



EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamentals	Fundamentals Can move up and down a step maintaining balance	Fundamentals	Fundamentals Walks up steps using alternate feet one foot to each step.	Fundamentals	Fundamentals Cross lateral movements to move forwards and negotiate space when moving through tunnels or dens and when made or created vehicles.
Reception	<p>Gross Motor - Fundamentals <i>Working securely at 6</i></p> <p>Coordination floor movement patterns - static one leg balance</p> <p>Footwork</p> <p><i>I know how to follow instructions</i></p> <p><i>I know how to practise safety and independent work.</i></p> <p>Static balance - I know how to balance on one leg</p> <p>Core strength Balance Co ordination Negotiate space.</p>	<p>Gross Motor - Fundamentals <i>Working towards 7</i></p> <p>Invasion Games <i>I know how to take turns and share.</i></p> <p><i>I know about invasion games</i></p> <p>Dynamic balance to Agility skills - I know how to jump and land safely</p> <p>Static balance skill - I know what a seated balance is.</p> <p>I know how to perform a seated balance.</p>	<p>Gross Motor - Fundamentals <i>Working securely at 7</i></p> <p>Gymnastics I know how to explore different movements</p> <p>I know how describe different movements</p> <p>I know able to adjust the speed, direction and position.</p> <p>Coordination - ball skills</p> <p>Counter balance skill - I know how to balance with a partner</p> <p>I know how to static balance from a small base.</p>	<p>Gross Motor - Fundamentals <i>Working towards 8</i></p> <p>Dance Coordination ball skills counterbalance in pairs.</p> <p>Shows good control, coordination and agility in large and small movements, safely negotiating.</p> <p>Understand and follow simple rules</p> <p>Name some things I am good at.</p> <p>I know how to link two movements together.</p> <p>Dynamic balance -</p>	<p>Gross Motor - Fundamentals <i>Working securely at 8</i></p> <p>Athletics</p> <p>Agility in large and small movements- skills - Reaction/Response</p> <p>Safely negotiating space - avoiding obstacles and negotiating equipment.</p> <p>I know how to perform single skill or movement with some control.</p> <p>I know how to perform a range of skills.</p>	<p>Gross Motor - Fundamentals <i>Working towards 9</i></p> <p>Invasion games</p> <p>Children know how to hops and skips when playing games</p> <p>Children know how to hop in time to music.</p> <p>Children know how to play by the rules</p> <p>Children know why rules are important</p> <p>Children know why exercise is important for good health.</p> <p>Coordination - sending and</p>

			Gymnastics	on a line Static balance - Stance Dance		receiving. Agility - ball chasing Static balance skill - floor work.
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	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

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 1	Fundamentals Developing balance, agility and co-ordination and mastering movements including running, jumping, throwing and	Invasion Games (4 weeks) Participate in team games, developing simple tactics for attacking and defending. - Shares equipment	Gymnastics Developing balance, agility and co-ordination. - Starting and stopping. - Hand-eye co-ordination with and without equipment.	Dance (3 weeks) Perform dances using simple movement patterns using their own bodies. Fundamentals (3 weeks) Developing balance,	Athletics Master basic movements including running, jumping, throwing and catching. Sports day event practice. - Explore different	Invasion Games (4 weeks) Participate in team games, developing simple tactics for attacking and defending. - Shares equipment

	<p>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>with others and takes turns.</p> <ul style="list-style-type: none"> - Speaks audibly to be heard and understood. - Spatial awareness - following 1 v 1. <p><u>Dance (3 weeks)</u> Perform dances using simple movement patterns using their own bodies.</p>		<p>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>jumps.</p> <ul style="list-style-type: none"> - Throw at a target - Starting and stopping. 	<p>with others and takes turns.</p> <ul style="list-style-type: none"> - Speaks audibly to be heard and understood. - Spatial awareness - following 1 v 1.
Year 2	<p><u>Fundamentals</u> Developing balance, agility and co-ordination and mastering movements including running, jumping, throwing and catching.</p> <ul style="list-style-type: none"> - Changing direction - Dynamic balances - Foot-eye co-ordination. - Travel with body control. - Improved control when jumping and landing. - Throwing in a variety of directions with a partner. 	<p><u>Invasion Games (4 weeks)</u> Participate in team games, developing simple tactics for attacking and defending.</p> <ul style="list-style-type: none"> - Movement off the ball - Intercepting. - Completing tasks with a partner - Speak clearly to be heard and understood. <p><u>Dance (3 weeks)</u> Perform dances using simple movement patterns incorporating travel movements and changing direction</p>	<p><u>Gymnastics</u> Developing balance, agility and co-ordination.</p> <ul style="list-style-type: none"> - Change of direction. - Dynamic balances. - Foot-eye co-ordination. - Travel with body control. - Improved control when jumping and landing. 	<p><u>Dance (3 weeks)</u> Perform dances using simple movement patterns incorporating travel movements and changing direction.</p> <p><u>Fundamentals (3 weeks)</u> Developing balance, agility and co-ordination and mastering movements including running, jumping, throwing and catching.</p> <ul style="list-style-type: none"> - Changing direction - Dynamic balances - Foot-eye co-ordination. - Travel with body 	<p><u>Athletics</u> Master basic movements including running, jumping, throwing and catching. Sports day event practice.</p> <ul style="list-style-type: none"> - Travel with body control and controlled taking off and landings. - Explore a variety of throwing and catching techniques with a partner. - Foot-eye co-ordination with and without equipment. 	<p><u>Invasion Games (4 weeks)</u> Participate in team games, developing simple tactics for attacking and defending.</p> <ul style="list-style-type: none"> - Movement off the ball - Intercepting. - Completing tasks with a partner - Speak clearly to be heard and understood.

				<p>control.</p> <ul style="list-style-type: none"> - Improved control when jumping and landing. - Throwing in a variety of directions with a partner. 		
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KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (sports day)	Summer 2
Year 3	<p>Fundamentals Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and</p>	<p>Games (4 weeks) Play competitive games applying basic principles. - Attacking and defending decision making and anticipation</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. - Counterbalances using equipment and peers.</p>	<p>Dance (3 weeks) Performing dances using a range of movement patterns incorporating floor and air patterns. Orienteering</p>	<p>Fundamentals/ Athletics Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching</p>	<p>Games Play competitive games applying basic principles. - Attacking and defending decision making and anticipation</p>

	<p>combination.</p> <ul style="list-style-type: none"> - Travel at different speeds. - Counter tension balances using equipment and peers. - Perform combinations of jumps (1 and 2 feet). - Develop chest, bounce, underarm and overarm throwing techniques. - Show body control and rhythm without equipment. 	<p>3 v 1 and 3 v 2 games.</p> <ul style="list-style-type: none"> - Vary their voice and begin to use body language. - Can complete tasks as part of a group. <p>Dance (3 weeks) Performing dances using a range of movement patterns incorporating floor and air patterns.</p>	<ul style="list-style-type: none"> - Showing body controls and rhythm without equipment. - Use sequenced agility patterns as part of a group. 	<p>(3 weeks) Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> - Vary their voice and use body language to communicate. - Can complete tasks as part of a group. 	<p>in isolation and in combination.</p> <p>Sports day event practice.</p> <ul style="list-style-type: none"> - Travel at different speeds. - Perform combinations of jumps (1 and 2 feet). - Develop chest, bounce, underarm and overarm throwing techniques used in events. - Can complete tasks as part of a group. - Encourages and supports others. 	<p>3 v 1 and 3 v 2.</p> <ul style="list-style-type: none"> - Vary their voice and begin to use body language. - Can complete tasks as part of a group.
<p>Year 4</p>	<h1>Swimming</h1>			<p>Dance (3 weeks) Performing dances using a range of movement patterns incorporating a range of different levels and heights.</p> <p>Orienteering (3 weeks) Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> - Explain ideas and opinions clearly, contributing to discussions. - Takes on a role and performs it to their best ability. 	<p>Fundamentals/ Athletics Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Sports day event practice.</p> <ul style="list-style-type: none"> - Perform a range of jumps for height and distance. - Run at different speeds. - Master chest, bounce, underarm and overarm throwing techniques used in events. - Can complete tasks as part of a group. - Move in, around, under and over equipment. 	<p>Games (4 weeks) Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Attacking and defending using support and movement - cover and balance in team situations 5 v 2 and 5 v 3 games. - Encourages and supports others in a competitive environment. - Justify ideas and opinions whilst discussing their own and others' ideas.

						- Encourages and supports others.
Year 5	<p>Fundamentals Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and combination.</p> <ul style="list-style-type: none"> - identify and apply appropriate speeds for a range of distances - Perform a range of jumps using a short run up. - Perform a range of balances in groups of 3 or more. - Executing throws used in game situations. - Confidently moving freely using own bodyweight with/without equipment. 	<p>Games (4 weeks) Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Attacking and defending using support and movement - cover and balance in team situations 5 v 2 and 5 v 3 games. - Encourages and supports others in a competitive environment. - Justify ideas and opinions whilst discussing their own and others' ideas. <p>Dance (3 weeks) Performing dances using a range of movement patterns using a range of directions.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> - Confidently move freely using own body weight with or without equipment. - Encourage and support others. - Complete randomised agility patterns using a range of jumps.. - Performs a range of balances in groups of 3 or more. 	<h1>Swimming</h1>		
Year 6	<p>Fundamentals Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and combination.</p> <ul style="list-style-type: none"> - Perform a balance in a range of games. -Co-ordinating limbs for efficiency of technique. - Perform combinations of jumps smoothly. 	<p>Games (4 weeks) Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Keeping possession - delay, deny and dictate in 5 v 5 and 6 v 4 games. - Shows leadership and ownership during competitive situations. - Communicates effectively in a range of different ways. 	<p>Gymnastics Develop flexibility, strength, technique, control and balance.</p> <ul style="list-style-type: none"> - Display appropriate skills in a range of environments. - Communicate with others in a range of ways. - Confidently performing balances in different situations. - Maintain speed and 	<p>Dance (3 weeks) Performing dances using a range of movement patterns and applying formations to their performance.</p> <p>Orienteering (3 weeks) Take part in outdoor and adventurous activity challenges both individually and as part of a team.</p> <ul style="list-style-type: none"> - Communicates 	<p>Fundamentals/ Athletics Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Sports day event practice.</p> <ul style="list-style-type: none"> -Co-ordinating limbs for efficiency of technique. - Perform combinations 	<p>Games Play competitive games applying basic principles.</p> <ul style="list-style-type: none"> - Keeping possession - delay, deny and dictate in 5 v 5 and 6 v 4 games. - Shows leadership and ownership during competitive situations. - Communicates effectively in a range of different ways.

	- Use a variety of throws in games activities.	Dance (3 weeks) Performing dances using a range of movement patterns and applying formations to their performance.	balance while changing direction.	effectively in a range of different ways. - Shows leadership and ownership qualities to succeed.	of jumps smoothly. - Use a variety of throws for selected events. - Shows leadership. - Encourages and supports others.	
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