Athletics

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|  | **Knowledge** | **Skills** | **Vocabulary** |
| **1** | * Know running and jumping is good for them and describe what it feels like.
 | * Improve running technique and run for a longer distance.
* Be able to complete a run and jump sequence.
* Develop an under and over arm throwing action into targets.
* Watch, copy and describe what they have seen.
 | TechniqueUnder armOver armjavelin |
| **2** | * Describe the differences in the way their body feels during different athletic activities.
 | * Run with a good technique at different speeds.
* Perform a 2 footed jump (standing long jump)
* Demonstrate a good throwing technique (overarm) and extend accuracy and distance.
* Begin to watch others and focus on specific actions to improve their own skills.
 | AccuracyDistanceathlete |

Games

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|  | **Knowledge** | **Skills** | **Vocabulary** |
| **1** | * To know how to play a game fairly.
* To understand simple rules of competitive games.
* To know that being active is good for their bodies and fun
 | * To master basic sending and receiving techniques.
* To make use of weight transfer.
* To aim a variety of balls and equipment accurately.
* To practise basic striking.
* To use throwing and catching skills in a game
* To strike a ball with a racquet and a bat.
 | SendingReceivingRulesStrikingRacquet |
| **2** | * Know how to position the body to strike a ball in games (cricket/tennis/hockey)
 | * To use hand and eye co-ordination to control a ball.
* To catch consistently a variety of objects.
* To kick and move with a ball
 | Balance |

Dance

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|  | **Knowledge** | **Skills** | **Vocabulary** |
| **1** | * Know how to travel safely and show an awareness of others
* Know and use the vocabulary for the Year group.
* To know where their heart is and understand why it beats faster when exercising.
 | * Be able to copy some moves
* Develop Control of movement using

Actions (what) – travel, stretch, turnSpace (Where) – Forwards, backwardsRelationships (Who) – On OwnDynamics (How) – slowly & quickly* Remember a short dance
 | TravelStretchTurnForwardsBackwardsSlowlyQuickly |
| **2** | * Know the changes in the body when dancing.
* Know how dancing can contribute to keeping healthy.
* Know and use the vocabulary for the Year group.
 | * Develop Control of movement using

Actions (what) – twist, turn, jumpSpace (Where) – sideways, high, low Relationships (Who) – with a partner* Dynamics (How) – slowly and quickly with appropriate expression
* Create a dance with 4 actions and remember it to perform
 | TwistSidewaysExpressionperform |

Gymnastics

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|  | **Knowledge** | **Skills** | **Vocabulary** |
| **1** | * How to carry and place equipment
* Know how their body feels when still and exercising
* How to describe what others have done
 | * Explore gymnastic actions and still shapes (straight/tucked/star/straddle/pike)
* Move confidently and safely in their own space
* Monkey walk bent legs and arms extended
* To be able to travel on a bench
* Rolling – Pencil/Egg
* Be able to use change of speed and direction
* Copy or create movement phrases with beginning, middle and ends using a range of body parts
* Watch, copy and describe what others have done
 | Actions (WHAT) – TRAVEL, STRETCH, TWIST, TURN, JUMP, SPIN, STRAIGHT, STAR,TUCKED,STRADDLE,PIKESpace – (WHERE) – DIRECTION FORWARDS, BACKWARDS, SIDEWAYS, HIGH, LOWDynamics (HOW) – Speed quickly/slowly/flow |
| **2** | * Recognise and describe what their bodies feel like during different types of activity
* Know how to lift, move and place equipment safely
* Know how to link movements together
* Know what an arch and dish shape looks like
 | * Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision.
* To balance on isolated parts of the body using the floor and hold balance (BACK/FRONT/SIDE/BOTTOM)
* Caterpillar walk – hips raised so arms and legs can be extended
* Bunny Hop – Transfer weight to hands
* Rolling – Dish Roll/Begin forward roll
* Choose, use and vary simple compositional ideas and sequences they create and perform
* Improve their work using information they have gained by watching, listening and investigating
 | CompositionCombinationBody shapeBalanceControlPrecisionArchDishTensionExtensionCore |

Outdoor Education

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|  | **Knowledge** | **Skills** | **Vocabulary** |
| **1** | * Know how their body changes during exercise.
 | * Be able to follow different routes/trials using simple maps and diagrams.
* Plan and share ideas
 | RouteTrailmap |
| **2 –**  | * Know how to improve their performance after observing others and what they have done.
 | * Solve simple challenges and problems successfully with a partner.
* Identify positions on simple maps and diagrams of familiar environments.
* To be able to tie a range of knots.
* Be able to use a range of natural resources to build a shelter with support.
 | ChallengePositionDiagramenvironment |