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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **(REC)****Lesson 1** | **FMS****Run Skilfully****Negotiate space successfully** | **Dance****Fire of London****Use my body and create theme related shapes, movements and actions** | **Gym- Rocking & Rolling****Rock on different body parts, perform a sequence of moves.** | **Invasion Game Skills 1****Get into a good ready position, pass the ball from my chest using a bounce pass**  | **Athletics 1****Share space and run with my head up****React quickly** | **Net & Wall Game Skills 1****Send a ball with some accuracy** |
| **Lesson 2** | **Locomotion 1****Find a space, walk forwards and backwards, stopping when instructed** | **Yoga****Perform different poses****Importance of good breathing whilst exercising**  | **Gymnastics- Flight bouncing, Jumping & Landing****Jump in a variety of ways, construct a simple jumping sequence with a partner** | **Target Games 1****Throw a ball underarm with some accuracy**  | **Striking & Fielding Game Skills 1****Use both hands whilst fielding, get into line with the ball and field it** | **Object Manipulation 1****Find a good space, show increasing control over and object, play games, taking turns** |
|  **(Y1)****Lesson 1** | **FMS 1****Run skilfully, how to share equipment and take turns** | **Dance****Fire of London****Use my body and create theme related shapes, movements and actions** | **Gymnastics- Balancing & Spinning on points & patches****Perform controlled spins, support my body weight, spin on apparatus**  | **FMS 3****Skip using a rope, dribble a ball with either hand, pass in different ways** | **Athletics 2** **Show a sense of anticipation, react quickly, demonstrate agility**  | **Invasion Games Skills 2****Get into a good ready position, pass the ball from my chest using a bounce pass**  |
| **Lesson 2**  | **FMS 2****Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching** | **Yoga****Pose like a variety of jungle creatures, control my breathing pattern**  | **Gymnastics- Wide narrow & curled rolling & balancing****Travel and balance with my body in a wide shape** | **Target Games 2****Strike a ball at a target using equipment**  | **Striking & Field Game Skills 1****Catch a ball after one bounce, strike a ball off a tee** | **Invasion Game Skills 3****Throw to my partner to catch after one bounce, catch the ball consistently**  |
| **(Y1/2)****Lesson 1** | **FMS 1****Run skilfully, how to share equipment and take turns** | **Dance****Fire of London****Use my body and create theme related shapes, movements and actions** | **Gymnastics- Balancing & Spinning on points & patches****Perform controlled spins, support my body weight, spin on apparatus** | **FMS 3****Skip using a rope, dribble a ball with either hand, pass in different ways** | **Athletics 2** **Show a sense of anticipation, react quickly, demonstrate agility**  | **Invasion Games Skills 2****Get into a good ready position, pass the ball from my chest using a bounce pass** |
| **Lesson 2**  | **FMS 2****Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching** | **Yoga****Pose like a variety of jungle creatures, control my breathing pattern**  | **Gymnastics- Wide narrow & curled rolling & balancing****Travel and balance with my body in a wide shape** | **Target Games 2****Strike a ball at a target using equipment**  | **Striking & Field Game Skills 1****Catch a ball after one bounce, strike a ball off a tee** | **Invasion Game Skills 3****Throw to my partner to catch after one bounce, catch the ball consistently**  |
| **(Y2)****Lesson 1** | **FMS 2**Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching | **Dance****Fire of London****Use my body and create theme related shapes, movements and actions** | **Gymnastics-** **Pathways, straight, zigzag & curving****Jump with a 90 degree turn, turn through 180 degrees**  | **Net & Wall Game Skills 2****Send and receive a ball with some degree of accuracy, move quickly into good positions to catch** | **Athletics 2****Show a sense of anticipation to begin work, react quickly** | **Tri Golf****Grip a golf club appropriate and adopt a stance, putt a ball towards a target** |
| **Lesson 2**  | **FMS 3****Skip using a rope, dribble a ball with either hand, pass in different ways** | **Yoga Storybook****Perform a butterfly pose****Perform a lion pose** | **Gymnastics- Spinning, turning & twisting****Demonstrate agility, balance and coordination**  | **Target Games 3****Throw a ball underarm with either hand with accuracy at a target**  | **Striking & Fielding Game Skills 2****Catch a ball after one bounce, strike a ball off a tee** | **Invasion Game Skills 3****Throw to my partner to catch after one bounce, catch the ball consistently** |