

Athletics 2

Athletic skills 2



In Athletics 2 children get to develop their ability to coordinate and link movements and refine their techniques.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Show a sense of anticipation to begin work</p> <p>React quickly</p> <p>Demonstrate agility, balance and coordination</p>	<p>Jump in a variety of ways</p> <p>Coordinate a run with a jump</p>	<p>Discover and develop different styles of jumping</p> <p>Leap, jump and hop</p>	<p>Jump in a variety of ways competently</p> <p>Add a short run up to my jump</p>	<p>Throw with good technique</p> <p>Throw with a run up</p>	<p>Help a peer improve their performance with good feedback</p> <p>Demonstrate a variety of athletic techniques competently</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>To retain my focus</p> <p>The importance of a good start</p>	<p>To cushion my knees when landing</p> <p>The technique for different types of jump</p>	<p>How to improve my technique to increase the height and distance of my jumps.</p> <p>The difference between a leap and a jump</p>	<p>How to increase the distance of my jumps.</p> <p>Why it is important to warm up</p>	<p>How to increase the distance of my throws</p> <p>How to keep other safe when I am throwing</p>	<p>To demonstrate the school games values</p> <p>How to share equipment and take turns</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Warm up safely prior to exercise and can sustain performance over periods of time</p>	<p>Can comment on the work of others using some technical language</p>	<p>Demonstrate sporting values</p>	<p>Warm up safely prior to exercise and can sustain performance over periods of time</p>	<p>Can comment on the work of others using some technical language</p>	<p>Demonstrate sporting values</p>

Dance

KS1 : Themes: Animals , Fire of London, Mini Beasts, Pirates, Under the Sea



KS1 : Themes: Animals , Fire of London, Mini Beasts, Pirates, Under the Sea

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Use my body and create theme related shapes, movements and actions	Use my body to express simple theme related shapes, movements and feelings	Travel safely and creatively in space. Show different levels when I travel	Communicate effectively with a partner Use pictures to create shapes, movements and actions	Work with a partner. Look at pictures and create shapes, movements and actions	Remember and perform a basic sequence of movement when led by a teacher Identify what good looks like
KNOWLEDGE I know.....	How to contribute simple key words to an age appropriate theme related mind map How to translate ideas into simple theme related shapes, movements, actions.	How to use the words in a poem to create shapes, movements or feelings	That we need to look forwards to safely move around in space That we need to control our speed to ensure safety	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	How to use simple technical language to give constructive and useful feedback.
ASSESSMENT I can...	Can perform simple movement patterns	Demonstrates agility, balance, and coordination	Can follow simple movement patterns at different levels	Communicates effectively and works well with others.	Has started to link skills to perform actions and sequences of movement	Can comment on the work of others using some technical language

Fundamental Movement 1

Fundamental Movement skills 1



In this unit children work on developing their fine motor skills.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Run skilfully Negotiate space successfully	Pick up, carry and put down with care Use tools to help me manipulate objects	Show increasing control over an object. Control my emotions when playing games	Balance on one leg Move through an obstacle course skilfully	Be excited about, and confident in, my jobs. Encourage my teammates whilst I wait my turn	Thread objects Play games fairly
KNOWLEDGE I know.....	What a good space to stand in is How to share equipment and take turns.	To take my time and work with care	To run around with my head up To be aware of other children	Which parts of my body help me with balancing	To take turns	To work carefully and that rushing can lead to mistakes Some effects of exercise on my body
ASSESSMENT I can...	Show increasing control over an object	Share equipment and take turns.	Negotiate space successfully	Show increasing control over an object	Share equipment and take turns.	Negotiate space successfully

Fundamental Movement 2

Fundamental Movement skills 2



Looking primarily at locomotion skills this units attempts to ensure that children have mastered different ways of moving and whilst doing so can show awareness of others and their surroundings.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Hop Move carefully retaining my balance	Travel backwards safely Share space considerately	Jump in a variety of ways Land safely in different jumps Combine a run and a jump	Dodge Move safely with awareness of others	Evade others Attack and defend	Punt a ball Strike a ball accurately and with power with my laces
KNOWLEDGE I know.....	That focusing my eyes and using my arms helps me to balance better. To use my arms to help me hop	Potential dangers if I am not sensible To glance periodically over both shoulders when travelling backwards	To make a W shape when I want to receive a catch Which my preferred take off foot is	To travel around the space being aware of other sharing it with me. To stay focused and keep my head up when moving around	To always be focused and aware of what is going on. When to attack and when to defend	That a punt is a kick from my hands That when kicking from the ground, I need to get my standing foot adjacent to the ball
ASSESSMENT I can...	Demonstrate agility, balance and coordination	Be self-motivated and display self-confidence	Apply basic skills competently in a range of physical activities	Demonstrate agility, balance and coordination	Be self-motivated and display self-confidence	Apply basic skills competently in a range of physical activities

Fundamental Movement 3

Fundamental Movement skills 3



In this unit we look at a variety of fundamental movement skills looking at how children use the hands and feet to send and receive and expanding their range of skills and knowledge.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Skip using a rope Jump in a variety of ways	Dribble a ball with either hand Travel with a ball with my head up and with the ball under control.	Receive a ball and trap it. Cushion a pass sent to me	Pass in different ways Pass accurately	Jump for height Broad jump for distance	Catch consistently well Signal that I want the ball
KNOWLEDGE I know.....	To watch the hands of the people turning a rope to know when to jump. That there are different ways of jumping a rope	To push down on the ball using my fingers To relax whilst dribbling and not be too tense	To send a ball over a short distance using the inside of my foot How to turn my foot to cushion a pass sent to me	How far to bounce pass between me and my partner. That good bounce passes are easier to receive.	The difference between a vertical and broad jump How to measure a vertical jump	To make a target for my partner to send the ball to. To relax when catching to cushion the impact of the ball
ASSESSMENT I can...	Work safely within a defined space	Manage feelings and behaviour well	Demonstrate sporting values	Work safely within a defined space	Manage feelings and behaviour well	Demonstrate sporting values



Balancing & spinning on Points & Patches

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Perform controlled spins</p> <p>Support my body weight in symmetrical balances</p> <p>Spin on apparatus</p>	<p>Perform asymmetrical spins on side front back and bottom</p> <p>Demonstrate quality work on the floor and apparatus</p> <p>Balance asymmetrically</p>	<p>Work with a partner to perform routines in different formations</p> <p>Perform a combination of symmetrical and asymmetrical spins on patches</p>	<p>Spin at different levels on points</p> <p>Perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes, Hold balances on points of the body.</p>	<p>Hold balances at different levels</p> <p>Spin out of balances to form a sequence</p>	<p>Perform spins and balances in different formations as part of a wider routine</p> <p>Perform in different formations i.e. adjacent, front and back, mirroring.</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>How to observe a partner and give positive feedback</p> <p>How to start and finish a sequence</p> <p>What symmetrical shapes are</p>	<p>What asymmetrical work looks like</p> <p>Demonstrate good starting and finishing positions.</p>	<p>The difference between symmetrical and asymmetrical shapes</p> <p>How to work with a partner in different formations</p>	<p>What Points are</p> <p>How to start linking my moves</p>	<p>What good gym work looks like</p> <p>To comment positively on my partner's work</p>	<p>What different options there are, of performing with a partner</p> <p>That my work should involve changes of level and direction.</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Show understanding of what success looks like, in me and others.</p>	<p>Be physically confident</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Show understanding of what success looks like, in me and others.</p>	<p>Be physically confident</p>



Pathways - small & long

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>How to step in controlled elegant movement.</p> <p>Create a sequence involving sideways, forwards and backward stepping</p>	<p>Push and pull myself along the ground on different parts of my body</p> <p>Form a sequence by travelling in specified pathways</p>	<p>Step and turn gracefully</p> <p>Travel at high levels to trace a pattern on the floor</p>	<p>Jump in different pathways with coordination</p> <p>Perform a sequence in zig zag pathway</p>	<p>Create sequences in curved pathways on the floor and on the apparatus</p> <p>Travel across the floor like a spider</p>	<p>Use different pathways within a sequence .</p> <p>Mount and dismount apparatus using different pathways</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>To form interesting starting positions.</p> <p>How to form symmetrical and asymmetrical arm positions.</p>	<p>Some different pathways to travel in</p> <p>To start my sequences in clearly defined shapes</p>	<p>How to turn to my right and left elegantly</p> <p>Different ways of changing direction</p>	<p>How to share space considerably</p> <p>How to link skills to perform actions</p>	<p>To use a variety of work at different levels</p> <p>That changes of direction make my work more aesthetically pleasing.</p>	<p>How to mount and dismount apparatus imaginatively and safely</p> <p>That my sequence work needs to flow from one move to the next</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Start to link skills to perform actions and sequences of movement</p>	<p>Recognise what success looks like in myself and others</p>	<p>Apply basic skills competently</p>	<p>Start to link skills to perform actions and sequences of movement</p>	<p>Recognise what success looks like in myself and others</p>	<p>Apply basic skills competently</p>



Wide, narrow & curled rolling & balancing

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Travel and balance with my body in a wide shape</p> <p>Take up wide balances and spin in wide body positions.</p>	<p>Take my own body weight and move in tight curled shapes.</p> <p>Create a sequence of curled movements on the floor and apparatus</p>	<p>Form a sequence of long shapes whilst in balance, motion and flight</p> <p>Transfer some of my floor work onto the apparatus</p>	<p>Move from narrow shapes, to tight curled shapes and back, to form a sequence</p> <p>Change the direction and level of my work</p>	<p>Form a sequence to include a curled shape, a narrow shape and a wide shape</p> <p>Perform at different levels</p>	<p>Perform a sequence of moves with a partner.</p> <p>Work in curled, long and narrow shapes and moves.</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>To control my moves and move elegantly from one move to the next</p> <p>To work at different levels and with changes of direction.</p>	<p>What asymmetrical</p> <p>What inversion is</p> <p>How to feedback to a partner</p>	<p>To find a good starting position on the floor or apparatus</p> <p>To control my movements</p>	<p>What a contrast is</p> <p>Why changing level and direction are important.</p>	<p>How to share the apparatus</p> <p>To give constructive feedback</p>	<p>How to work with a partner to agree a sequence</p> <p>Different ways of performing with a partner</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like in my own work and that of others</p>	<p>Demonstrate physical confidence</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like in my own work and that of others</p>	<p>Demonstrate physical confidence</p>



Pathways: straight, zigzag & curving

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Run and jump through 90, 180 and 270 degrees.</p> <p>Turn elegantly</p> <p>Perform a sequence in different pathways.</p>	<p>Create a sequence in zig zag pathways.</p> <p>Demonstrate variety in my movements</p> <p>Perform with clear starting and finishing positions.</p>	<p>Demonstrate zig zag and straight pathways in my sequence work</p> <p>Perform with control and adaptations to my original work</p> <p>Work at all 3 levels</p>	<p>Perform a sequence of moves in a curved pathway.</p> <p>Improve my work by acting upon feedback</p>	<p>Travel backwards and sideways as part of a sequence</p> <p>Link my movements together well</p>	<p>Perform a variety of moves on floor and apparatus using different pathways</p> <p>Make my sequences flow</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>To take off from one foot and then spring from two into a jump.</p> <p>How to land safely</p>	<p>What a zig zag pathway is</p> <p>That feedback is essential to help me improve</p>	<p>Ways that I can adapt work to make it even better.</p> <p>The importance of changes of level and direction</p>	<p>What a curved pathway is.</p> <p>Different gymnastic moves that fit nicely into performing in a curved pathway.</p>	<p>What mirroring is</p> <p>How to perform in synchrony with a partner</p>	<p>Good ways of transitioning from one move to the next</p> <p>How to make my performances aesthetically pleasing.</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident when performing</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident when performing</p>



Spinning, turning & twisting

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Devise a sequence of balances and spins on patches.</p> <p>Twist in flight</p>	<p>Perform a twist and then roll</p> <p>Change my pathway after each roll by spinning</p>	<p>Change the point of contact in balances by leading into the next balance by twisting</p> <p>Twist my body, whilst firstly in motion and then in balance</p> <p>Work at all 3 levels</p>	<p>Twist whilst in inversion</p> <p>Perform counter balances against the apparatus</p>	<p>Work in synchronisation with a partner to perform different balances and twists</p> <p>Work with a partner in counter balance and counter tension.</p>	<p>Mirror the moves of my partner</p> <p>Create a sequence of work with a clear start and controlled twists, spins and turns</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>What patches are.</p> <p>The difference between symmetry and asymmetry</p>	<p>What a twist is</p> <p>Ways of twisting with different body parts</p>	<p>How to perform a fluent routine where work is controlled and varied.</p> <p>How to work with others to put out the apparatus in absolute silence</p>	<p>What the difference between a turn and a twist is.</p> <p>How to counter balance using the apparatus</p>	<p>How to coordinate movements at the same time as my partner.</p> <p>What the difference between counter balance and counter tension</p>	<p>How to up level my work</p> <p>How to use transitional movements to link my ideas.</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident and make a purposeful contribution</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident and make a purposeful contribution</p>



Stretching, curling & arching

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Travel in curled positions.</p> <p>Support my own body weight in curled positions</p>	<p>Stretch whilst in balance</p> <p>Create a sequence which flows and involves arching and stretching</p>	<p>Create a sequence with seamless transitions between stretches and curls</p> <p>Arch my body</p>	<p>Stretch and curl whilst performing a variety of gymnastic movements</p> <p>Show inversion and counter balance using the apparatus</p>	<p>Form front and back supports</p> <p>Demonstrate a variety of ways of travelling into and out of supports</p>	<p>Perform a sequence with clear starting and finishing positions</p> <p>Demonstrate curling, stretching and arching in my work</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>What a curled shape looks like</p> <p>That I can magpie ideas from others</p>	<p>What points are</p> <p>How to form arches with my body</p>	<p>The importance of working at different levels and with different dynamics</p> <p>How to give good feedback to a partner</p>	<p>The difference between stretching and curling</p> <p>How to 'perform' with good starting and finishing positions, good eye focus and a positive confident demeanour</p>	<p>How to share the apparatus and space with others</p> <p>A range of different types of jumps and which are stretched and which are curled</p>	<p>That timing is important in a routine</p> <p>To perform with changes of level, direction and speed</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident and make a purposeful contribution</p>	<p>Demonstrate agility, balance and coordination</p>	<p>Recognise what success looks like for myself and others.</p>	<p>Be physically confident and make a purposeful contribution</p>

Invasion Games Skills 1

Invasion Games Skills 1



In this unit children learn how to send and receive and how to bounce, dribble dodge and evade.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Get into a good ready position to receive chest and bounce passes consistently well.</p> <p>Pass the ball from my chest using a bounce pass.</p>	<p>Change direction confidently and competently</p> <p>Move around safely in a limited space</p>	<p>Change direction confidently and competently</p> <p>Move around safely in a limited space</p>	<p>Bounce / dribble a ball with my hands with good control.</p> <p>Move around safely whilst bouncing/dribbling.</p>	<p>Push pass a hockey ball.</p> <p>Receive a hockey ball</p>	<p>Dribble a ball with my feet with good control.</p> <p>Stop a ball on the run by trapping it</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>How far to bounce a pass between me and a friend.</p> <p>How to receive a bounce pass differently to a chest pass.</p>	<p>How to move around and be aware of others.</p>	<p>How to move around and be aware of others.</p> <p>That being able to dodge off both feet makes me twice as hard to catch.</p>	<p>That a bounce in a push down with 2 hands and dribbling is with one hand.</p> <p>To use my fingers to push the ball down</p>	<p>That my hands need to 'give' and be 'soft' when receiving a hockey pass.</p> <p>To move into space after passing a ball</p>	<p>To use 'big toe, little toe' to dribble keeping the ball close to me.</p> <p>How to trap a ball by moving in line with it and putting my foot on it</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Understand some principles of attacking and defending</p>	<p>Manage my feelings and behaviour well</p>	<p>Apply attacking and defending skills within activities which require them</p>	<p>Understand some principles of attacking and defending</p>	<p>Manage my feelings and behaviour well</p>	<p>Apply attacking and defending skills within activities which require them</p>

Invasion Games Skills 2

Invasion Games Skills 2



This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	I can throw over-arm for my partner to catch after one bounce. Catch a ball consistently after one bounce.	Catch a ball consistently on the full To move my opponent around court when playing against them	Track an opponent Intercept a pass	Dodge to beat an opponent. Close the space down that attackers have to work in	Pass the ball consistently with control. Retain possession of the ball.	Compete with some spatial awareness in team games Pass and move decisively
KNOWLEDGE I know.....	How far to throw the ball in relation to where I am standing and my partner is. To stand in a position of readiness to receive the ball on the 1st bounce.	To track the flight of the ball right into my hands. To stay light on my feet and be prepared to move quickly	To turn my body so I can see my opponent and the ball when defending	To close the space down quickly when defending To attack at speed	To keep my body between the ball and my opponent to shield it. How to deceive defenders by using dummy passes or 'giving the eyes'	To think ahead when not in possession. To work hard in attack and defence for the good of the team
ASSESSMENT I can...	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them	Understand some principles of attacking and defending	Manage my feelings and behaviour well	Apply attacking and defending skills within activities which require them

Locomotion 2

Locomotion 2



Locomotion 2 builds on those ways of travelling from locomotion 1 and looks at linking movements and involves apparatus like a skipping rope.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Jump in a variety of ways	Jump for distance Jump from a standing position	Jump for height Jump with a run up	Jump with a scissor kick Jump with a small run	Skip with a rope Jump with a small run	Skip with more consistency with a rope Jump in a variety of ways
KNOWLEDGE I know.....	To bend my legs when landing	To bend my legs and to drive my arms upwards	That there are lots of different ways of jumping	Which foot feels better to jump off	That I have to jump as I bring the rope forward in front of me	That there are a variety of skipping techniques.
ASSESSMENT I can...	Run skilfully and negotiates space	Practice some appropriate safety measures without direct supervision.	Travel with confidence and skill around, under, over and through	Run skilfully and negotiates space	Practice some appropriate safety measures without direct supervision.	Travel with confidence and skill around, under, over and through

Net & Wall Game Skills 1

Net and Wall Game Skills 1



Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date such as volleyball, short tennis and dodgeball.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Send a large ball with some degree of accuracy.</p> <p>Receive a ball by moving swiftly into the right position.</p>	<p>Strike a large ball, with one hand, whilst it is airborne.</p> <p>I can play passive and then active rallies by striking over a net with my hand</p>	<p>Strike and volley a large ball with some degree of accuracy.</p> <p>Dig a ball by getting underneath it.</p>	<p>Strike a small ball using an open palm and move into position to receive it back.</p>	<p>Strike a small ball with my open palm with some accuracy</p> <p>Keep a rally going with a partner</p>	<p>Throw with accuracy and power.</p> <p>Keep my eye on the ball at all times</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>What a 'ready position' looks like.</p>	<p>To call my name when playing doubles if the ball is between me and my partner.</p> <p>To leave a ball which is going to land out.</p>	<p>That a good dig gives more time for teammates to set up our own attack</p>	<p>What a T position is and how it can help me.</p>	<p>To move to the line of the ball and to get into a T position.</p> <p>That the ball needs to be struck over the net</p>	<p>Not to turn my back on the ball</p> <p>How to throw for accuracy and power</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Show increasing control over an object in throwing and catching it.</p>	<p>Communicate effectively and work well with others.</p>	<p>Demonstrate understanding of, and interpretation of, rules and accept decisions given.</p>	<p>Show increasing control over an object in throwing and catching it.</p>	<p>Communicate effectively and work well with others.</p>	<p>Demonstrate understanding of, and interpretation of, rules and accept decisions given.</p>

Net & Wall Game Skills 2

Net and Wall Game Skills 2



This unit focuses on developing children's striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Send and receive a ball with some degree of accuracy.</p> <p>Move quickly into good positions to catch</p>	<p>Strike a ball with some degree of accuracy</p> <p>Volley a ball by getting in line and underneath it</p>	<p>Send a ball with increasing accuracy</p> <p>Keep a short rally going with a partner</p>	<p>Develop a good grip and stance</p> <p>Begin to strike with more consistency and accuracy on the forehand</p>	<p>Return a ball after one bounce that has been thrown to me by a partner.</p> <p>Begin to rally a few shots with more success</p>	<p>Strike a backhand from my own feed.</p> <p>Play a game against an opponent using a variety of shots</p> <p>Move fluently around the court</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>What a position of readiness looks like.</p> <p>To track the flight of the ball with my eyes</p>	<p>Which the best technique to use is, to return a ball.</p>	<p>That I have to get under the ball sufficiently to strike it upwards and over a net</p>	<p>How to form a ready position</p> <p>What a T shape is</p>	<p>That the ball has to go over the net and land in the court on the other side.</p> <p>That I need to move quickly to get into good positions to return the ball</p>	<p>How to play a game of short tennis against an opponent.</p> <p>To try and get back to the centre of the court after each shot.</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Link skills to perform actions and sequences of movement</p>	<p>Communicate effectively and work well with others.</p>	<p>Demonstrate understanding of, and interpretation of, rules and accept decisions given.</p>	<p>Link skills to perform actions and sequences of movement</p>	<p>Communicate effectively and work well with others.</p>	<p>Demonstrate understanding of, and interpretation of, rules and accept decisions given.</p>

Object Manipulation 2

Object Manipulation 2



This unit builds on object manipulation 1 and asks children to manipulate objects in more complex ways e.g. dribbling with feet and hands

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Dribble a football. Trap a ball with my foot. Turn with a ball	Trap a ball and shoot at a target with my instep. Brace myself to save a ball with my hands.	Punt a ball with either foot Punt high and low	Throw from a side-ways on position. Throw with accuracy	Throw underarm and overarm with increasing accuracy. Negotiate space successfully when playing chasing games.	Dribble a ball with one hand. Dribble and move around without losing control.
KNOWLEDGE I know.....	How to stop a ball with my foot. What 'Big toe, little toe' dribbling is.	Which part of the foot to kick for power with. How in goal I should brace myself to save the ball	Which part of my foot to punt with. How to punt a ball higher or lower	That I need the leg opposite to my throwing arm to be forward. When to throw overarm and when to throw underarm.	To throw upwards to a partner over a short distance. To make a target with my hands when receiving a throw	To use my fingers to push the ball when dribbling. To allow the ball to rise to waist height before pushing it back down.
ASSESSMENT I can...	Travel with a ball at my feet with confidence and skill	Show increasing control over an object in kicking it.	Take turns and share resources.	Show increasing control over an object in throwing it.	Travel around safely with my head up.	Show increasing control over an object in dribbling it

Striking & Fielding 1

Striking and Fielding Game Skills 1



In this unit children learn basic batting, fielding and bowling skills. They learn how to run between wickets; of some basic rules and how to work together through good communication.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Strike a ball off a tee Get in line with the ball and field it.	Stop a ball with 2 hands, creating a barrier behind it with my feet or body. Hit a ball to the leg side	Bowl a ball overarm at a target. Strike a ball off a tee through the off side	Pick up a ball with one hand and throw it underarm Call for runs sensibly and decisively when batting.	Chase and retrieve a ball Make good decisions when batting about when to run and when not to.	Bowl either under or overarm with some accuracy Wicket keep effectively Apply a range of skills the court
KNOWLEDGE I know.....	That I need to run, after striking a ball, to accumulate runs. To touch my bat over the crease line and slide it on my final run	When to run and when not to. How to form a long barrier to stop a ball	That I have to bowl from on or behind the crease To try and bowl keeping my arms straight.	That I need to communicate with my partner to accumulate runs The different calls used by batsmen/ women when they want to run.	That a batsman / woman should always call after each ball. That, as a batter, I don't always have to run	The importance of staying in my crease. How to adopt a wicket keeping stance. To demonstrate The School Games values
ASSESSMENT I can...	Work safely within a defined space	Communicate effectively and work well with others.	Show awareness of boundaries and rules	Work safely within a defined space	Communicate effectively and work well with others.	Show awareness of boundaries and rules

Striking & Fielding 2

Striking and Fielding Game Skills 2



In this unit we look at more advanced skills like backing up in the field and chassing down the pitch to strike a ball whilst we are on the move.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Catch a ball after one bounce. Strike a ball off a tee	Bowl overarm with a straight arm. Stop the ball consistently as wicket keeper.	Pick up a ball one handed and return it underarm I can return the ball quickly from my boot-laces	Strike a ball to leg from a short delivery I can back my friends up in the field Make a long barrier	Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move	Play a game applying the skills I have learned. Demonstrate the school games values
KNOWLEDGE I know.....	To run between the wickets after striking a ball into space. To touch or slide my bat over the crease line	To bowl from the crease line The stance to adopt when keeping wicket What a no-ball and wide are	Why is it important to be adept at picking the ball up with both hands. At which point from the crease I need to slide my bat.	The importance of a high back lift when playing short bowling How to form a long barrier What the correct technique for throwing overarm is.	Why it is important to back throws up in the field Why we might chasse down the pitch as a batsman	Why outfielders walk in with the bowler whilst close fielders stand still. The importance of good communication between batters and fielders
ASSESSMENT I can...	Work safely within a defined space	Communicate effectively and work well with others.	Show awareness of boundaries and rules	Work safely within a defined space	Communicate effectively and work well with others.	Show awareness of boundaries and rules

Target Games - 2

Year 1 - Target Games 2



This unit builds on Target games 1 and demands more complex skills and understanding of specific techniques which will hold them in good stead when they come to play a wider range of sports in KS2.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Coordinate the skill of punting a ball consistently</p> <p>Work with a friend and encourage them to punt better.</p>	<p>Coordinate the action of punting with either foot</p> <p>Punt a ball with increasing accuracy with both feet.</p>	<p>Strike a ball at a target using equipment.</p> <p>Strike with increasing accuracy</p>	<p>Strike a ball at a target with some degree of force</p> <p>Strike into spaces</p>	<p>Choose correctly when it is best to throw underarm and when to throw overarm.</p> <p>Throw a ball overarm with some accuracy at a target</p>	<p>Throw overarm on, 'one bounce' to a friend.</p> <p>Receive a ball consistently well after one bounce.</p>
<p>KNOWLEDGE</p> <p>I know.....</p>	<p>Which part of my foot I need to strike with</p> <p>How to punt high.</p>	<p>To hold the ball over to the side I want to punt the ball with.</p> <p>I need to be in a 'ready position' to catch my friend's</p>	<p>To get into a sideways position when striking.</p> <p>That I have to keep my head still when striking</p>	<p>That I have to take turns and share equipment.</p>	<p>How I should stand when throwing overarm</p> <p>When to throw underarm and when to throw overarm.</p>	<p>Why we sometimes throw to a friend to receive after one bounce</p>
<p>ASSESSMENT</p> <p>I can...</p>	<p>Start to link skills to perform actions and sequences of movement.</p>	<p>Explain what success looks like for me and my friends</p>	<p>Apply basic skills competently in a range of physical activities.</p>	<p>Start to link skills to perform actions and sequences of movement.</p>	<p>Explain what success looks like for me and my friends</p>	<p>Apply basic skills competently in a range of physical activities.</p>

Target Games - 3

Year 2- Target Games 3



Target 3 involve children considering throwing at moving targets and sending throws and strikes at different heights and understanding when we might do that in games.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Throw a ball under-arm with either hand and with some accuracy at a target. Take parts in challenges enthusiastically and taking turns	Kick a ball with some accuracy with both feet. Strike at targets that move.	Roll with good technique with either hand. Roll with some accuracy with either hand.	Punt a ball with some accuracy with both feet. Strike with more control over the height of my punt	Strike a ball with a racket or bat at a target with some degree of force. Strike with a degree of accuracy	Aim with accuracy at a target so it hits on the second bounce. Throw flatter and with more force.
KNOWLEDGE I know.....	What position I need to get my body in to throw well. How to encourage others to do their best.	That I need to get my standing foot next to the ball when striking. That it is more challenging to hit moving targets	To change my stance depending on which hand I am rolling with. That when playing games I need to share resources	That I can't aim directly at somebody who is moving at speed.	What technique I need to use when striking a ball with a racket. How to hit with more force.	When I might want to throw a ball to arrive, 'on the second bounce'.
ASSESSMENT I can...	Start to link skills to perform actions and sequences of movement.	Explain what success looks like for me and my friends	Apply basic skills competently in a range of physical activities.	Start to link skills to perform actions and sequences of movement.	Explain what success looks like for me and my friends	Apply basic skills competently in a range of physical activities.

Tri - Golf

Year 1 & 2 Tri Golf



In this unit children begin to learn the basics of golf. Using hand eye coordination skills to strike a ball.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Grip a golf club appropriately and adopt a stance to strike a ball Putt a ball towards a target Share the equipment	Putt a ball towards a target with some accuracy Change the amount of force I putt with depending if putting uphill or downhill	Strike the ball consistently with an iron Set up to play an iron shot	Get some height with my iron shots	Drive for distance Strike the ball with increasing accuracy	Play a round safely and keeping score. Wait patiently and share equipment
KNOWLEDGE I know.....	How to keep myself and others safe How far to draw the club back when putting	What a back swing is To hit the ball more firmly if putting uphill and more gently if putting downhill	Why we a tee when hitting irons at the start To keep my eye on the ball in my swing.	What the tick - tock technique is.	The importance of keeping my head still and not trying to hit the ball too hard Which club to use and when	To demonstrate the school games values Terminology associated with golf
ASSESSMENT I can...	Work safely within a defined space.	Communicate effectively and work well with others.	Show awareness of boundaries and rules.	Work safely within a defined space.	Communicate effectively and work well with others.	Show awareness of boundaries and rules.

Yoga

Years 1 & 2 - Yoga



In this unit the children will learn about different themes and how holding poses depicting the topic can help with relaxation, flexibility and overall health.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Pose like a variety of jungle creatures Control my breathing pattern	Bend, stretch and reach	Work imaginatively Work without inhibitions	Pose depicting Mother Earth	Depict Roman Life through my poses	Breathe in 3 parts Work quietly focusing on what I am doing in the moment
KNOWLEDGE I know.....	The importance of quiet and focus whilst performing yoga moves	To breathe whilst I am stretching and warming up	More about space travel	What natural phenomena is	More about The Romans	What 3 part breathing is.
ASSESSMENT I can...	Warm up safely prior to exercise and can sustain performance over periods of time.	Be self-motivated and display self-confidence.	Demonstrate sporting values.	Warm up safely prior to exercise and can sustain performance over periods of time.	Be self-motivated and display self-confidence.	Demonstrate sporting values.