

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 1	<p>Fundamentals</p> <p>Developing balance, agility and co-ordination and mastering movements including running, jumping, throwing and catching.</p> <ul style="list-style-type: none"> - Starting and stopping. - Static balances - Hand-eye co-ordination with and without equipment. - Travel in a variety of ways. (forwards, backwards, sideways, zig-zag) - Explore different jumps. - Throw at a target and catch different sized equipment. 	<p>Invasion Games (4 weeks)</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <ul style="list-style-type: none"> - Shares equipment with others and takes turns. - Speaks audibly to be heard and understood. - Spatial awareness - following 1 v 1. <p>Dance (3 weeks) - nativity</p> <p>Perform dances using simple movement patterns using their own bodies.</p>	<p>Gymnastics</p> <p>Developing balance, agility and co-ordination.</p> <ul style="list-style-type: none"> - Starting and stopping. - Hand-eye co-ordination with and without equipment. - Perform basic jumps. - Perform a basic sequence. 	<p>Jungle Dance (3 weeks) Story Linked</p> <p>Perform dances using simple movement patterns using their own bodies.</p> <p>Fundamentals (3 weeks)</p> <p>Developing balance, agility and co-ordination and mastering movements including running, jumping, throwing and catching.</p> <ul style="list-style-type: none"> - Starting and stopping. - Static balances - Hand-eye co-ordination with and without equipment. - Travel in a variety of ways. (forwards, backwards, sideways, zig-zag) 	<p>Athletics</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Sports day event practice.</p> <ul style="list-style-type: none"> - Explore different jumps. - Throw at a target - Starting and stopping. 	<p>Invasion Games (4 weeks)</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <ul style="list-style-type: none"> - Shares equipment with others and takes turns. - Speaks audibly to be heard and understood. - Spatial awareness - following 1 v 1.

	Focus of Lessons
Hands (Doing)	Physical Ability, Fitness Levels, Competitive, Techniques, Tactics, Problem Solving
Head (Thinking)	Knowledge, Understanding, Analysis, Feedback, Responsibility, Rules
Heart (Behavioural)	Communication, Leadership, Respect, Resilience, Effort, Confidence

