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|  | **Developing Skills** | **Application of Skills** | **Evaluation of Performance** |
| **Gymnastics** | **SHAPE** – Wide, thin  **TRAVELLING – FEET** – jog, skip, gallop, hop, walk forwards,  Backwards.  **TRAVELLING – HAND AND FEET** - frog, monkey, bunny, crab, bear, caterpillar, crocodile etc.  **BALANCING** – front support, balance on 4&3 points, large body parts, tummy, back, bottom and shoulder.  **JUMPING AND LANDING** – 2-2 for height  **ROLLING** – rocking on back, pencil and egg rolls.  **APPARATUS** – mats, benches and tables. | Create a simple sequence by linking 2 actions through rolling, travelling or jumping.  Teach a sequence to a partner and copy it.  Remember and repeat simple sequences.  Link ‘like’ actions.  Adapt and transfer whole or part of a sequence to perform on simple apparatus. | Children will describe and comment on their own performance.  Children will describe and comment on classmates' performances.  Children will know what they need to do to improve. |
| **Dance** | **BODY ACTIONS**- copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds and objects) eg. **Three Little Pigs, Robots**  **TRAVEL** – scuttle, scurry  **TURN** – spiral, rotate.  **JUMP** – pounce, launch  **GESTURE** – frantic, fearful  **STILLNESS** – freeze  Copy simple movement patterns eg, uncurl, stretch and tiptoe.  Show and tell using body actions to explore moods, ideas and feelings.  Vary speed, strength, energy and tension of their movements. | Choose movements to make their own simple dance phrase with beginning, middle and ending.  Practise and repeat these short dance phrases so they can be performed in a controlled way.  Choose and link actions that express a mood, idea or feeling.  Perform these actions and show some sense of dynamic, expressive and rhythmic qualities in their own dance. | Children will describe, using simple dance vocabulary, their own and their classmates' performances.  Children describe how the dance made them feel. |
| **FMS Games** | Perform Fundamental Movement Skills at a developing level in:  Running  Hopping  Skipping  Jumping  Rolling (a ball)  Kicking  Bouncing (a ball)  Throwing (overarm and underarm)  Catching | Apply FMS in 1v1, 1v2, 1v3 games based on net and striking and fielding games.  The aim is to use a simple tactic to outwit the opponent. | Children will describe and comment on their own performance.  Children will describe and comment on classmates' performances.  Children will know what they need to do to improve. |