

	Y1	Y2
<b>Fundamental Skills -</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Hop</li> <li>-Move carefully retaining my balance</li> <li>-Travel backwards safely</li> <li>-Share space considerately</li> <li>-Jump in a variety of ways</li> <li>-Land safely in different jumps</li> <li>-Combine a run and a jump</li> <li>-Dodge</li> <li>-Move safely with awareness of others</li> <li>-Evade others</li> <li>-Punt a ball</li> <li>-Strike a ball accurately and with power with my laces.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Skip using a rope</li> <li>-Jump in a variety of ways</li> <li>-Dribble a ball with either hand</li> <li>-Travel with a ball with my head up and with the ball under control</li> <li>-Receive a ball and trap it</li> <li>-Cushion a pass sent to me</li> <li>-Pass in different ways</li> <li>-Pass accurately</li> <li>-Jump for height</li> <li>-Broad jump for distance</li> <li>-Catch consistently well</li> <li>-Signal that I want the ball</li> </ul>
<b>Invasion Games Skills</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Get into a good ready position to receive bounce passes consistently well</li> <li>-Pass the ball from my chest using a bounce pass</li> <li>-Change direction confidently and competently</li> <li>-Move around safely in a limited space</li> <li>-Push pass a hockey ball</li> <li>Receive a hockey ball</li> <li>-Bounce/ dribble a ball with my hands with good control</li> <li>-Move around safely whilst bouncing/dribbling</li> <li>-Push pass a hockey ball</li> <li>Receive a hockey ball</li> <li>-Dribble a ball with my feet with good control</li> <li>-Stop a ball on the run by trapping it</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Throw overarm for my partner to catch after one bounce</li> <li>-Catch a ball consistently after one bounce</li> <li>-Catch a ball consistently on the full</li> <li>-To move my opponent around court when playing against them</li> <li>-Track an opponent</li> <li>-Intercept a pass</li> <li>-Dodge to beat an opponent</li> <li>-Close the space down that attackers have to work in</li> <li>-Pass the ball consistently with control</li> <li>-Retain possession of the ball</li> <li>-Compete with some spatial awareness in team games</li> <li>-Pass and move decisively</li> </ul>
<b>Target game skills</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Coordinate the skill of punting a ball consistently</li> <li>-Work with a friend and encourage them to punt better</li> <li>-Coordinate the action of punting with either foot</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Throw a ball underarm with either hand and with some accuracy at a target</li> <li>-Take part in challenges enthusiastically and taking turns</li> <li>-Kick a ball with some accuracy with both feet</li> <li>-Strike at targets that move</li> </ul>

	<ul style="list-style-type: none"> <li>-Punt a ball with increasing accuracy with both feet</li> <li>-Strike a ball at a target using equipment</li> <li>-Strike with increasing accuracy</li> <li>-Strike a ball, at a target, with some degree of force</li> <li>-Strike into spaces</li> <li>-Choose correctly when it is best to throw underarm and when to throw overarm</li> <li>-Throw a ball overarm with some accuracy at a target</li> <li>-Throw overarm on, 'one bounce' to a friend</li> <li>-Receive a ball consistently well after one bounce</li> </ul>	<ul style="list-style-type: none"> <li>-Roll with good technique with either hand</li> <li>-Roll with some accuracy with either hand</li> <li>-Punt a ball with some accuracy with both feet</li> <li>-Strike with more control over the height of my punt</li> <li>-Strike a ball, with a racket or bat, at a target with some degree of force</li> <li>-Strike with a degree of accuracy</li> <li>-Aim with accuracy at a target so it hits on the second bounce</li> <li>-Throw flatter and with more force</li> </ul>
<b>Striking and Fielding skills</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Use both hands whilst fielding</li> <li>-Get into line with the ball and field it</li> <li>-Stop a ball with 2 hands, creating a barrier behind it with my feet or body</li> <li>-Hit a ball to the leg side</li> <li>-Bowl a ball overarm at a target</li> <li>-Strike a ball off a tee through the off side</li> <li>-Pick up a ball with one hand and throw it underarm</li> <li>-Call for runs sensibly and decisively when batting</li> <li>-Chase and retrieve a ball</li> <li>-Make good decisions when batting about when to run and when not to</li> <li>-Bowl either under or overarm with some accuracy</li> <li>-Wicket keep to stop the ball from going past me.</li> </ul>	<p>I can:</p> <ul style="list-style-type: none"> <li>-Catch a ball after one bounce</li> <li>-Strike a ball off a tee</li> <li>-Bowl overarm with a straight arm</li> <li>-Stop the ball consistently as wicket keeper</li> <li>-Pick up a ball one handed and return it underarm</li> <li>-I can return the ball quickly from my bootlaces</li> <li>-Strike a ball to leg from a short delivery</li> <li>-I can back my friends up in the field</li> <li>-Make along barrier</li> <li>-Chase a ball and throw it back accurately</li> <li>-Strike a ball off a tee whilst on the move</li> <li>-Play a game applying the skills I have learned</li> <li>-Demonstrate the school games values</li> </ul>
<b>Net and Wall game skills</b>	<p>I can....</p> <ul style="list-style-type: none"> <li>-Send a ball with some degree of accuracy</li> <li>-Receive a ball by moving swiftly into the right position</li> </ul>	<p>I can...</p> <ul style="list-style-type: none"> <li>-Send and receive a ball with some degree of accuracy</li> <li>-Move quickly into good positions to catch</li> </ul>

	<ul style="list-style-type: none"> <li>-Strike a ball, with one hand, whilst it is airborne</li> <li>-I can play passive and then active rallies by striking over a net with my hand</li> <li>-Strike and volley a ball with some degree of accuracy</li> <li>-Dig a ball by getting underneath it</li> <li>-Strike a ball using an open palm and move into position to receive it back</li> <li>-Strike a small ball with my open palm with some accuracy</li> <li>-Keep a rally going with a partner</li> <li>-Throw with accuracy and power</li> <li>-Keep my eye on the ball at all times</li> </ul>	<ul style="list-style-type: none"> <li>-Strike a ball with some degree of accuracy</li> <li>-Volley a ball by getting in line and underneath it</li> <li>-Send a ball with increasing accuracy</li> <li>-Keep a rally going with a partner</li> <li>-Develop a good grip and stance</li> <li>-Begin to strike with more consistency and accuracy on the forehand</li> <li>-Return a ball, after one bounce, that has been thrown to me by a partner</li> <li>-Begin to rally a few shots with more success</li> <li>-Strike a backhand from my own feed</li> <li>-Play a game against an opponent using a variety of shots</li> <li>-Move fluently around the court</li> </ul>
<b>OAA - Orienteering</b>	See separate Orienteering progression of skills	See separate Orienteering progression of skills
<b>Dance X 2 units per year.</b>	<p><b>Lesson 1</b> Skills: I can.... Use my body and create theme related shapes, movements and actions Knowledge: I know.... How to contribute key words to a theme related mind map How to translate words/ideas into theme related shapes, movements and actions Assessment: I can... Can perform simple movement patterns</p> <p>Overall Outcome: To develop the 1st 16 counts of the 32 count Motif using a mind map and whole group choreography to generate ideas.</p> <p><b>Lesson 2</b> Skills: I can....</p>	Same as Year 1 but with greater independence and creativity. Shapes, movements and actions will develop from Y1-Y2.

	<p>Use my body to express simple theme related shapes, movements and feelings</p> <p>Show good listening skills</p> <p>Knowledge: I know....</p> <p>How to contribute key words to a theme related mind map</p> <p>How to translate words/ideas into theme related shapes, movements and action</p> <p>Overall Outcome: To use develop 2nd 16 counts of Motif using the mind map and whole group choreography to generate ideas. Focus on timing and unison</p> <p><b>Lesson 3</b></p> <p>Skills: I can....</p> <p>Travel safely and creatively in space</p> <p>Show different levels when I travel</p> <p>Knowledge: I know....</p> <p>That we need to look forwards to safely move around in space</p> <p>That we need to control our speed to ensure safety</p> <p>Overall Outcome To use 1 – 2 actions from our motif to create a short travelling section showing use of different levels and pathways</p> <p><b>Lesson 4</b></p> <p>Skills: I can....</p> <p>Communicate effectively with a partner</p> <p>Use pictures to create shapes, movements and actions</p> <p>Knowledge: I know....</p>	
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	<p>How to turn what I see into ways of moving  How to listen to other people's ideas and vocalise my own thoughts</p> <p>Overall Outcome:  To use a poem to create first 8 – 16 counts of a 16 or 32 count pairs phrase to add to our performance piece.</p> <p><b>Lesson 5</b>  Skills: I can....  Communicate effectively with a partner  Use poems to create shapes, movements and actions  Knowledge: I know....  How to turn what I read/hear into ways of moving  How to link ideas and movements together so that they start to flow</p> <p>Overall Outcome:  To use a picture or poem to create the second 8 – 16 counts of our 16 or 32 count pairs phrase to add to our performance piece.</p> <p><b>Lesson 6</b>  Skills: I can....  Remember and perform a simple sequence of movement  Identify what good looks like and give feedback to help my partner improve  Knowledge: I know....  How to use simple technical language to give constructive and useful feedback  Overall Outcome:</p>	
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	To perform, review and improve our finished performance piece.	
<b>Yoga</b>	<p><b>Lesson 1</b> Skills: I can... Pose like a variety of jungle creatures Control my breathing pattern Knowledge: I know.... The importance of quiet and focus whilst performing yoga moves</p> <p><b>Lesson 2</b> Skills: I can... Bend, stretch and reach Knowledge: I know.... To breathe whilst I am stretching and warming up</p> <p><b>Lesson 3</b> Skills: I can... Work imaginatively Work without inhibitions Knowledge: I know.... More about space travel</p> <p><b>Lesson 4</b> Skills: I can... Pose depicting Mother Earth Knowledge: I know.... What natural phenomena is</p> <p><b>Lesson 5</b> Skills: I can... Depict Roman Life through my poses Knowledge: I know.... More about Roman Life</p> <p><b>Lesson 6</b> Skills: I can... Breathe in 3 parts Work quietly focusing on what I am doing in the moment Knowledge: I know.... What 3 part breathing is.</p>	Repeat Year 1 unit of work to develop skills that have been learnt.

<p><b>Athletics</b></p>	<p><b>Lesson 1</b>  Skills: I can...  Share space and run with my head up (Reception)  React quickly (Reception/Year 1)  Knowledge: I know...  What a good position of readiness looks like (Reception)  That I need to be focused and avoid distractions (Reception/Year 1)</p> <p><b>Lesson 2</b>  Skills: I can...  Jump, 1 foot to 2 feet and 2 feet to 2 feet  Coordinate a run with a jump  Knowledge: I know...  To land with really soft knees  To use my arms to help power me forward when jumping</p> <p><b>Lesson 3</b>  Skills: I can...  Throw accurately  Work cooperatively with a partner and within a group  Share equipment and take turns  Knowledge: I know...  How to stand to throw overarm  The importance of my non throwing arm</p> <p><b>Lesson 4</b>  Skills: I can...  Run efficiently and within a lane  Sustain my form during a race  Dip for the finish  Knowledge: I know...</p>	<p>Repeat Year 1 unit of work to develop skills that have been learnt.</p>
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	<p>How to stay focused on my own performance when running in a lane Why it is important to dip at the finish</p> <p><b>Lesson 5</b> Skills: I can... Jump for height Time my take -off to clear an obstacle Knowledge: I know... Which parts of my body are really important when jumping high How to coordinate a scissor kick</p> <p><b>Lesson 6</b> Skills: I can... Throw a variety of pieces of equipment well Throw for distance Throw with good technique Knowledge: I know... How to grip a frisbee That I need to throw from a side- on position To draw my body back by lifting my front leg to generate more power</p>	
<p><b>Gymnastics</b></p>	<p><b>Unit 1</b> <b>Lesson 1</b> Skills: I can... Perform controlled spins Support my body weight in symmetrical balances Spin on apparatus Knowledge: I know... How to observe a partner and give positive feedback How to start and finish a sequence What symmetrical shapes are</p>	<p><b>Unit 1</b> <b>Lesson 1</b> Skills: I can.. Jump with a 90 degree turn Turn through 180 degrees Jump through 180 and 270 degrees from a standing start Knowledge: I know.. What a 90, 180 and 270 degree turn looks like How to take off one foot and then spring from 2 feet into a jump</p> <p><b>Lesson 2</b> Skills: I can.. Create a sequence in zig zag pathways</p>

	<p><b>Lesson 2</b>  Skills: I can...  Perform asymmetrical spins on side front back and bottom  Demonstrate quality work on the floor and apparatus  Balance asymmetrically  Knowledge: I know...  What asymmetrical work looks like  Demonstrate good starting and finishing positions.</p> <p><b>Lesson 3</b>  Skills: I can...  Work with a partner to perform routines in different formations  Perform a combination of symmetrical and asymmetrical spins on patches  Knowledge: I know...  The difference between symmetrical and asymmetrical shapes  How to work with a partner in different formations</p> <p><b>Lesson 4</b>  Skills: I can...  Spin at different levels on points  Perform a sequence of spins on points, with a mixture of symmetrical and asymmetrical shapes  Hold balances on different points of the body  Knowledge: I know...  What Points are  How to start linking my moves</p> <p><b>Lesson 5</b>  Skills: I can...  Hold balances at different levels</p>	<p>Demonstrate variety in my movements  Perform with clear starting and finishing positions  Knowledge: I know..  What a zig zag pathway is  That feedback is essential to help me improve</p> <p><b>Lesson 3</b>  Skills: I can..  Demonstrate zig zag and straight pathways in my sequence work  Perform with control and adaptations to my original work  Work at all 3 levels  Knowledge: I know..  Ways that I can adapt work to make it even better  The importance of changes of level and direction</p> <p><b>Lesson 4</b>  Skills: I can..  Perform a sequence of moves in a curved pathway  Improve my work by acting upon feedback  Knowledge: I know..  What a curved pathway is  Different gymnastic moves that fit nicely into performing in a curved pathway  Assessment: I can..  Demonstrate agility, balance and coordination in my work</p> <p><b>Lesson 5</b>  Skills: I can..  Travel backwards and sideways as part of a sequence  Link my movements together well  Knowledge: I know..  What mirroring is  How to perform in synchrony with a partner</p>
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	<p>Spin out of balances to form a sequence  Knowledge: I know...  What good gym work looks like  To comment positively on my partner's work</p> <p><b>Lesson 6</b>  Skills: I can...  Perform spins and balances in different formations as part of a wider routine  Perform in different formations i.e. adjacent, front and back, mirroring  Knowledge: I know...  What different options there are, of performing with a partner  That my work should involve changes of level and direction</p> <p><b>Unit 2.</b>  <b>Lesson 1</b>  Skills: I can...  Step in controlled elegant movements  Create a sequence involving stepping and turning  Knowledge: I know...  How to form interesting starting positions  How to form symmetrical and asymmetrical arm positions</p> <p><b>Lesson 2</b>  Skills: I can...  Push and pull myself along the ground on different parts of my body  Form a sequence by travelling in specified pathways  Knowledge: I know...  Some different pathways to travel in</p>	<p><b>Lesson 6</b>  Skills: I can..  Perform a variety of moves on floor and apparatus using different pathways  Make my sequences flow  Knowledge: I know..  Good ways of transitioning from one move to the next  How to make my performances aesthetically pleasing</p> <p><b>Unit 2</b>  <b>Lesson 1</b>  Skills: I can..  Demonstrate agility, balance and coordination  knowledge: I can..  Recognise what success looks like: self and others</p> <p><b>Lesson 2</b>  Skills: I can..  Perform a twist and then roll  Change my pathway after each roll by spinning  Knowledge: I know..  What a twist is  Ways of twisting with different body parts</p> <p><b>Lesson 3</b>  Skills: I can..</p>
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	<p>To start my sequences in clearly defined shapes</p> <p><b>Lesson 3</b>  Skills: I can...  Step and turn gracefully  Travel at high levels to trace a pattern on the floor  Knowledge: I know...  How to turn to my right and left elegantly  Different ways of changing direction</p> <p><b>Lesson 4</b>  Skills: I can...  Jump in different pathways with coordination  Perform a sequence in zig zag pathway  Knowledge: I know...  How to share space considerately  How to link skills to perform actions</p> <p><b>Lesson 5</b>  Skills: I can...  Create sequences in curved pathways on the floor and on the apparatus  Travel across the floor like a spider  Knowledge: I know...  To use a variety of work at different levels  That changes of direction make my work more aesthetically pleasing</p> <p><b>Lesson 6</b>  Skills: I can...  Use different pathways within a sequence  Mount and dismount apparatus using different pathways  Knowledge: I know...</p>	<p>Change the point of contact in balances by leading into the next balance by twisting  Twist my body, whilst firstly in motion and then in balance  Knowledge: I know..  How to perform a fluent routine where work is controlled and varied  How to work with others to put out the apparatus in absolute silence</p> <p><b>Lesson 4</b>  Skills: I can..  Twist whilst in inversion  Perform counter balances against the apparatus  Knowledge: I know..  What the difference between a turn and a twist is.  How to counter balance using the apparatus</p> <p><b>Lesson 5</b>  Skills: I can..  Work in synchronisation with a partner to perform different balances and twists  Work with a partner in counter balance and counter tension  Knowledge: I know..  How to coordinate movements at the same time as my partner.  What the difference between counter balance and counter tension is</p> <p><b>Lesson 6</b>  Skills: I can..  Mirror the moves of my partner  Create a sequence of work with a clear start and controlled twists, spins and turns  Knowledge: I know..  How to up-level my work  How to use transitional movements to link my ideas</p>
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	<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>	
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