



		Y1/2 Cycle A					Y1/2 Cycle B					
		Autumn	Spring	Summer	Autumn	Spring	Summer	Autumn	Spring	Summer		
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: <ul style="list-style-type: none"> <li>• 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</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>												
Athletic Activity (and Games)		<a href="#">Y1 Athletics Aut 2.pdf</a> <b>Explore &amp; evaluate different jumps</b> Know basic principles of running, jumping and throwing Show awareness of effective technique in running, jumping and throwing Develop own technique when running, jumping and throwing			<b>GAMES</b> <a href="#">Y2 Locomotion sum1.pdf</a> <b>To know a variety of ways to move</b> Can move at speed in a variety of ways Can change direction, demonstrating balance and agility Can change direction quickly & demonstrate quick reactions in order to evade	<a href="#">Y2 Athletics Sum2.pdf</a> <b>To know the basic principles of jumping</b> Can jump, run and throw effectively Beginning to use good technique for jumping, running and throwing Can use good technique in jumping, running and throwing and can evaluate performance		<a href="#">Y2 Athletics, Aut 2.pdf</a> <b>To know basic technique of jumping for distance</b> Know basic technique for running, jumping and throwing Use effective technique in running, throwing and jumping Consistently use effective technique when running, throwing and jumping			<b>GAMES</b> <a href="#">Send &amp; Receive Y1 Sum1.pdf</a> <b>To roll an object and stop it</b> Can throw and stop an object consistently Can begin to throw and catch with control Can throw and catch consistently using a variety of objects	<b>GAMES</b> <a href="#">Send &amp; Receive Y1 Sum2.pdf</a> <b>To send an object with accuracy</b> Can throw and catch consistently and accurately Apply throwing and catching skills in a game situation Awareness of principles of attack & defence & show elements of lead' ship to support team
	Games	<a href="#">Y2 Object Control Aut 1.pdf</a> <b>To roll and receive with control</b> Can control an object coming towards them Can control and move an object accurately using Can control and move an object accurately and consistently		<a href="#">Y1 Object Control Spr2.pdf</a> <b>To explore ways of moving an object</b> Can control an object in a variety of ways Can change direction whilst staying in control of an object Can use equipment to maintain control of an object	<a href="#">Y1 Net/Wall Sum1.pdf</a> <b>To develop hand/eye Coordination</b> Can control an object coming towards them Can control and move an object accurately using Can control and move an object accurately and consistently	<a href="#">Y1 Locomotion sum2.pdf</a> <b>To move forward fluently</b> Can move fluently in a variety of ways Can link movements with balance and agility Can use agility and a variety of movements to avoid and evade others	<a href="#">Y1 Locomotion Aut1.pdf</a> <b>To know a variety of ways to move</b> Can move in a variety of ways Can adapt movement to different situations Can develop and refine movements to enhance speed or increase performance		<a href="#">Send &amp; Receive Y2 Spr2.pdf</a> <b>To know basic principles of sending and receiving</b> Can strike a stationary and moving ball. Can roll and begin to throw with accuracy all the time Can consistently show good technique when sending and receiving a ball.	<a href="#">Y2 Net/Wall Sum1.pdf</a> <b>To develop hand / eye coordination</b> Can hit a moving ball with control Can hit a bouncing ball consistently with control Can hit a bouncing ball with a high level of accuracy	<a href="#">Y2 Locomotion sum2.pdf</a> <b>To know a variety of ways to move</b> Can move at speed in a variety of ways Can change direction, demonstrating balance and agility Can change direction quickly and demonstrate quick reactions in order to evade	
	Gymnastics	<a href="#">Y1 Body Management.pdf</a> <b>To know, use and demonstrate small body parts</b> Balance using a range of body parts, perform a sequence Explain how tension feels and demo elements of tension Consistently use tension, act on feedback appropriately	<a href="#">Y1 Floor Spr1.pdf</a> <b>To know and use different methods of travelling</b> Can copy a sequence Can create an original sequence Can perform an original sequence with control	<a href="#">Y2 Flight Spr 2.pdf</a> <b>To know principles of take-off and landing</b> Can perform basic gymnastic movements Can link gymnastic movements in a controlled way can work collaboratively to create a controlled, well-rehearsed gymnastic sequence		<a href="#">Y2 Body Management Aut.pdf</a> <b>Use tension in a range of balances</b> Use tension in a sequence of balances Demonstrate refined movements and balances consistently with tension		<a href="#">Y2 Floor Spr1.pdf</a> <b>To use different stepping gymnastic movements</b> Can copy a complex sequence Can create and perform a sequence with control Can create and perform a complex sequence with control	<a href="#">Y1 Flight Spr 2.pdf</a> <b>To explore jumping</b> Can show control when jumping in a variety of ways Can perform a 5 part sequence Can show tension and control in a 5 part sequence			
	Dance	<a href="#">Y2 Interpretive Dance Aut2.pdf</a> <b>To respond to stimuli</b> Can perform a dance sequence Can create, refine and perform a dance sequence Can use feedback to improve their dance sequence	<a href="#">Y2 Perfor Dance Spr1.pdf</a> <b>To explore dance moves</b> Can perform a dance sequence Can create, refine and perform a dance sequence Can create, refine and perform a dance sequence in time to music. Can demonstrate leadership skills				<a href="#">Y1 Interpretive Dance Aut2.pdf</a> <b>To respond to stimuli</b> Can move appropriately in response to stimuli Can perform a dance sequence Can adapt, refine and perform a dance sequence	<a href="#">Y1 Performance Dance Spr1.pdf</a> <b>To explore moving to music</b> Can copy a sequence of moves. Can create an original sequence of movements. Can create an original sequence and perform with timing and control.				