

	Term 1 Send and Return	Term 2 Invasion Games	Term 3 Gymnastics	Term 4 Dance	Term 5 Strike and Field	Term 6 Athletics
Skills	Acquiring and Developing Skills. Selecting and applying skills, tactics and compositional ideas. Evaluating and improving performance. Knowledge and understanding of fitness and health.					
<p>National Curriculum: 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.</p> <p>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 co-ordination, 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. 						
EYFS	<p>How do I throw and catch a ball of different sizes?</p> <p>Introduction to throwing and catching.</p> <p>Children are introduced to different shaped balls and objects.</p>	<p>Can I find space within the pitch?</p> <p>Children start to develop a basic understanding of attacking an area or goal.</p> <p>Children start to develop a basic understanding of defending an area or goal.</p>	<p>How does my body move?</p> <p>Children can safely move around a confined space.</p> <p>Introduction to basic body movements.</p> <p>Children start to learn to balance.</p>	<p>How does music move my body?</p> <p>Children can listen to music and move their bodies.</p> <p>Children are introduced to moving their bodies in a rhythm to the music.</p>	<p>Can I hit a static ball?</p> <p>Introduction to striking balls.</p> <p>Children are taught how to hold a cricket bat correctly.</p> <p>Introduction to rapid fire cricket.</p>	<p>How can I run fast?</p> <p>Introduction to athletics.</p> <p>Children are taught how to sprint.</p> <p>Children are taught to pace themselves over a longer distance.</p> <p>Children are taught to run in their lanes.</p>

	<p>Children learn how to catch and throw different sized balls in isolation.</p> <p>Children introduced to basic competitive games and activities.</p> <p>Children learn how to pass and control a football correctly.</p> <p>Children learn to throw accurately.</p> <p>Children learn underarm for short distance and over arm for long distances.</p>	<p>Children can identify space.</p> <p>Children learn to stay within the pitch/court/area.</p>	<p>Children learn to stand on one foot.</p> <p>Introduction to flexibility and core strength.</p> <p>Children learn basic gymnastics moves and positions. I.E front support, back support, arch and dish.</p> <p>Children will learn how to move in a variety of ways.</p> <p>Children can explore safely over equipment.</p> <p>Children learn points of contact on the apparatus.</p>	<p>Children learn to apply emotions to songs. I.E how does this music make you feel.</p> <p>Children can make movements relevant to the tempo of the song.</p> <p>Children can explore different pathways and levels.</p> <p>Children learn to utilise space.</p>	<p>Children to work on ball to bat coordination. (Hand-eye).</p> <p>Children learn the rules.</p> <p>Children to start to learn how to field.</p> <p>Children learn how to stop a moving ball.</p> <p>Children to learn basic fielding positions.</p> <p>Children to learn field effectively without obstructing team mates.</p>	<p>Children to learn to react to a stimulus.</p> <p>Introduction to relay races.</p> <p>Children are introduced how to throw an object for distance.</p>
<p>Year 1</p>	<p>How do I pass a ball to a teammate?</p> <p>Children learn how to catch and throw balls and objects of</p>	<p>How do I use the space on a pitch?</p> <p>Children start to develop their understanding of</p>	<p>How can I control my body movements?</p> <p>Children can safely move around a confined space.</p>	<p>How do I move my body rhythmically?</p> <p>Children can move their bodies in</p>	<p>How can I stop a moving ball?</p> <p>Children taught how to strike static balls constantly.</p>	<p>What are good running techniques?</p> <p>Children understand how to sprint.</p>

<p>different sizes in combination.</p> <p>Children explore different ways of using a ball</p> <p>Children learn how to change their approach when catching different balls/objects.</p> <p>Children start to learn the process behind throwing and catching.</p> <p>Children take part in competitive games and activities.</p> <p>Children can retrieve and stop a ball using different parts of the body</p>	<p>attacking an area or goal.</p> <p>Children start to develop their understanding of defending an area or goal.</p> <p>Children can identify space and move into it.</p> <p>Children learn to stay within the pitch/court/area.</p> <p>Children learn how to move into space as part of a team.</p> <p>Children develop techniques to attack and defend as part of a team.</p> <p>Children start to understand basic tactics.</p>	<p>Introduction to more basic body movements.</p> <p>Children start to learn techniques to balance.</p> <p>Children learn to stand on one foot.</p> <p>Children can demonstrate flexibility and core strength.</p> <p>Children perform basic gymnastics moves and positions. I.E front support, back support, arch and dish.</p> <p>Children will learn how to move in a variety of ways at different speeds.</p> <p>Children can explore safely over equipment.</p>	<p>time with the music.</p> <p>Children develop their emotions to songs.</p> <p>Children can make dance movements relevant to the tempo of the song.</p> <p>Children can explore different pathways and levels in relation to the music.</p> <p>Children can develop their use of space.</p>	<p>Children learn how to hold a cricket bat correctly.</p> <p>Children learn how to position themselves correctly to strike a ball.</p> <p>Children to continue to work on ball to bat coordination. (Hand-eye).</p> <p>Children to start to learn how to be efficient in the field.</p> <p>Children learn how to stop a moving ball using long barrier.</p> <p>Children to understand basic fielding positions.</p> <p>Children to learn to field effectively as a team.</p>	<p>Children understand how to pace themselves over a longer distance.</p> <p>Children understand to run in their lanes.</p> <p>Children understand how react to a stimulus. Introduction to relay races.</p> <p>Children understand how to throw an object for distance.</p> <p>Children develop further movement skills of balance, co-ordination and agility.</p> <p>Children to further develop balance, agility and co-ordination.</p>
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	<p>Children learn how to pass and control a football correctly.</p> <p>Children explore ways to send a ball or other equipment</p> <p>Children develop skills to help them to throw accurately.</p> <p>Children learn to throw and catch to each other whilst moving and looking for space.</p>		<p>Children understand points of contact on the apparatus and why it is important.</p> <p>Children develop their balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>Children can move between mats and small apparatus and change the speed of movement.</p>			
<p>Year 2</p>	<p>How can I pass a ball when moving?</p> <p>Children learn how to catch and throw balls and objects of different sizes in combination and sequences of movement with increased accuracy.</p>	<p>How do I attack and defend well?</p> <p>Children have an understanding of attacking an area or goal.</p> <p>Children have an understanding of defending an area or goal.</p>	<p>How can I develop flexibility and strength?</p> <p>Children can safely move around a confined space.</p> <p>Children have an understanding of basic body movements.</p>	<p>How do I show my emotions through movements?</p> <p>Children can move their bodies in time with the music.</p> <p>Children develop their emotions to songs.</p>	<p>How can I accurately strike a static ball?</p> <p>Children start developing accuracy when striking a static ball.</p> <p>Children can hold a cricket bat correctly.</p> <p>Children learn how to position</p>	<p>How can I pace myself?</p> <p>Children develop their understanding how to sprint more efficiently.</p> <p>Children develop their understanding on how to pace themselves over a longer distance.</p> <p>Children understand to run in their lanes.</p>

	<p>Children explore different ways of using a ball.</p> <p>Children understand how to change their approach when catching different balls/objects.</p> <p>Children start to understand the process behind throwing and catching.</p> <p>Children take part in more competitive games and activities.</p> <p>Children can retrieve and stop a ball using different parts of the body.</p> <p>Children learn how to pass and control a football correctly.</p> <p>Children can dribble with a football.</p>	<p>Children start understanding how to make it difficult for opponents.</p> <p>Children can start to utilise space effectively.</p> <p>Children know to stay within the pitch/court/area.</p> <p>Children learn how to move into space as part of a team.</p> <p>Children have techniques to attack and defend as part of a team.</p> <p>Children understand basic tactics.</p> <p>Children become effective in game scenarios.</p> <p>Children start to recognise effective</p>	<p>Children have an understanding of techniques to balance.</p> <p>Children can stand on one foot with good balance.</p> <p>Children can demonstrate flexibility and core strength techniques.</p> <p>Children can perform basic gymnastics moves and positions in combination. I.E front support, back support, arch and dish.</p> <p>Children will learn how to move in a variety of ways at different speeds.</p> <p>Children understand points of contact and safety while on the apparatus.</p>	<p>Children can make dance movements relevant to the tempo of the song.</p> <p>Children can explore different pathways and levels in relation to the music.</p> <p>Children can develop their use of space.</p>	<p>themselves correctly to strike a ball.</p> <p>Children to continue to work on ball to bat coordination. (Hand-eye).</p> <p>Children to start to learn how to be efficient in the field.</p> <p>Children learn how to stop a moving ball using long barrier.</p> <p>Children to continue their understanding of basic fielding positions.</p> <p>Children to learn to field effectively as a team.</p>	<p>Children improve their understanding and ability to react to a stimulus.</p> <p>Introduction to relay races and efficient baton changes.</p> <p>Children develop how to throw an object for distance.</p> <p>Children develop further movement skills of balance, co-ordination and agility.</p> <p>Children to further develop balance, agility and co-ordination.</p>
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	<p>Children have different ways to send a ball or other equipment</p> <p>Children develop skills to help them to throw accurately.</p> <p>Children understand to throw and catch to each other whilst moving and looking for space.</p> <p>Children have an understanding of 'a good approach' to competitive games and activities.</p>	<p>methods to score points/goals.</p> <p>Children start to gauge an understanding of possession based games.</p>	<p>Children further develop their balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>Children develop short sequences on their own.</p> <p>Children form simple sequences of different actions using floor and apparatus. Have a clear start, middle and end.</p>			
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The skills progression criteria is not mutually exclusive to the particular sport it is covered by therefore many skills will overlap during the different terms. This helps with the building and developing of skills but also starts embedding skills and understanding for their transition to KS2.

