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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** |