



PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Me and Myself</u> How can I move my body? I can dress myself. I can move freely and with confidence in a range of skilful ways. I can run skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles. Fundamental Movement Skill 1: I can stand still on one leg. Skill 10: I can side-step in both directions. Skill 10: I can gallop, leading with either foot.	<u>Ball Skills</u> How do I play catch with a friend? I can play in a group. I can show increasing control when throwing and catching a large ball. I can respond to simple instructions. I can take turns and share. Fundamental Movement Skill 7: I can sit with a partner holding hands and feet touching. Skill 12: I can react and catch a ball dropped from shoulder height (many bounces).	<u>Dance</u> How do I move my body to the beat of the music? I can explore different movements keeping good balance and coordination. I can show different emotions, impressions and expressions. I can listen to the music and move in time with it. Fundamental Movement Skill 4: I can stand on one leg with a good stance. Skill 5: I can walk forwards with fluidity. Skill 5: I can walk backwards with fluidity.	<u>Throwing</u> How do I throw a ball with accuracy? I can show increased control when catching the ball. I can show increased control when throwing, pushing, passing, kicking or catching a ball. I can move freely and with confidence in skilful ways. I can play fairly in a group. Fundamental Movement Skill 9: I can sit and roll a ball along the floor around my body using two hands. Skill 9: I can sit and roll a ball along the floor around my body using 1 hand. Skill 8: I can roll a ball and collect the rebound. Skill 8: I can throw a large ball and collect the rebound with two hands.	<u>Movement Development</u> How do I move with balance and coordination? I can travel with confidence and skill in a range of movements. I can move freely and with confidence in skilful ways. I can run skilfully and negotiate space. I can adjust my speed or direction to avoid objects. Fundamental Movement Skill 2: I can balance with both hands/ feet down Skill 2: I can balance with 1 hand/ 2 feet down Skill 2: I can balance with 2 hands/ 1 foot down Skill 3: I can hold mini-front support position.	<u>Fun and Games</u> How do I move in different ways? I can use equipment in my games. I can run skilfully – adjusting speed or direction to avoid obstacles. I can take turns and share equipment. I can move freely with confidence in a range of skilful ways. Fundamental Movement Skill 6: I can jump forwards and backwards. Skill 11: I can roll a ball, chase and collect it in balance position facing the opposite direction.
	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: Balance Bike Training	Enrichment opportunities:	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Jesse Lingard	Game changer: Wolfie	Game changer: Beth Tweddle	Game changer: Wolfie	Game changer: Beth Tweddle	Game changer: Jesse Lingard

Year 1	Dodgeball Why is it important to move quickly in dodgeball? I can show control of a ball with basic actions. I can move the ball in different ways, practising throwing overarm and underarm techniques. I can roll a ball with some accuracy. I can develop fundamental movement skills, becoming increasingly confident. Fundamental Movement Skill 8: I can throw a tennis ball and catch the rebound with the same hand after one bounce. Skill 8: I can throw a tennis ball and catch the rebound with the same hand. Skill 12: I can react and catch a tennis ball dropped from shoulder height after 1 bounce.	Gymnastics How do I create different shapes with my body? I can move with purpose and accuracy. I can copy, create and explore different ways of travelling and link a range of movements and shapes, safely. I can develop balance and coordination. I can learn and develop the quality of an egg roll. I can perform basic jumps with quality and control. I can remember and repeat sequences of gymnastic actions. Fundamental Movement Skill 1: I can stand still on one leg for 10 seconds. Skill 10: I can combine side-steps with 180° front pivots off either foot. Skill 10: I can combine side-steps with 180° reverse pivots off either foot.	Tennis How do I control a tennis ball? I can engage in cooperative physical activities. I can explore different ways to move with and use the ball. I can strike a ball with accuracy. I can send and pass a ball – developing my throwing technique. I can catch/stop and send/pass a ball – developing my throwing and catching techniques. I can move fluently changing speed and direction Fundamental Movement Skill 11: I can chase a ball rolled by a partner and collect it in balanced position facing the opposite direction. Skill 6: I can jump from 2 feet to 2 feet forwards, backwards and side to side. Skill 6: I can jump from 2 feet to 2 feet with a quarter turn in both directions.	Athletics How do I hit a target when throwing? I can show good teamwork and sportsmanship when taking part in competitive throwing. I can develop overarm throwing technique. I can practise the underarm throw technique. I can show a basic level of control, coordination and consistency when running. I can explore and practise a variety of movements including running, jumping and throwing. I can experiment with different jumping techniques, showing control, coordination and consistency. Fundamental Movement Skill 2: can balance with 1 hand/ 1 foot down Skill 2: I can balance with 1 hand or 1 foot down Skill 2: I can balance with no hands or feet down.	Dance How do I perform movement phrases with different parts of the body? I can respond imaginatively to a range of stimuli. I can move confidently and safely in my own space, using changes of speed, level and direction. I can perform movement phrases using a range of different body actions and body parts – with control and accuracy. I can create linked movements, combining different ways of travelling Fundamental Movement Skill 4: I can stand on a line with good stance for 10 seconds. Skill 3: can round and point to ceiling with either hand in mini-front support. Skill 3: I can place cone on back and take it off with other hand in mini-front support.	Basketball How do I control a basketball? Fundamental Movement Skill 5: I can walk forwards with fluidity and minimum wobble. Skill 5: I can walk backwards with fluidity and minimum wobble. Skill 7: I can sit holding 1 hand with toes touching, lean in together then apart. Skill 7: I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.
	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: Tennis Workshop	Enrichment opportunities:	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: David Beckham	Game changer: Louis Smith	Game changer: Emma Raducanu	Game changer: Nitro	Game changer: Darcy Bussell	Game changer: Michael Jordan

Year 2	<u>Football</u> Why is it important to work collaboratively when playing football? I can participate in team games. I can pass a ball with control. I can show control when movement, changing speed and direction both with and without a ball. I can perform a variety of skills keeping the ball under control. Fundamental Movement Skill 8: I can throw a tennis ball and catch the rebound after one bounce with the other hand. Skill 8: I can throw a tennis ball and catch the rebound with the other hand without a bounce. Skill 12: I can react and catch a tennis ball dropped from shoulder height from 1 bounce.	<u>Dance</u> How do I move with expression? I can perform a range of actions and simple movement patterns with control and coordination. I can compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. I can explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. I can work individually and with others. Fundamental Movement Skill 3: I can hold mini-back support position. Skill 3: I can place a cone on tummy and take it off with other hand in mini-back support. Skill 7: I can hold on and, with a long base, lean back, hold our balance and move back together again. Skill 7: I can hold on with 1 hand and, with a long base, lean back, hold our balance and move back together again	<u>Handball</u> How do I score points in handball? I can decide when and where to run, showing good awareness of others. I can control the ball when moving. I can throw a ball in different ways (fast, slow, high, low). I can catch a ball thrown by others. I can choose and use simple tactics. Fundamental Movement Skill 11: I can start in seated / lying position, throw a ball, chase and collect it in balances position facing the opposite direction. Skill 11: I can start in seated / lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing the opposite direction. Skill 6: I can stand on a line and jump from 2 feet to 1 foot and freeze on landing.	<u>Athletics</u> How do I run faster? I can explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. I can develop coordination and balance whilst exploring different running, jumping, and throwing techniques. I can begin to show control, coordination, and consistency when running at speed. I can develop a range of jumping techniques. I can develop the underarm and pull throw technique. Fundamental Movement Skill 2: I can pick up a cone from one side, swap hands and place it on the other side. I can return the cone to the opposite side. Skill 5: I can walk fluidly, lifting knees to 90°. Skill 5: I can walk fluidly, lifting heels to bottom.	<u>Gymnastics</u> How do I form simple sequences? I can demonstrate quality of movement when standing and stepping. I can explore small point balances. I can develop balance and coordination. I can remember and repeat a range of gymnastic actions with control and precision. Fundamental Movement Skill 1: I can stand still on one leg for 30 seconds. Skill 1: I can complete five mini squats. Skill 10: I can skip with knee and opposite elbow at 90 angle with balance and control. Skill 10: I can hopscotch forwards and backwards, hopping on the same leg with balance and control.	<u>Golf</u> How do I send a ball with control and accuracy? I can explore different ways of moving, changing speed and direction fluently. I can explore different ways of moving a golf ball, and/other size ball. I can push/ roll and putt a ball towards a target with control. I can use skills learnt to participate and compete in rolling and putting games. I can develop technique when using the golf putter, becoming increasingly accurate. Fundamental Movement Skill 4: I can stand on low beam with good stance for 10 seconds. Skill 9: I can sit and roll a ball up and down legs and around upper body using 1 hand. Skill 9 I can stand and roll a ball up and down legs and around upper body using 1 hand.
	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: Handball Workshop	Enrichment opportunities:	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Marcus Rashford	Game changer: Alesha Dixon:	Game changer: Holly-Lam Moore	Game changer: Mo Farah	Game changer:	Game changer: Nick Faldo

Year 3	<u>Gymnastics</u> How do I link movements together So that they flow? I can move with good posture. I can perform accurate movements. I can move with light and quiet steps. I can perform accurate movement patterns. I can keep apparatus in motion throughout (where appropriate). I can move smoothly and fluently. Fundamental Movement Skill 1: I can stand still on one leg. Skill 1: I can complete five squats. Skill 10: I can hopscotch forwards and backwards, alternating hopping leg each time.	<u>Badminton</u> How do I control a shuttle with a racquet? I can continue to develop control of the shuttle with and without the racket. I can show a good stance and structure when throwing and hitting the shuttle. I can improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. I can participate in rallies with others. Fundamental Movement Skill 6: I can jump from 2 feet to 2 feet with a 180° turn in either direction. Skill 9: I can stand with legs apart and move a ball around one leg 16 times	<u>Dance</u> How do I work collaboratively to create a street dance performance? I can show fluency when moving. I can collaborate with others. I can show control, accuracy and fluency of movement when performing actions on my own. I can perform more complex dance phrases and dances that communicate character and narrative. I can use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer. I can combine actions and maintain the quality of performance when performing at the same time as a partner. Fundamental Movement Skill 5: I can march, lifting knees and elbows up to a 90° angle. Skill 5: I can walk fluidly with heel to toe landing Skill 7: can hold, and with a short base, lean back and	<u>Rugby</u> How do I score a try in rugby? I know how to tag another player. I can develop attacking and defending skills within tag rugby. I can pass the ball backwards to a teammate. I can move in different directions learning to move away from your opponent and keep control of the ball when running. I can learn how to pass in rugby, catching successfully and improving skills whilst on the move. I can move forward to attack as part of a team – running in a line. I can successfully score a try. Fundamental Movement Skill 2: I can pick up a cone from one side and place it on the other side with same hand. Skill 11: I can start in seated / lying position, throw a ball, chase and collect it in balanced position facing the opposite direction. Skill 11: I can start in seated / lying position, chase a bouncing ball fed by a partner and collect it in	<u>Athletics</u> How do I throw and jump further? I can combine basic jump actions to form a jump combination, using a controlled jumping technique. I can perform a throwing technique with control, coordination, and consistency. I can perform competitively with others. I can devise suitable warmup activities. Fundamental Movement Skill 3: I can transfer cone on and off back in front support. Skill 12: I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1, 2 and 3 m]	<u>Cricket</u> How do I hit a ball with correct technique? I can apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. I can throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique. I can intercept and stop the ball consistently. I can work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. Fundamental Movement Skill 4: I can raise alternate feet 5 times. Skill 4: I can raise alternate knees 5 times. Skill 8: I can throw a tennis ball and catch the rebound after one bounce with the other hand. Skill 8: I can throw a tennis ball and catch the rebound with the other hand without a bounce.

			hold our balance, and then move back together. Skill 7: I can hold on with 1 hand, and with a short base, lean back, hold our balance and then move back together.	balanced position facing the opposite direction.		
	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Simone Biles	Game changer: Lauren Smith	Game changer: George Sampson	Game changer: Fury	Game changer: Greg Rutherford	Game changer: Andrew Flintoff

Year 4	<u>Gymnastics</u> How do I balance well? I can balance with control (minimum wobble). I can balance with a partner in a static position. I can hold the balance for at least 3 seconds. I can balance with supporting body part still. I can maintain an accurate shape throughout. Fundamental Movement Skill 8: I can kick a ball with the same foot. Skill 8: I can kick a ball with alternate feet Skill 10: I can move in a 3-step zig-zag pattern forwards.	<u>Netball</u> How do I move when playing netball? I can get into good positions to pass the ball. I can get into good positions to receive the ball. I can show an increasing consistency and control during games. I can pass the ball using different techniques. I can pass the ball in different ways. I can get into good positions to shoot the ball. I can shoot and score with increased success. I can pass the ball using different techniques. Fundamental Movement Skill 9: I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times. Skill 6: I can complete a tucked jump. Skill 6: I can complete a tucked jump with 180° turn in either direction	<u>Dance</u> How do I perform a street dance? I can explore and create characters and narratives in response to a range of stimuli. I can show control, accuracy and fluency of movement when performing actions on my own. I can perform dances using a range of movement patterns. I can perform more complex dance phrases and dances that communicate character and narrative. I can create, perform and repeat sequences that include changes of dynamics. I can communicate my own ideas through my dances and perform with fluency and control. I can experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group. Fundamental Movement	<u>Athletics</u> How do I run further and for longer? I can combine basic jump actions to form a jump combination, using a controlled jumping technique. I can perform a throwing technique with control, coordination, and consistency. I can perform competitively with others. I can understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Fundamental Movement Skill 3: I can transfer cone on and off back in front support. Skill 1: I can stand still for 30 seconds on one leg. Skill 1: I can complete five ankle extensions.	<u>Badminton</u> Why might I need to use a backhand shot rather than a forehand shot? I can continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. I can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent. I can use different skills to try and win games. I can move around the court with purpose. Fundamental Movement Skill 12: I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1, 2 and 3 m] Skill 2: I can sit in a dish shape and hold it for 5 seconds.	<u>Cricket</u> How do I hit a ball towards a target? I can communicate, collaborate and compete with others. I can show control, coordination and consistency when throwing and catching a ball. I can hit a ball with increasing control from a tee and progress to without a tee. I can take up spaces/positions that make it difficult for the opposition. Fundamental Movement Skill 4: I can catch ball at chest height and throw it back. Skill 11: I can chase a small rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Skill 11: I can change a small bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.

			Skill 5: I can walk fluidly, lifting knees and using heel to toe landing. Skill 7: I can hold and, with a short base, lean back, hold our balance and then move back together (with eyes closed). Skill 7: I can hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together (with eyes closed).			
	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Shek Wai Hung	Game changer: Natalie Metcalf	Game changer: Perri Luc Kiely	Game changer: Katharine Johnson-Thompson	Game changer: Kirsty Gilmour	Game changer: Mitral I Raj

Year 5	<u>Athletics</u> Why does a run help me to throw and jump further? I can run, jump, catch and throw in isolation and combination. I can combine and perform skills with control. I can communicate, collaborate and compete with others. I can demonstrate a range of throwing actions (e.g. push, pull, sling) using different equipment. Fundamental Movement Skill 4: I can raise alternate knees to opposite elbow 5 times. Skill 10: I can combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. Skill 10: I can move in a 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction	<u>Hockey</u> How do I choose when to pass or dribble to keep team possession of the ball? I can participate in competitive games, modified where appropriate. I can work effectively as part of a team. I can perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique. I can apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. I can keep possession of the ball when faced with opponents. I can apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate. Fundamental Movement Skill 9: I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. Skill 9: I can move a ball around my waist into a figure of 8 around both legs 10 times. Skill 12: I can react and step across body, bringing hand across body and	<u>Gymnastics</u> How do I link complex movements safely? I can link a range of movements with fluency and finesse. I can explore a range of apparatus and incorporate some into a routine. I can perform more complex balances, including balances that support the body weight. I can perform more complex jumps and jump combinations. I can combine and perform gymnastic actions, shapes and balances more fluently and effectively. I can explore movements and creativity, finding different ways to use shape and symmetry. I can combine rolls with travel to create longer movement sequences. I can explore learn and develop more complex counter and weight on partner balances. I can perform balances with good control and quality, showing good strength and balance. Fundamental Movement	<u>Badminton</u> How do I vary my shot selection? I can hit a shuttle with good stance and grip on both forehand and backhand side, varying shot selection; height, speed and depth. Improve consistency of shots, noticing longer rallies. I can use different racket skills and types of movement during a competitive or cooperative rally. I can participate in rallies with and without a racket. I understand tactics in badminton, such as aiming into space to beat an opponent. I can use these tactics to try win games. Fundamental Movement Skill 1: I can stand still on uneven surface for 30 seconds. Skill 1: I can complete 5 squats with eyes closed. Skill 6: I can jump 2 feet to 2 feet forwards, backwards and side-to-side. Skill 6: I can hop forward and backwards, freezing on landing	<u>Rounders</u> How do I score a rounder? I can choose skills that meet the needs of the situation. I can watch and evaluate the success of games. I can use skills and tactics to outwit opponents when fielding. I can work as part of a team that covers the area to make it hard for the batter to score runs. I can bowl the ball with control. I can begin to bowl at different speeds. I can hit the ball with purpose, varying speed, height and direction. I can identify spaces and understand the tactic of hitting into gaps Fundamental Movement Skill 8: I can roll two balls alternately using both hands, sending one as the other is returning. Skill 8: I can alternately throw and catch two tennis balls against a wall Skill 11: I can roll and chase a large ball, stopping it with my knee sideways onto the ball facing the opposite direction.	<u>Dance</u> How do I create short sections of dance in response to music? I can continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. I can use basic compositional principles when creating dances – combining movements fluently and effectively. I can perform a range of movements accurately with a sense of rhythm. I can create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. Fundamental Movement Skill 5: I can walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. Skill 5: I can lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). Skill 5: I can lunge walk forwards, bringing opposite elbow up to a 90° angle. Skill 7: I can stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.
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		catch a tennis ball after 1 bounce. [From 1m]	Skill 2: I can reach and pick up a cone an arm's distance away, swap hands and place it on the other side. Skill 3: I can transfer a tennis ball on and off my back in a front support.		Skill 11: I can roll and chase a small ball, stopping it with my knee sideways onto the ball facing the opposite direction.	
	Enrichment opportunities: Swimming	Enrichment opportunities: Robinwood	Enrichment opportunities: Swimming	Enrichment opportunities: Bike Ability	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Pierre de Coubertin	Game changer: Kate Richardson-Walsh	Game changer: Max Whitlock	Game changer: Amy Chan	Game changer: Rounders England	Game changer: Jordan Banjo

Year 6	<u>Athletics</u> Why are pace and stamina important? I can select and apply skills to meet the needs of the situation – combining and performing each skill with control at speed. I can work effectively as part of a team. I can run, jump and throw in isolation and in combination. Fundamental Movement Skill 4: I can catch a large ball thrown away from the body. Skill 4: I can catch a small ball thrown close to and away from the body. Skill 10: I can move in a 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction	<u>Hockey</u> Why is it important to move with speed and agility to escape from a defender? I can identify and evaluate parts of my own game and others, providing feedback. I can develop control whilst performing skills at speed. I can apply the attacking and defending principles in game situations. I can use different skills to keep possession of a ball as part of a team. I can change speed and direction to get away from a defender. Fundamental Movement Skill 9: I can move a ball around my waist and then around alternate legs 12 times. Skill 9: I can stand with legs apart and perform 24 criss-crosses with and without a bounce. Skill 12: I can react and step across body, bringing hand across body and catch a tennis ball after 1 bounce. [From 1, 2 and 3m]	<u>Dance</u> How do I create a street dance? Fundamental Movement Skill 2: I can reach and pick up a cone an arm's distance away and place it on the other side using the same hand. Skill 2: I can hold a v-shape with straight arms and straight legs for 10 seconds Skill 5: I can march, lifting knees and elbows up to a 90° angle with my eyes closed. Skill 5: I can walk fluidly with heel and toe landing with my eyes closed. Skill 5: I can walk fluidly, lifting knees and using heel to toe landing with my eyes closed.	<u>OAA</u> How do I participate in outdoor and adventurous activities with confidence? I can build confidence during team activities. I can take part in orienteering events, such as picture orienteering and control orienteering, with success. I can use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls. I can develop map reading and map building skills. I can develop physical fitness and be able to describe its importance in orienteering. Fundamental Movement Skill 7: I can stand on 1 leg while holding on to my partner's opposite leg. Skill 8: I can throw two tennis balls against a wall and catch them with the opposite hand (cross over). Skill 8: I can throw two tennis balls against a wall in a circuit in both directions.	<u>Badminton</u> How do I hit a shuttle with control and at pace? I can experiment with the racket using different skills. I can play shots at different heights, direction, and speed, and improve hitting the shuttle whilst moving. I can use different skills and tactics learnt to try win games. I can improve consistency of shots, directing them to help win competitions. I can hit a continuous within a rally and regularly play consistent shots. I can use tactical serves to deceive an opponent Fundamental Movement Skill 1: I can stand still on one leg on an uneven surface for 30 seconds with eyes closed. Skill 11: I can roll and chase a large ball, stopping it with head in front support position facing the opposite Direction.	<u>Gymnastics</u> How do I perform with flexibility, creativity and rhythm? I can explore, improvise and combine movement ideas fluently and effectively. I can link skills to make actions and longer sequences of movement. I can create large group balances up to 8 people. I can develop communication and teamwork skills, such as sharing own ideas and valuing others' ideas. I can develop jumping as a progressive activity. I can begin to understand what vaulting is in gymnastics. I can work in a group to build sequences using apparatus. I can perform in front of an audience showing confidence, rhythm and fluency of movement. Fundamental Movement Skill 3: I can transfer cone on and off tummy in back support. Skill 3: I can transfer a tennis ball on and off tummy in back support.
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	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities:	Enrichment opportunities: OAA Day	Enrichment opportunities: Healthy Schools Week	Enrichment opportunities: Sports Day
	Game changer: Michael Phelps	Game changer: Sam Quek	Game changer: Let it Happen	Game changer: Bear Grylls	Game changer: Chan Ho-yuen	Game changer: Natasha Coates