

<u>Year Group</u>	<u>Autumn 1</u>		<u>Autumn 2</u>		<u>Spring 1</u>		<u>Spring 2</u>		<u>Summer 1</u>	<u>Summer 2</u>
<b>Year 1</b>	<b>Gymnastics: Travelling</b>	<b>Fundamental Movement Skills: Sending and receiving</b>	<b>Gymnastics: Simple patterns</b>	<b>Fundamental Movement skills: Focus: Hand-eye coordination</b>	<b>Creative Movement/ Dance</b>	<b>Sending and striking</b>	<b>Gymnastics</b>	<b>Fundamental Movement Skills – travelling with a ball and sending and receiving</b>	<b>Fundamental Movement Skills – relate to rounders and cricket</b>	<b>Fundamental Movement Skills – Relating to Athletics</b>
	Focus on balancing and creating different balances both independently and with partner.	Work on skills: Throwing, catching, and rolling with different sized balls.	Focus on controlling the body and simple movements.	Focus on: Travelling with a ball/equipment.	Work on creating simple movement patterns to music.	Work on basic skills for tennis.	Focus on linking travel movements together.	With links to invasion games: Football Rugby	Work on throwing at a target and striking a moving ball.	Work on running, jumping, and throwing in isolation. Create opportunities to compete against self and others.
<b>Year 2</b>	<b>Throwing and catching</b>	<b>Gymnastics</b>	<b>Dribbling/ Travelling with equipment</b>	<b>Creative Movement/ Dance</b>	<b>Sending and returning</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Gymnastics</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
	Work on different types of throws and when to use them. Also develop skills for catching.	Focus on: Different points of balance.	Focus on control of equipment. Skills for: Basketball Rugby Fielding Handball Hockey	Focus on: Travelling in different ways from one point to another.	Work on striking a ball to a partner.	Focus on: Paired balances	Focus on team games and participating in competitive activities.	Focus on creating patterns, individually and paired.	Progress onto competitive games (modified) Skills for: Cricket Rounders	Work on: Jumping for distance Throwing for distance Running. Participate in competitive activities against self and others.

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:

- 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.