

National Curriculum: Key stage 1

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.

	Term 1 Lesson 1- Multi Skills Invasion games	Term 1 Lesson 2- Gymnastics	Term 2 Lesson 1- Dance	Term 2 Lesson 2- Multi Skills Net and wall	Term 3 Athletics	Term 3 Multi Skills Striking and fielding
Y e a r 2	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics for invasion games.</p> <p>Make it difficult for opponents.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop short sequences on their own.</p> <p>Use imagination to find different ways of using apparatus.</p> <p>Form simple sequences of different actions using floor and apparatus. Have a clear start, middle and end. S&A</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Evaluate and improve a dance performance by recording and viewing their rehearsals. S&A</p> <p>Use a range of vocabulary to describe moods and how dances make them feel.</p> <p>Remember and repeat simple dance phrases.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Use their ability to solve problems and make decisions. S&A</p> <p>Watch others and describe what is happening. Talk about what they have done and how they did it.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Take part in multiskills festivals. Designed to develop the fundamental movement skills of balance, co-ordination and agility. Activities to include bat and ball relay, throw clap and catch, slalom run, standing long jump etc.</p> <p>Develop balance, agility and co-ordination.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose, use and vary simple tactics. S&A</p> <p>Recognise good quality in performance. Use information to improve their work.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with</p>

<p>Keep the ball and find best places to score. S&A</p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills and tactics.</p> <p>Recognise what is successful and how to use this knowledge. (Do they play well when hot or out of breath.)</p> <p>Participate in team games.</p> <p>Understand and develop tactics for attacking and defending.</p> <p>Pass and receive a ball in different ways with control and increased accuracy. E&I</p>	<p>Have a clear focus when watching others perform. Say when a movement or skill is performed well (aesthetic appreciation).</p> <p>Describe what they have done and what they have seen. (Make easier or harder. Use advice to improve.)</p> <p>Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction E&I</p> <p>Core Task - Create and perform a simple</p>	<p>Perform dances using simple movement patterns. E&I</p>	<p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination. E&I</p> <p>Core Task - Net type. The aim is to score points by throwing or hitting a ball over a net so that it bounces twice. Play the game on a marked court, 2 v 2. 1player should have a racket and the other is a 'feeder'.</p>	<p>Explore movement techniques with increased control.</p> <p>How to run, throw and jump and perform these with increased control and co-ordination. S&A/E&I</p> <p>Core Task - Chn to take it in turns to run 1 activity in the festival. Chn rotate round, staying at 1 station for 2-3 minutes. Teachers to assess balance, coordination and agility.</p>	<p>increased control and co-ordination. E&I</p> <p>Core Task - The aim is for the batter to hit a ball into a field, and then to run as far as possible around a circuit of bases before the fielding team returns the ball to the fielding base. Play the game with 1 batter, one feeder and three fielders.</p>
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	<p>Core Task - Keep ball away from defender. Play 3vs 1 in 5-10m² with 48 cones scattered around in square. 3 attackers must keep ball away from defender using throwing and catching skills. Cannot move with ball and must touch cones with the ball to score. Cant touch same cones twice in a row.</p>	<p>sequence on floor and using mats of up to four elements (eg balance roll, jump, body shape). Clear starting place and move smoothly between shapes and actions.</p>				
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