

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>EYFS (PD) Gross motor:</p> <p>Children develop their core strength, stability, balance, spatial awareness, coordination and agility.</p> <p>EYFS (PD) Fine motor:</p> <p>children to develop their fine motor skills including hand dominance, hand-eye coordination, crossing the midline, developing the tripod pencil grasp and using tools including scissor development.</p>	<p>KS1 National Curriculum</p> <p>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:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and 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. • perform dances using simple movement patterns 	<p>KS2 National Curriculum Aims</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</p> <ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best 				
	<p>Nursery</p> <p>Gross and fine motor experiences developed incrementally throughout the year. Sensory explorations developed through indoor and outdoor games .</p> <p><u>AUTUMN</u></p> <p>Me and Myself</p> <p>N- shows understanding towards the effects of activity on their body</p> <p>N- responds to ideas showing understanding, asking appropriate questions of others</p> <p>N- Ability to dress themselves</p>	<p>YR 1 and 2 PE National Curriculum</p> <p><u>AUTUMN</u></p> <p>Children can:</p> <p>Y1 Sport: Netball</p> <p>1-Explore different ways to use, move and send the ball.</p> <p>1-Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.</p> <p>1-React to situations to make it difficult for opponents – using simple tactics. e.g. Move to defend a goal.</p> <p>1-Understand how to play in a safe way.</p> <p>1-Show good awareness of others when playing games.</p> <p>1-Perform a range of actions with the ball keeping it under control.</p> <p>Control, balance, throw, catch, aim, pass roll, teamwork,</p>	<p>YR 3 and 4 PE National Curriculum</p> <p><u>AUTUMN</u></p> <p>Children can:</p> <p>Y3: Orienteering Introduction</p> <p>Hold a simple/orienteering map in both hands.</p> <p>Know how to set/orientate a simple map and keep it set whilst on the move.</p> <p>Use the legend to become familiar with features on an orienteering map.</p> <p>Understand the purpose of thumbing the map.</p> <p>Understand STAR/SCORE orienteering.</p>	<p>YR 5 and 6 PE National Curriculum</p> <p><u>AUTUMN</u></p> <p>Children can:</p> <p>Y5: Football</p> <p>Pass the ball to team mates in game situations. Compete in games.</p> <p>Dribble with the ball whilst under pressure.</p> <p>Decide on ways to attack when playing games.</p> <p>Defend in a team. To decide on ways to defend in games.</p> <p>attacking, defending, speed, dribble, throw in, tackle, turning, direction, referee, shooting, scoring</p> <p>Y5: Dance</p>			

<p>with support if necessary N- moves freely and with pleasure and confidence in a range of skilful ways</p> <p>N- runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles</p> <p><u>Reception</u></p> <p><u>AUTUMN</u></p> <p>Children can:</p> <p>Movement Development</p> <p>R - show understanding of the need for safety when tackling new challenges and considers and manages some risks</p> <p>R- Show some understanding towards the effects of activity on their body.</p> <p>R - Be aware of boundaries set and of behavioural expectations in the setting and can respond to simple instructions</p> <p>R Travels with confidence and skill in a range of movements equipment</p> <p>R Moves freely with pleasure and confidence in a range of skilful ways</p> <p>R runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles</p> <p>Control, fluently, space, coordination, free, creative, slow, fast, awareness, movements, high, low, run, walk</p> <p><u>SPRING</u></p> <p>Children can:</p> <p>Throwing and Catching</p> <p>R-able to respond to simple instructions, showing a good understanding of safety when using tools and equipment</p> <p>R- aware of boundaries set, and of behavioural expectations in</p>	<p>space, gather, ready, score, send, shoot, skills, watch, bounce, close, copy, explore,</p> <p>Y1 Sport: Dance</p> <p>1-Respond imaginatively to a range of stimuli.</p> <p>1-Move confidently and safely in your own and general space, using changes of speed, level, and direction.</p> <p>1-Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>1-Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p> <p>2-Perform a range of actions and simple movement patterns with control and coordination.</p> <p>2-Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p> <p>2- Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>2-Describe phrases and expressive qualities.</p> <p>Canon, smart, neat, performance, movement, express, phrase, teamwork</p> <p>Y1 Football</p> <p>1-Explore different ways to use, move and send the ball.</p> <p>1- Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.</p> <p>1- Show control of a ball with basic actions.</p> <p>1- Send/ pass a ball and successfully catch/stop a ball.</p> <p>1- Recognise space in games and use it to your advantage.</p> <p>1- Show control of the ball with basic actions – including sending a ball/equipment to a target.</p> <p>1- Can shoot successfully at a goal or target.</p> <p>1-Move to defend a goal.</p> <p>1- Play simple games, understanding the rules of the game.</p> <p>kick, shoot, score, dribble, pass, ball control, space, coordination, direction, rules, partner</p> <p>Y1 Hockey</p> <p>1- recognise space in games and use it to their advantage</p>	<p>Work/communicate as part of a team.</p> <p>set, orient, orientate, start, finish, feature, legend, thumbing, folding, route, teamwork, map skills, communication, problem solving, navigate, control marker</p> <p>Y3: Football</p> <p>Stop the ball with my feet.</p> <p>Make a standing tackle.</p> <p>Pass the ball with the inside of my feet.</p> <p>Shoot a stationary football.</p> <p>Dribble using my feet.</p> <p>Participate in a group football game.</p> <p>attacking, defending, throwing, dribbling, control, tackle, passing, pitch, referee, shooting, scoring</p> <p>Y4: Tennis</p> <p>Watch, track, and catch a tennis ball successfully.</p> <p>Hit a ball into space (at different speeds and heights) to try beat an opponent.</p> <p>Perform a basic forehand action with increasing accuracy.</p> <p>Keep a rally going using a range of shots.</p> <p>Perform a basic backhand shot with increasing control.</p> <p>Compete with others.</p> <p>direction, power, accuracy, control, partner, bounce, space, movement</p> <p>Y4: Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Front crawl, breaststroke, backstroke</p> <p><u>SPRING</u></p> <p>Children can:</p> <p>Y3: Dance</p> <p>Perform dances using a range of movement patterns.</p>	<p>Be inspired by music and different stimuli.</p> <p>Apply the principles of dance to a routine.</p> <p>Show ideas through dance.</p> <p>Combine movements – keeping to the beat.</p> <p>Create sections of dance on your own, and in a group.</p> <p>Perform to an audience.</p> <p>routine, movement, fluency, music, unison, choreography, beat of 8</p> <p>Y6: Tennis</p> <p>Know and describe the correct grip and stance when holding a racket.</p> <p>Adopt a good ready position.</p> <p>Use a variety of different shots, and serves, hitting with increased consistency.</p> <p>Employ tactics in games.</p> <p>Play shots on the forehand and backhand side of the body.</p> <p>Follow the rules and score correctly.</p> <p>rally, power, accuracy, control, swing, strategy, aim, cooperative</p> <p>Y6: Gymnastics</p> <p>Show flexibility and technique when performing gymnastic elements.</p> <p>Create longer sequences.</p> <p>Travel fluently on the floor and on/off apparatus.</p> <p>Show rhythm and creativity when working with others.</p> <p>Travel with confidence choosing different pathways.</p> <p>Perform in front of an audience.</p> <p>pace, jumping, timing, movement, technique, coordination</p> <p><u>SPRING</u></p> <p>Children can:</p> <p>Y5: Netball</p> <p>Pass / send a ball with increasing accuracy.</p> <p>Find and use space well to keep possession.</p> <p>Move with the ball keeping it under control.</p> <p>Apply basic attacking and defending principles.</p> <p>Pass the ball in different ways.</p> <p>Play in small sided games, employing simple tactics.</p>
--	--	---	---

<p>the setting, and can respond to simple instructions</p> <p>R- showing increased control when catching a ball</p> <p>R- shows increasing control over an object, pushing, passing, throwing, catching or kicking it</p> <p>R- moves freely and with pleasure and confidence in a range of skillful ways</p> <p>R- Can play fairly in a group. Show the ability to accept the needs of others and take turns to share resources, sometimes with support from others</p> <p>Throw, catch, watch, aim, target, push, roll, kick, hands, bounce, count, ready</p> <p><u>Summer</u></p> <p>Children can:</p> <p>Working with others</p> <p>R - Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health</p> <p>R - Aware of the boundaries set, and of behavioural expectations in the setting and can respond to simple instructions</p> <p>R - can play in a group</p> <p>R - Keeps play going by responding to what others are saying or doing</p> <p>R - Begins to accept the needs of others and can take turns to share, sometimes with the support of others</p> <p>R - runs skillfully and negotiates space successfully adjusting successfully, adjusting speed or direction to avoid obstacles</p> <p>Throw, catch, aim, target, roll, help, catch, target, bounce, team, watch, ready, count, partner</p>	<p>1- describe what they have done or seen others doing</p> <p>1- understand why being active and playing games is good</p> <p>1- explore different ways to move with a ball</p> <p>1- Show control of a ball with basic actions</p> <p>1- send/pass a ball and successfully stop a ball</p> <p>1- Develop fundamental movement skills, become increasingly confident and competent, moving fluently, changing direction and speed</p> <p>1- use skills in different ways when playing games</p> <p>Y2 Tag Rugby</p> <p>2- Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low</p> <p>2- Show good awareness of others when playing games.</p> <p>2- Participate in team games.</p> <p>2- Pass a ball with control.</p> <p>2- Show control when moving, changing speed and direction, both with and without a ball.</p> <p>2- Develop fundamental movement skills, becoming increasingly confident and competent.</p> <p>2- Perform a variety of skills keeping the ball under control.</p> <p>2- Show control when moving, changing speed and direction, both with and without a ball.</p> <p>2- Can shoot successfully at a goal or target.</p> <p>2- Move to defend a goal.</p> <p>2- Throw and catch a ball to themselves and others.</p> <p>2- Improve movement skills whilst moving with the ball in two hands.</p> <p>2- Learn how to tag.</p> <p>tag, pass, try, catch, dodge, support, belts, target, space, attack, run, trick, defend, try, target, dodge, teamwork</p> <p>Y2 Dodgeball</p> <p>2- Show control of a ball with basic actions.</p> <p>2- Develop and practise ball handling skills.</p> <p>2- Move the ball in different ways, practising throwing using overarm and underarm techniques.</p> <p>2- Roll a ball with some accuracy.</p> <p>2- Recognise what is successful.</p>	<p>Create, practice and perform more complex dances.</p> <p>Link movement patterns together.</p> <p>Perform as various characters when moving to music.</p> <p>Work on your own, with a partner and in a group.</p> <p>Communicate feeling through dance.</p> <p>routine, co-ordination, fluency, music, unison, performance, beat of 8, rhythm, expression</p> <p>Y3: Hockey</p> <p>Hold a hockey stick correctly and safely.</p> <p>Dribble a ball whilst changing direction.</p> <p>Use a push pass.</p> <p>Use a slap pass.</p> <p>Get on a low position when dribbling and/or passing.</p> <p>Play hockey games against others.</p> <p>dribbling, turn, direction, control, teamwork, slap pass, push pass, possession, shoot</p> <p>Y4: Gymnastics</p> <p>Perform 9 key shapes.</p> <p>Create sequences of movements, shapes, balances, and rolls.</p> <p>Travel using different body parts.</p> <p>Work with others mirroring and cannoning.</p> <p>Travel on different levels at different speeds.</p> <p>Perform in front of others.</p> <p>balances, jumps, sequence, routine, rolls, teamwork, coordination, apparatus</p> <p>Y4: Tag Rugby</p> <p>Travel with the ball.</p> <p>Defend by removing a player's tag.</p> <p>Keep a horizontal line with others when running.</p> <p>Work together with others.</p> <p>Catch the ball whilst on the move.</p> <p>Play games against others that require tactics to be used to try score</p> <p>pass, tag, attack, defend, mark, dummy, share</p>	<p>accuracy, bounce, pass, shoot, control, teamwork, speed, chest pass, possession</p> <p>Y5: Hockey</p> <p>Play games understanding different positions and roles.</p> <p>Dribble a ball at speed whilst changing direction.</p> <p>Use different passes whilst on the move.</p> <p>Decide the best way to defend in a game situation.</p> <p>Shoot with confidence and control.</p> <p>Decide the best way to attack in a game situation.</p> <p>dribbling, turn, shoot, control, teamwork, speed, push pass, possession</p> <p>Y6: Netball</p> <p>Pass the ball in a variety of ways with confidence and control.</p> <p>Keep possession of the ball when faced with opponents.</p> <p>Move with the ball at speed.</p> <p>Work together as a team, showing good awareness of others.</p> <p>Mark, track and cover when defending.</p> <p>Apply attacking and defending skills in game situations</p> <p>aim, technique, shoot, control, teamwork, speed, chest pass, bounce pass</p> <p>Y6: Tag Rugby</p> <p>Travel at speed with the ball.</p> <p>Watch and evaluate the professional game.</p> <p>Dodge and fake passes when running with the ball.</p> <p>Decide on ways to attack when playing games.</p> <p>Catch the ball whilst under pressure.</p> <p>Decide on the best ways to defend in games.</p> <p>pass, tag, attack, defend, mark, dummy, share</p> <p><u>SUMMER</u></p> <p>Children can:</p> <p>Y5: Cricket</p> <p>Throw a ball with increasing accuracy.</p> <p>Hit a ball towards the target.</p> <p>Catch a ball with increasing control.</p> <p>Choose fielding skills to make it difficult for an opponent.</p> <p>Successfully hit a ball from a tee.</p>
---	---	---	--

2- Develop fundamental movement skills, becoming increasingly confident.

2- Explore different ways of moving, with and without a ball, developing movement and coordination.

2- Show increasing control when pushing, patting, throwing, and catching a ball.

2- Send objects towards a target with increasing accuracy.

throw, catch, bounce, teamwork, react, pass, dodge, roll, target, speeds, dodgeball, reaction time, control, aim

Y2 - Football

2- recognise what is successful.

2- Use actions and ideas you have seen to improve your own skills

2- participate in team games

2- pass ball with control

2- show control when moving changing speed and direction

2- perform a variety of skills keeping the ball under control

Aim, attack, control, turn, teamwork, shooting, passing, speed, space, dribble, defend, movement, rules

Y2 Dance

2- Describe phrases and expressive qualities

2 - begin to understand the importance of warming up

2- watch and describe performance accurately and recognise what is successful

2- perform a range of actions and simple movement patterns with control and coordination

2- compose short dances that express and communicate mood, ideas and feelings

2- explore, remember and repeat short dance phrases, showing greater control

2- work individually and with others

Actions, beat, performance, movement, near, expression, improve, create, character, levels, count, unison

SPRING

Y1/ 2 Gymnastics

SUMMER

Children can:

Y3: Handball

Pass/send a ball with increasing accuracy.

Dribble when under pressure.

Move with the ball keeping it under control.

Defend by marking.

Pass the ball over different distances.

Play handball games against others.

throw, receive, aim, space, catch, power, control, support

Y3/4: Athletics

Throw an object by overarm, underarm, pulling, pushing and slinging.

Run in races of varied distances.

Combine different types of jumping.

Take part in athletic events.

Run for distance.

Perform competitively with others.

athlete, timing, coordination, technique, movement, measurements

Y4: Handball

Pass/send a ball whilst on the move.

Decide on ways to attack during games.

Shoot whilst under pressure.

Decide on ways to defend during games.

Pass the ball over different distances whilst moving.

Play handball games against others.

space receive, support, control, accuracy, power, dribbling, intercept

Y4: Orienteering

Orienteer efficiently recaps the skills of: holding the map in both hands; setting/orientating the map; folding and thumbing the map to maintain position.

Become more familiar with STAR/SCORE

Participate in modified competitive games, showing good teamwork

fielding, wickets, runs, overarm, underarm, bowling, batting, accuracy, teamwork

Y5/6: Athletics

Use the correct combination of jumps to complete the triple jump.

Use a run up when throwing.

Compete in long distance running.

Practise to improve throwing distance.

Compete in short distance races.

Use a run up when jumping.

pace, timing, coordination, technique, movement, measurements

Y6: Cricket

Throw and bowl in different ways.

Use skills and tactics to outwit opponents when fielding.

Play shots into different areas of the field.

Use skills and tactics to outwit opponents when batting.

Retrieve, catch, intercept, and stop a ball when fielding.

Participate in competitive games.

wicket keeper, wickets, runs, overarm, underarm, bowling, batting, striking, teamwork

Y6: Swimming

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

Perform safe self-rescue in different water-based situations

Front crawl, breaststroke, backstroke

Y5: Orienteering

Work together to complete outdoor & adventurous activities which require communication, cooperation and trust.

Understand Point-to-Point orienteering.

1- Perform basic gymnastics actions, including travelling, rolling, jumping, and staying still.

1- Become increasingly confident and competent, moving safely using changes of speed, level and direction.

1-Combine different ways of travelling exploring a range of movements and shapes.

1- Create linked movement phrases with beginning, middle and ends.

1-Perform movement phrases using a range of different body parts/actions.

1-Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.

1- Develop agility, balance, and coordination.

2- Perform a range of actions with control and confidence.

2- Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.

2- Form simple sequences of different actions, using the floor and a variety of apparatus.

2- Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.

2- Continue to develop agility, balance, and coordination.

Key shapes, teamwork, smart, neat, performance, movement, express, balance, roll, straight, tense

Y1 Sport: Tag Rugby

1-Develop control and accuracy when throwing and catching a rugby ball.

1-Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender.

1-Learn how to tag and begin tagging players in game situations.

1-Begin to understand and develop correct technique of passing the ball.

1-Develop understanding of tag rugby and participate in small games.

1-Use simple tactics in game situations, such as deciding when to pass and when to run.

orienteering.

set, orient, orientate, start, finish, feature, legend, thumbing, folding, route, teamwork, map skills, communication, problem solving, navigate, control marker

Know how to use a compass.

Apply appropriate orienteering skills

set, orient, orientate, start, finish, feature, legend, thumbing, folding, route, teamwork, map skills, communication, problem solving, navigate, control marker, compass, bearing, north

1-Understand who the attackers and who the defenders are.

Belts, target, catch, space, attack, defend, try

Y1/2 Tennis

1- Use different skills and movements, including aiming into space to try to win games.

1- Move fluently, changing direction and speed.

1- Engage in cooperative physical activities.

1- Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking an object.

1- Understand the concept of moving to get in line with a ball to receive it.

1- Successfully receive (catch/stop) a ball.

1-Understand, follow, and apply skills and tactics in simple games.

2-Understand what a rally is and how to continue one in pairs.

2-Develop simple tactics for attacking.

2-Gain an understanding that hitting the ball into space helps them score points.

2-Use actions and ideas they have seen to improve their own skills.

2-Perform a range of actions including catching/ gathering skills and sending/passing with control and throw/

hit a ball in different ways e.g. high, low, fast, slow.

aim, aiming, balance, ball control, bounce, move, control, experiment, racket, receive, roll, score, send, swing, throw, underarm.

Y1/2 - Orienteering

1- Move in different directions and a variety of different ways.

1- Work independently, as well as cooperatively in small groups.

1- Participate in games following rules and playing fairly.

1- Begin to plan how to solve problems.

1- Participate in competition with others, completing a simple orienteering event.

2-Begin to problem-solve with others.

2- Understand what a compass is used for and be able to use the direction points.

2- Has knowledge of safety rules and procedures for taking part in orienteering events.

2-Introduction to map reading. Be able to use some basic features on a map to select and plan a route.

2-Begin to understand the competitive side of orienteering and take part in a picture orienteering event.

2-Work well in big groups, sharing, taking turns, and cooperating with others.

Teamwork, Together, Compass, Map, Route, Directions, Safety, Orienteering, Problem solving, Challenge

Y2 - Netball

2-Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).

2- Show good awareness of others when playing games.

2- Participate in team games.

2- Pass a ball with control.

2- Show control when moving, changing speed and direction, both with and without a ball.

2- Develop fundamental movement skills, becoming increasingly confident and competent.

2- Perform a variety of skills keeping the ball under control.

2- Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low).

2- Know and show how to defend between the ball and target.

2- Decide when and where to run, showing good awareness of surroundings.

2- Pass a ball with control and increasing accuracy and consistency.

2- Move fluently, changing direction and speed – with and without a ball.

2- Choose and use simple tactics to suit different situations in small sided games.

2- React to situations in ways that make it difficult for opponents.

2- Develop control and accuracy when throwing and catching a ball.

2- Successfully beat a defender.

ball, control, balance, throw, catch, aim, accuracy, pass, roll, team, teamwork, get in line, space

SUMMER

Y1/2 Sport: Athletics

1-Explore and practise a variety of athletic movements and apply athletic skills and technique to a variety of activities.

1-Show understanding and a basic level of control, coordination and consistency when running.

1-Experiment with different jumping techniques, showing control, coordination, and consistency throughout.

1-Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.

2-Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.

2-Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.

Running, Jumping, Throwing, Personal Best, Competition, distance, speed, race, measuring

Y1/2 Sport: Cricket

1-Move fluently, changing direction and speed,

1-Show basic control of the ball, including when striking a ball.

1-Understand and follow simple rules for games and compete in physical activities both against self and against others.

1-Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.

1-Apply skills and tactics in simple games, including recognizing space and using it to your advantage.

2-Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed.

2-Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control.

2-React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.

2-Show good awareness of others when playing games.

Throwing, batting, fielding, catching, underarm, wickets. striking, long barrier, communicate, tracking the ball, feeder, Fielder, wicket keeper, get in line, teamwork, experiment

Y1/2 Sport: Fitness

1 /2-Improve speed, agility, and stamina.

1-Develop the jumping technique safely and while moving at speed.

1-Improve and develop coordination, control, and balance, and negotiate space.

1-Take turns in teams.

1-Explore and practise a variety of different movements and fitness techniques.

2-Develop the safe jumping technique to gain height and distance.

2-Develop control, balance and coordination when completing a variety of tasks.

2-Work well as a team.

2-Explore and practise a variety of movements and fitness techniques.

2-Complete exercise with good technique and focus, and with good energy.

Jump, Land, Space, Coordination, Height, Hurdle, Control, Balance, Posture, Distance, Energy, Forfeit, Movement, Stretch, Technique, Control, Stamina, Speed, Stamina, Balance, Agility, Relay, Fitness