance Log roll Jump Land Movement active	Weight Travel Space Stretch healthy	Physical activity Travel Target Underarm racket	Bounce Direction Coordination Send Receive beat	Active Healthy Aim Target Obstacles hurdles	Javelin	Overarm Underarm Throw Catch Target aim
Enrichment Opps	Opportunities to practise learnt skills in the outdoor area.		Hindu dancing link to diwali Firework dance Dancing opportunities at Christmas party / performance. Visit from a dance professional.		Opportunities to practise learnt skills in the outdoor area.		Drumba Opportunities to practise learnt skills in the outdoor area.		Drumba Opportunities to practise learnt skills in the outdoor area.		Little wickets Opportunities to practise learnt skills in the outdoor area.
Assessing Impact	Can children find a space, perform an underarm throw and Kick a ball along the ground. Quick quiz – whats a warm up, how do you find a space? How do you do an underarm throw/ catch a ball.		Can children find a space and perform a short sequence of dance moves? Video short dance sequences.		Can children land by bending their knees and staying on their feet? Can they hold a balance for 3 seconds? Can they perform a log roll? Quick quiz – what is exercise? How do you land when jumping?		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?