



Early Years

By the end of EYFS, children will:

- -negotiate space and obstacles safely, with consideration for themselves and others;
- -demonstrate strength, balance, and coordination when playing;
- -move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- -hold a pencil effectively in preparation for fluent writing using the tripod grip in almost all cases;
- -use a range of small tools, including scissors, paintbrushes and cutlery, and begin to show accuracy and care when drawing.

EYFS Vocabulary:

Balance, control, kick, pass, aim, space, throw, pattern, catch, bat, roll, crawl, walk, jump, run, hop, skip, climb, land, copy, repeat, travel, bridges, tunnels, stretch.

SEATON SEATON ACADEMY

Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
-	Me and my Community	Once upon a Time	Starry Night	Dangerous Dinosaurs	Sunshine and Sunflowers	Big Wide World
	Once Upon a Time	Sparkle and Shine	Winter Wonderland	Puddles and Rainbows	Shadow and Reflections	Splash!
	-Continue to develop	-Continue to develop	-Continue to develop	-Continue to develop	-Continue to develop	-Continue to develop
Development	their movement,	their movement,	their movement,	their movement,	their movement,	their movement,
Matters links:	balancing, riding	balancing, riding	balancing, riding	balancing, riding	balancing, riding	balancing, riding
	(scooters, trikes and	(scooters, trikes and	(scooters, trikes and	(scooters, trikes and	(scooters, trikes and	(scooters, trikes and
	bikes) and ball skills.	bikes) and ball skills.	bikes) and ball skills.	bikes) and ball skills.	bikes) and ball skills.	bikes) and ball skills.
	-Go up steps and stairs,	-Use large-muscle	-Use large-muscle	-Use large-muscle	-Start taking part in	-Start taking part in
	or climb up apparatus,	movements to wave	movements to wave	movements to wave	some group activities	some group activities
	using alternate feet.	flags and streamers,	flags and streamers,	flags and streamers,	which they make up	which they make up
	-Skip, hop, stand on one	paint and make marks	paint and make marks	paint and make marks	for themselves, or in	for themselves, or in
	leg and hold a pose for	-Increasingly be able	-Increasingly be able	-Increasingly be able	teams.	teams.
	a game like musical	to use and remember	to use and remember	to use and remember	-Increasingly be able	-Match their
	statues.	sequences and	sequences and	sequences and	to use and remember	developing physical
	-Match their developing	patterns of	patterns of	patterns of	sequences and	skills to tasks and
	physical skills to tasks	movements which	movements which	movements which	patterns of	activities in the
	and activities in the	are related to music	are related to music	are related to music	movements which	setting.
	setting.	and rhythm	and rhythm	and rhythm	are related to music	-Choose the right
	-Choose the right	-Match their	-Match their	-Match their	and rhythm	resources to carry out
	resources to carry out	developing physical	developing physical	developing physical	-Match their	their own plan.
	their own plan.	skills to tasks and	skills to tasks and	skills to tasks and	developing physical	-Collaborate with
	-Collaborate with others	activities in the	activities in the	activities in the	skills to tasks and	others to manage
	to manage large items,	setting.	setting.	setting.	activities in the	large items, such as
	such as moving a long	-Choose the right	-Choose the right	-Choose the right	setting.	moving a long plank
	plank safely, carrying	resources to carry out	resources to carry out	resources to carry out	-Choose the right	safely, carrying large
	large hollow blocks.	their own plan.	their own plan.	their own plan.	resources to carry out	hollow blocks.
	-Use one-handed tools	-Collaborate with	-Collaborate with	-Collaborate with	their own plan.	-Use one-handed tools
	and equipment, for	others to manage	others to manage	others to manage	-Collaborate with	and equipment, for
	example, making snips	large items, such as	large items, such as	large items, such as	others to manage	example, making snips
	in paper with scissors.	moving a long plank	moving a long plank	moving a long plank	large items, such as	in paper with scissors.
	-Use a comfortable grip	safely, carrying large	safely, carrying large	safely, carrying large	moving a long plank	-Use a comfortable
	with good control when	hollow blocks.	hollow blocks.	hollow blocks.	safely, carrying large	grip with good control
	holding pens and	-Use one-handed tools	-Use one-handed tools	-Use one-handed tools	hollow blocks.	when holding pens
	pencils.	and equipment, for	and equipment, for	and equipment, for	-Use one-handed tools	and pencils.
	-Show a preference for	example, making snips	example, making snips	example, making snips	and equipment, for	-Show a preference for
	a dominant hand	in paper with scissors.	in paper with scissors.	in paper with scissors.	example, making snips	a dominant hand

	-Use a comfortable grip with good control when holding pens and pencilsShow a preference for a dominant hand	-Use a comfortable grip with good control when holding pens and pencilsShow a preference for a dominant hand	-Use a comfortable grip with good control when holding pens and pencilsShow a preference for a dominant hand	in paper with scissorsUse a comfortable grip with good control when holding pens and pencilsShow a preference for a dominant hand	
Knowledge: Gross Motor Skills: -Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing controlDemonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength. Fine Motor Skills: -Choose and explore appropriate tools for simple practical tasks. Once Upon a Time: Gross Motor Skills: -Move confidently in a range of ways and safely negotiate space, obstacles and terrainsTravel with confidence and skill around, under, over and through equipment and	Once upon a Time: Gross Motor Skills: -Move confidently in a range of ways and safely negotiate space, obstacles and terrainsMove energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music. Fine Motor Skills: -Cut, tear, fold and stick a range of papers and fabricsManipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Sparkle and Shine Gross Motor Skills: -Experiment with different ways of	Starry Night: Gross Motor Skills: -Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing controlExperiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythmUses large muscle movements to wave flags and streamersMove energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to musicMove confidently in a range of ways and safely negotiate space, obstacles and terrains.	Dangerous Dinosaurs: Gross Motor Skills: -Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music -Adjust speed when running, and jump off objects and land successfullyMove confidently in a range of ways and safely negotiate space, obstacles and terrainsExperiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythmUses large muscle movements to wave flags and streamers.	Sunshine and Sunflowers: Gross Motor Skills: -Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skillsPat, throw, kick, pass, aim, bat and catch different sized balls with increasing control. Fine Motor Skills: -Use a range of media, tools and techniques to create images, express ideas and show different emotionsUse a range of small tools, including scissors, paint brushes and cutleryManipulate malleable materials into a variety of shapes and forms using their	Big Wide World: Gross Motor Skills: -Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skillsMove confidently in a range of ways and safely negotiate space, obstacles and terrainsPat, throw, kick, pass, aim, bat and catch different sized balls with increasing controlMove energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to musicDemonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core

hands and other as climbing steps, stairs moving the body and Winter Wonderland: -Hold a pencil muscle strength. and apparatus using effectively in begin to remember Gross Motor Skills: simple tools. -Move energetically preparation for fluent alternate feet sequences and Fine Motor Skills: and repeatedly, with writing – using the -Use a range of small patterns of movement Shadow and improved fluency. Reflections: related to music and tripod grip in almost tools, including Fine Motor Skills: rhythm. Uses large control and grace all cases. Gross Motor Skills: scissors, paint brushes muscle movements to when dancing and -Choose and explore -Demonstrate balance. and cutlery. appropriate tools for wave flags and moving in time to -Manipulate malleable strength, fluency of simple practical tasks Puddles and materials into a variety streamers. music. movement and Rainbows: coordination when of shapes and forms using their hands and Fine Motor Skills: Fine Motor Skills: Gross Motor Skills: using play equipment and develop core -Cut, tear, fold and -Use a range of small -Experiment with other simple tools. stick a range of papers tools, including different ways of muscle strength -Hold a pencil and fabrics. scissors, paint brushes moving the body and -Move energetically effectively in -Use a range of small and cutlerv. begin to remember and repeatedly, with preparation for fluent tools, including improved fluency, writing – using the -Hold a pencil sequences and scissors, paint brushes effectively in control and grace tripod grip in almost all patterns of movement and cutlery. preparation for fluent related to music and when dancing and cases. -Use a range of small -Manipulate malleable writing – using the rhythm. moving in time to materials into a tripod grip in almost -Uses large muscle tools, including music. variety of shapes and scissors, paint brushes all cases. movements to wave -Adjust speed when forms using their running, and jump off -Manipulate malleable flags and streamers. and cutlery. hands and other materials into a objects and land simple tools. variety of shapes and Fine Motor Skills: successfully. Splash! -Hold a pencil forms using their hands and other effectively in Fine Motor Skills: Fine Motor Skills: preparation for fluent -Manipulate malleable simple tools. -Use a range of small writing – using the materials into a tools, including tripod grip in almost variety of shapes and scissors, paint brushes all cases. forms using their and cutlery. -Cut, tear, fold and -Manipulate malleable hands and other materials into a variety stick a range of papers simple tools. and fabrics. -Use a range of small of shapes and forms -Use a range of small tools, including using their hands and tools, including scissors, paint brushes other simple tools. scissors, paint brushes and cutlery. and cutlery. -Hold a pencil -Manipulate malleable effectively in materials into a preparation for fluent

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			variety of shapes and	writing – using the	
			forms using their	tripod grip in almost	
			hands and other	all cases.	
			simple tools		



SEATON SACADEMY

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics 1	Gymnastics 2	Dance 1	Dance 2	Speed, Agility, Travel 1	Speed, Agility, Travel 2
	Body Management 1	Body Management 2	Manipulation and Co-	Manipulation and Co-	Co-operate and solve	Co-operate and Solve
			ordination 1	ordination 2	problems 1	Problems 2
	-Revise and refine the	-Revise and refine the	Revise and refine the	Revise and refine the	Revise and refine the	Revise and refine the
Development	fundamental movement	fundamental	fundamental	fundamental	fundamental	fundamental
Matters links:	skills they have already	movement skills they	movement skills they	movement skills they	movement skills they	movement skills they
	acquired:	have already acquired:	have already acquired:	have already acquired:	have already acquired:	have already acquired:
	• rolling	• rolling	• rolling	• rolling	• rolling	• rolling
	crawling	• crawling	crawling	• crawling	crawling	crawling
	walking	walking	walking	walking	 walking 	walking
	• jumping	• jumping	• jumping	• jumping	• jumping	• jumping
	• running	• running	• running	• running	• running	• running
	hopping	hopping	hopping	hopping	hopping	hopping
	skipping	• skipping	• skipping	• skipping	skipping	skipping
	• climbing	• climbing	• climbing	• climbing	• climbing	• climbing
	-Develop the overall	-Develop the overall	-Develop the overall	-Develop the overall	-Develop the overall	-Develop the overall
	body strength, co-	body strength, co-	body strength, co-	body strength, co-	body strength, co-	body strength, co-
	ordination, balance and	ordination, balance	ordination, balance	ordination, balance	ordination, balance	ordination, balance
	agility needed to	and agility needed to	and agility needed to	and agility needed to	and agility needed to	and agility needed to
	engage successfully	engage successfully	engage successfully	engage successfully	engage successfully	engage successfully
	with future physical	with future physical	with future physical	with future physical	with future physical	with future physical
	education sessions and	education sessions	education sessions	education sessions	education sessions	education sessions and
	other physical	and other physical	and other physical	and other physical	and other physical	other physical
	disciplines including	disciplines including	disciplines including	disciplines including	disciplines including	disciplines including
	dance, gymnastics,	dance, gymnastics,	dance, gymnastics,	dance, gymnastics,	dance, gymnastics,	dance, gymnastics,
	sport and swimming.	sport and swimming.	sport and swimming.	sport and swimming.	sport and swimming.	sport and swimming.
	-Combine different	-Combine different	-Combine different	-Combine different		
	movements with ease	movements with ease	movements with ease	movements with ease		
	and fluency.	and fluency.	and fluency.	and fluency.		
	-Confidently and safely	-Confidently and	-Further develop and			
	use a range of large and	safely use a range of	refine a range of ball			
	small apparatus indoors	large and small	skills including:			
	and outside, alone and	apparatus indoors and	throwing, catching,			
	in a group. Develop	outside, alone and	kicking, passing,			
	overall body-strength,	in a group. Develop	batting, and aiming.	_ 11 /11 '		
	balance, co-ordination	overall body-strength,	-Develop confidence,	- 11/1		
	and agility	balance, co-ordination	competence, precision			

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		and agility	and accuracy when			
			engaging in activities			
			that involve a ball.			
	Gymnastics 1	Gymnastics 2	Dance 1	Dance 2	Speed, Agility, Travel 1	Speed, Agility, Travel 2
Knowledge:	-Move safely	-Link different ways of	-To use colours and	-To move to the count	-To move in different	-To move beanbags
	-Take off and land on	moving	feelings in dance	of 8	directions	and balls
	two feet	-Egg roll and log roll	-To perform as	-To perform with a	-To keep our bodies	-To move in different
	-Balance and move balls	-Follow different	animals using different	partner to the count	safe in running games	ways
	and beanbags	pathways	levels and directions	of 8	-To jump in different	-To jump on, off and
	-Travel on mats and	-Balance on points and	-To work with a	-To work with a	directions	over
	benches	patches	partner	partner to perform	-To stop safely	-To perform circle
	-Copy and repeat	-Perform our story to	-To show expression in	-To perform a dance	-To move at slow and	dances
	actions	music	our sequence	using 4 actions	fast speeds	-To use strength to
	-Perform simple shapes	-Use a start and finish	-To perform transport	-To link new actions	-To stop safely in	hold shapes
	and balances	position	movements in our	with ones we already	different ways	-To work in a team
			dance	know		
	Body Management 1	Body Management 2	-To use leading and	-To practice and	Co-operate and solve	Co-operate and Solve
	-Balance beanbags	-To perform rolls	following movements.	perform a dance	problems 1	Problems 2
	-Move through hoops in	-To show some body		about Africa.	-To match colours and	-To follow a trail with a
	different ways	control			symbols	partner
	-Reach and stretch to	-To perform different	Manipulation and Co-	Manipulation and Co-	-To work as a team to	-To play parachute
	get equipment	jumps	ordination 1	ordination 2	complete a task	games
	-Make bridges and	-To jump using	-To handle a balloon	-To play parachute	-To use our bodies to	-To make jumping
	tunnels with our bodies	apparatus	-To handle a ball	games	make number shapes	patterns
	-Travel over and under	-To travel across	-To kick a ball	-To use equipment to	-To follow a trail	-To create movement
	apparatus	apparatus	-To hop, jump and	perform actions	-To work with others	patterns
		-To work as part of a	step	-To use a baton to	to make patterns	-To lead a partner in
		team	-To send a ball or	push beanbags and	-To work with a	tapping patterns
			beanbag	balls	partner to complete	-To navigate obstacles
			-To send and stop in a	-To use a baton to	challenges	
			game.	dribble		
				-To perform different		
				jumps		
				-To handle a hoop		

Key Stage 1

By the end of KS1, children will:

- -master basic movements including running, jumping, throwing and catching, as well as
- -developing balance, agility and co-ordination, and begin to apply these in a range of activities
- -participate in team games, developing simple tactics for attacking and defending
- -perform dances using simple movement patterns.

KS1 Vocabulary:

-Take-off, jump, land, travel, sequence, unison, canon, quarter turn, half turn, twist, accurately, return, defend, attack, mirror, repetition, march, score, intercept, stamina, power, serve, overarm, underarm, rhythm, dribbling, static and dynamic balances.

Prior learning links:

Physical Development

Gross Motor Skills

ELG: Negotiate space and obstacles safely, with consideration for themselves and others.

ELG: Demonstrate strength, balance and coordination when playing.

ELG: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

ACADEMY

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics 1	Gymnastics 2	Attack, Defend, Shoot 1	Attack, Defend, Shoot 2	Hit, Catch, Run 1	Hit, Catch, Run 2
	Send and Return 1	Send and Return 2 Master basic	Dance 1 Master basic	Dance 2	Run, Jump, Throw 1	Run, Jump, Throw 2
National Curriculum links:	Master basic movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for	movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for	movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for	Master basic movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for	Master basic movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for	Master basic movements including: running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for
	attacking and defending.	attacking and defending.	attacking and defending. Perform dances using simple movement patterns.	attacking and defending. Perform dances using simple movement patterns.	attacking and defending.	attacking and defending.
Substantive Knowledge:	Gymnastics -Know some of the fundamental gymnastics' shapes -Know the risks of working on low apparatus -Know the difference between small and large body parts -Know how to take off,	Gymnastics -Know when to use the magic chair -Know the difference between a rock and a roll -Know a range of recognised point balances (e.g. front support) -Know the differences	Attack, Defend, Shoot -Know different ways to send a ball/object to a targetKnow what a defensive stance or position isKnow what it means to send a ball/object accuratelyKnow the key steps to	Attack, Defend, Shoot -Know why heart rate increases during exercise -Know how to move sideways to defend a goalKnow techniques to bounce a ball both to yourself and to a partner.	Hit, Catch, Run -Know what tracking a ball is and how to stop the ballKnow and use a range of different throws for different situationsKnow the principles of catching a ballKnow how to score points in a striking and	Hit, Catch, Run -Know where to hit a ball to maximise the chance of scoringBe able to decide where to stand when fielding to intercept a ballKnow how to position a group of fielders to restrict run scoring.
	jump and land with a run-up -Know a variety of ways to travel on their feet	between unison and canon -Know what a quarter and half turn is and what actions they can	send a ball accuratelyKnow what the principle of attacking and defending in a game refers to.	-Know techniques to send a ball accurately to a target.	fielding gameUnderstand the role of teamwork when fielding.	-Understand the importance of collaboration and teamwork when fielding.

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	-Know actions can be	use to show these	-Know some of the	-Know how to adapt	Run, Jump, Throw	-Know how to play a
	performed at different	(twist/spin)	reasons why games	to rule changes in a	-Know the quickest	game with basic rules.
	levels		have rules.	game.	way to move an object	
	-Know how to create a	Send and Return		Know how to work	from one place to	Run, Jump, Throw
	short gymnastic	-Know what it means	Dance	with a partner in both	another.	-Know why agility is
	sequence	to feed a ball.	-Know how to match	attack and defense.	-Know how to change	important when
		-Know what it means	actions to a given		speed when running.	changing direction at
	Send and Return	to track a moving	setting.	Dance	-Know how the arms	speed.
	-Know how to hit a ball	object.	-Know how to use still	-Know how to match	can increase the speed	-Know and recognise
	accurately in different	-Know why different	poses to tell a story.	actions to a character	of running.	different ways of
	ways.	muscles are important	-Know how to create	in a story.	-Know how to perform	starting and stopping.
	-Know how to track,	when playing games	and perform	-Know how to march	a two-footed jump.	-Know what a lap is.
	stop and return a	-Know and name some	movements to show	and turn in time to	-Know how to overarm	-Know the importance
	beanbag or ball.	net/wall games.	friendship.	beats of 8.	throw for distance.	of stamina when
	-Know how to work	-Know that people with	-Know how to perform	-Know how to march	-Know the importance	running.
	with a partner to	disabilities have their	to beats of 8.	in formation with	of balance, agility and	-Know how to bound
	collect a ball.	own class of sports e.g.	-Know what it means	others.	coordination in	or stride to improve
	-Know techniques to	goalball, sitting	to perform in 'mirror'.	-Know how to perform	athletics.	jumping height.
	send a ball or object	volleyball.	-Know how to create a	to beats of 8.		-Know the best
	accurately to a partner		dance using a clear	-Know what it means		position to start a
			start, middle and end.	to perform in canon.		running activity.
			-Know why repetition	-Know how to create a		-Know why it is
			is used in dance.	short dance in canon.		important to stay in
				Know how rounds and		your lane.
				canon are similar in		
				dance.		
	Gymnastics	Gymnastics	Attack, Defend, Shoot	Attack, Defend, Shoot	Hit, Catch, Run	Hit, Catch, Run
Disciplinary	-To perform 'like'	-To move on, off and	-To hit a target	-To find our pulse on	-To select a space to	-To catch a ball over a
Knowledge:	actions in a sequence	over apparatus and use	-To defend a target	our wrist	throw or roll a ball into	short distance
	-To carry and set up	the magic chair landing	-To roll and slide balls	-To move side to side	-To track and collect a	-To begin to hit a ball
	apparatus safely	-To rock on different	and beanbags	to defend a goal	rolling ball	with power
	-To perform shapes on	parts of the body and	-To shoot in a game to	-To bounce a ball with	-To catch a ball to stop	-To position
	large and small body	sock using shape	get points	control to ourselves	an opponent from	themselves in the path
	parts	-To perform specific	-To work in a partner	-To aim at different	scoring	of the ball
	-To take off and land	point balances such as	to score points	targets	-To use their hands to	-To field a ball to a
	and use shape in our	'h' and 'y' balance	-To use our attacking	-To adapt to a game	hit a ball	base
	jumps		and defending skills in	with changing rules	-To run between bases	-To catch a high ball
			a game	To play in the best	to score points	To stop other teams

-To travel on our feet,	-To perform actions at	Dance	defensive position in a	-To work as a team to	from scoring points
showing good body	the same time as	-To show moods and	game	score points	
tension	others (unison)	feelings we would			Run, Jump, Throw
-To create different	-To perform actions	experience in the	Dance	Run, Jump, Throw	-To use agile
levels in their	one person after the	jungle	-To perform actions to	-To start and stop	movements in
performance	other (canon)	-To move as if we	well-known nursery	when moving at speed	different activities
	-To turn and jump in	were living in the	rhymes	-To use arms when	-To respond to the
Send and Return	quarter and half turn	jungle	-To march in time to	running at different	start and end of an
-To slide a beanbag to a		-To create and	the beat and turn	speeds	activity (e.g. whistle)
target	Send and Return	perform movements	while marching	-To take off on two	-To develop stamina
-To hit a ball in	-To send the ball over a	which show friendship	-To march in time as a	feet to jump for	when running
different ways with	net to our partner	-To perform leading	group	distance	-To develop core
their hands	-To track and stop a	and following	-To perform actions in	-To use the correct	strength to improve
-To move towards a	moving object with	movements	a canon	technique to throw	throwing
ball to return it	both hands	-To perform a short	-To perform a short	different objects for	-To stride and jump for
-To work with a partner	-To send balls	dance with a clear	dance using canon	distance	height
to stop and return a	accurately from	start, middle and end	To perform in rounds	-To show	-To use the best
beanbag	different positions (e.g.	-To use repeated	in different groups	improvement in	starting position for
-To rally with a partner	kneeling or sitting)	actions in dance		throwing	running quickly
-To send a ball into a	-To spot space in the			-To take part in a	
space to make it harder	playing area and hit the			competition using	
for our opponent	ball there			running, jumping and	
	-To play a game with a			throwing skills	
	partner				

ACADEMY ACADEMY

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics 1	Gymnastics 2	Dance 1	Dance 2	Attack, Defend, Shoot 2	Run, Jump, Throw 2
	Send and Return 1	Send and Return 2	Attack, Defend, Shoot 1	Hit, Catch, Run 1	Run, Jump, Throw 1	Hit, Catch, Run 2
	Master basic	Master basic	Master basic	Master basic	Master basic	Master basic
National	movements including:	movements including:	movements including:	movements including:	movements including:	movements including:
Curriculum links:	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,	running, jumping,
	throwing, catching, as	throwing, catching, as	throwing, catching, as	throwing, catching, as	throwing, catching, as	throwing, catching, as
	well as developing	well as developing	well as developing	well as developing	well as developing	well as developing
	balance, agility and	balance, agility and	balance, agility and	balance, agility and	balance, agility and	balance, agility and
	coordination, and	coordination, and	coordination, and	coordination, and	coordination, and	coordination, and
	begin to apply these in	begin to apply these in	begin to apply these in	begin to apply these in	begin to apply these in	begin to apply these in
	a range of activities.	a range of activities.	a range of activities.	a range of activities.	a range of activities.	a range of activities.
	Participate in team	Participate in team	Participate in team	Participate in team	Participate in team	Participate in team
	games, developing	games, developing	games, developing	games, developing	games, developing	games, developing
	simple tactics for	simple tactics for	simple tactics for	simple tactics for	simple tactics for	simple tactics for
	attacking and	attacking and	attacking and	attacking and	attacking and	attacking and
	defending.	defending.	defending.	defending.	defending.	defending.
			Perform dances using	Perform dances using		
			simple movement	simple movement		
			patterns.	patterns.		
	Gymnastics	Gymnastics	Dance	Dance	Attack, Defend, Shoot	Run, Jump, Throw
Substantive	-To combine 4	-To use a releve walk in	-To use penguin	-To develop a dance	-To throw different	-To work individually
Knowledge:	elements into a floor	a sequence	images to inspire their	that shows different	types of equipment	to run over a longer
	sequence	-To perform a dish and	dance	emotions	-To move to a space	distance
	-To create power in a	arch shape moving	-To show feelings of	-To dance with rhythm	after passing the ball	-To improve strength
	variety of different	smoothly from one to	abandonment through	following a clockwork	-To pass and move	to increase jumping
	jumps	the other	dance	pattern	forward to a target	distance
	-To take weight on our	-To show strength in	-To create movements	-To work on their own	with a partner	-To create power
	hands and move in	back support and crab	that show friendship	to create a short	-To position	when throwing for
	different ways	-To frog jump and leap	between 2 characters	movement phrase	themselves as a	distance
	-To use our flexibility in	frog	-To create a solo	-To watch, copy and	goalkeeper	-To use breathing
	a bridge and japana	-To hold an L-sit with a	dance with changes of	repeat actions to	-To intercept a ball	techniques to be able
	gymnastic shape	straight back	direction and speed	create a 'motif'	from a person on the	to run more
	-To perform the point	-To bring rhythm and	-To match movements	-To perform our motif	other team	-To cooperate with
	balance arabesque	flow to their sequence	to music	in different formations	-To use the skills in a	partners to complete a
				To use different	competition	task well

orm a olly roll If Return on their toes quickly to the entire in a game entire in a rally entire in a rally	Send and Return -To feed a ball to a partner with consistency -To send the ball to different parts of the court -To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve walk might be used	-To choose a formation and explain why they chose it Attack, Defend, Shoot -To kick the ball over long and short distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray actions and feelings	movement pathways in their dance Hit, Catch, Run 1 -To hit a ball and score points running to cones -To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray a range of emotions in	Run, Jump, Throw -To move quickly whilst being aware of others around -To create power with their legs to turn at speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to throw an object and	-To listen to others and work as a team to achieve the highest score possible Hit, Catch, Run -To time their run around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to be able to run for
I Return on their toes quickly to the ify which hand ant in a game asic rules of o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	partner with consistency -To send the ball to different parts of the court -To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	why they chose it Attack, Defend, Shoot -To kick the ball over long and short distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	Hit, Catch, Run 1 -To hit a ball and score points running to cones -To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	-To move quickly whilst being aware of others around -To create power with their legs to turn at speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	achieve the highest score possible Hit, Catch, Run -To time their run around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
on their toes quickly to the lify which hand ant in a game lasic rules of lo a partner lop agility and la game lhe correct grip elf-fed ball lhe ready in a rally	consistency -To send the ball to different parts of the court -To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	Attack, Defend, Shoot -To kick the ball over long and short distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To hit a ball and score points running to cones -To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	whilst being aware of others around -To create power with their legs to turn at speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	Hit, Catch, Run -To time their run around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
on their toes quickly to the lify which hand ant in a game lasic rules of lo a partner lop agility and la game lhe correct grip elf-fed ball lhe ready in a rally	-To send the ball to different parts of the court -To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	-To kick the ball over long and short distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To hit a ball and score points running to cones -To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	others around -To create power with their legs to turn at speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	Hit, Catch, Run -To time their run around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
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ify which hand ant in a game pasic rules of o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	court -To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	long and short distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	cones -To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	their legs to turn at speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	-To time their run around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
ant in a game pasic rules of o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	-To throw and catch in a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	distances -To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To defend a target by kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	speed -To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	around the bases to stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
ant in a game pasic rules of o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	a seated position -To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	-To stop a ball with control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	kicking -To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	-To move through an obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	stay safe -To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
pasic rules of o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	-To accurately serve the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	control using the foot -To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To bowl underarm with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	obstacle course with speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	-To kick a ball into space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
o a partner lop agility and a game he correct grip elf-fed ball he ready in a rally	the ball to different parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	-To work as a team to keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	with control -To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	speed and control -To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	space using different parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
lop agility and a game he correct grip elf-fed ball he ready in a rally	parts of the court -To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	keep the ball -To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To hit a ball using different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	-To choose the best throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	parts of the foot -To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
a game he correct grip elf-fed ball he ready in a rally	-To use overarm attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	-To bounce a ball with a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	different bats and techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	throw for different situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	-To respond to how a ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
he correct grip elf-fed ball he ready in a rally	attacking shots in a game -To organise and manage themselves within a competition Gymnastics -Know when a releve	a partner -To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	techniques -To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	situations -To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	ball is being bowled when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
elf-fed ball he ready in a rally	game -To organise and manage themselves within a competition Gymnastics -Know when a releve	-To bounce the ball while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To throw accurately to a base -To hit a ball into space away from fielders Dance -Know how to portray	-To use quick feet whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	when hitting -To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
he ready in a rally cics	-To organise and manage themselves within a competition Gymnastics -Know when a releve	while moving (dribbling) -To pass the ball forward in a game Dance -Know how to portray	to a base -To hit a ball into space away from fielders Dance -Know how to portray	whilst sprinting -To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	-To play the role of the wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
in a rally	manage themselves within a competition Gymnastics -Know when a releve	(dribbling) -To pass the ball forward in a game Dance -Know how to portray	-To hit a ball into space away from fielders Dance -Know how to portray	-To perform static and dynamic balances Attack, Defend, Shoot -Know techniques to	wicket keeper -To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
rics	within a competition Gymnastics -Know when a releve	-To pass the ball forward in a game Dance -Know how to portray	space away from fielders Dance -Know how to portray	dynamic balances Attack, Defend, Shoot -Know techniques to	-To bowl underarm in a game with accuracy Run, Jump, Throw -Know why we need to
	Gymnastics -Know when a releve	forward in a game Dance -Know how to portray	fielders Dance -Know how to portray	Attack, Defend, Shoot -Know techniques to	a game with accuracy Run, Jump, Throw -Know why we need to
	-Know when a releve	Dance -Know how to portray	Dance -Know how to portray	-Know techniques to	Run, Jump, Throw -Know why we need to
	-Know when a releve	-Know how to portray	-Know how to portray	-Know techniques to	-Know why we need to
	-Know when a releve		-Know how to portray	-Know techniques to	-Know why we need to
nd can name				•	_
oint and patch				i tili ow all object allo	
/shapes	-Know simple	from a picture.	a dance.	knock over a target.	sustained periods.
ow to inject	techniques to aid	-Know how to show	-Know what a	-Know why a player	-Know some exercises
to a range of	smooth transition from	the feeling of	clockface pattern is in	moving into space is	to improve strength.
J	one action to the next	abandonment in a	dance.	important in a game.	-Know the breathing
hy taking	-Know the areas of the	dance	-Know how to watch	-Know ways to	technique for running
n hands is a	body that make up the	-Know how to perform	and then copy a	collaborate with a	longer distances.
ntal skill for	core	a dance that shows	dance.	teammate to move	-Know how to work
ics	-Know why some	friendship between	-Know why a	the ball forward.	with a partner to
at they can do	actions require more	two performers.	formation was chosen	-Know how to position	improve performance.
ersions of a	strength than others	-Know how to work	for a dance.	· ·	-Know how and why
glute bridges	-Know what is meant	solo to create a dance		,	we compete in
of a full bridge)	by explosive power in a			-Know how to	running, throwing and
0 /		and direction.	positions in		jumping activities.
hat to straddle				The state of the s	-Know how athletics
hat to straddle	-KIIOW LIIE KEV			, ,	skills can be used in
hat to straddle		particular rollination			other sports.
ic	cs at they can do ersions of a glute bridges f a full bridge)	-Know why some actions require more strength than others -Know what is meant by explosive power in a jump -Know the key	-Know why some actions require more strength than others -Glute bridges af a full bridge) by explosive power in a jump friendship between two performersKnow how to work solo to create a dance with changes of speed and direction.	-Know why some actions require more strength than others glute bridges fa full bridge) nat to straddle rate of the strength than others by explosive power in a jump -Know the key -Know why a formation was chosen for a danceKnow what is meant by explosive power in a jump positions in formations when	-Know why some actions require more strength than others glute bridges fa full bridge) nat to straddle nate to straddle actions require more strength than others -Know what is meant by explosive power in a jump -Know the key friendship between two performersKnow why a formation was chosen for a danceKnow what a motif is. with changes of speed and directionKnow why a formations when the ball forwardKnow how to position their body when goalkeepingKnow how to change positions in intercept a passKnow how to play a

	I		T	T	
-Know which is their	-Know how the rhythm	was chosen for a	Hit, Catch, Run	Run, Jump, Throw	
dominant and non-	and flow improve a	dance.	-Make choices about	-Know why it is	Hit, Catch, Run
dominant side.	performance		where to hit the ball	important to be aware	-Know how to send a
-Know why and when		Attack, Defend, Shoot	to maximise the	of other people when	ball using different
you would need to	Send and Return	-Know how to kick a	chances of scoring	running at speed.	parts of the foot.
change direction	-Know where a long,	ball using the inside of	-Know the reason to	-Know how to	-Know how to judge
quickly in a game.	high ball might go on a	the foot.	defend a target when	generate power to	your pace to score a
-Know the basic	court.	-Know sports that use	batting.	start a running or	run.
principle of court	-Know where a short,	feet to control the	-Know how to hit the	jumping action.	-Know the main role of
boundaries.	low ball might go on a	ball.	ball to different areas	-Know a range of	a wicketkeeper/
-Know why improving	court.	-Know what It means	when batting.	techniques to	backstop.
your agility would	-Know what an	to dribble with control	-Know how to work as	negotiate obstacles.	-Know different hitting
improve your game.	attacking shot is in	and a range of sports	a team to score points	-Know when to use	techniques to increase
	net/wall games.	in which dribbling is	in a striking and	different types of	scoring opportunities.
	-Know some key	used.	fielding game.	throws.	-Know how to play a
	personal skills to	-Know how to use a	-Know which bat they	-Know how quick feet	game using some basic
	manage themselves in	bounce throw to send	would choose when	help sprinting speed.	rules.
	a competition	a ball.	playing.	-Know the difference	
	(listening, self-control,	-Know techniques to		between static and	
	play to whistle).	dribble the ball with		dynamic balances.	
	-Know what a 'zone' on	their hands.			
	a court is.	-Know why sending			
		the ball forward to a			
		teammate increases			
		the team's chances of			
		scoring.			

ACADEMY