

Year 1 - We are learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To hit a target 2. To defend a target 3. To roll and slide balls and beanbags 4. To shoot in a game to get points 5. To work with a partner to score points 6. To use our attacking and defending skills in a game 	<ol style="list-style-type: none"> 1. To find our pulse on our wrist 2. To move side to side to defend the goal 3. To bounce a ball with control to ourselves 4. To aim at different targets 5. To adapt to a game with changing rules 6. To play in the best defensive position in a game 	<ol style="list-style-type: none"> 1. To select space to throw or roll a ball into 2. To track and collect a rolling ball 3. To catch a ball to stop an opponent scoring 4. To use our hands to hit a ball 5. To run between bases to score points 6. To work as a team to score points 	<ol style="list-style-type: none"> 1. To catch a ball over a short distance 2. To begin to hit a ball with power 3. To position ourselves in the path of the ball 4. To field the ball to a base 5. To catch a high ball 6. To stop the other team from scoring points
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To slide a beanbag to a target 2. To hit a ball in different ways with our hands 3. To move towards a ball to return it 4. To work with a partner to stop and return a beanbag 5. What a rally is and rallying with a partner 6. To send a ball into space to make it harder for our opponent 	<ol style="list-style-type: none"> 1. To send the ball over a net to our partner 2. To track and stop a moving object using both hands 3. Why different muscles are important when playing games 4. To send balls accurately from different positions e.g., kneeling or sitting 5. To spot space on the playing area and hit the ball there 6. To play a game with a partner 	<ol style="list-style-type: none"> 1. To start and stop moving at speed 2. To use our arms when running at different speeds 3. To take off on two feet to jump for distance 4. To use correct technique to throw different objects for distance 5. To show improvement in our throwing 6. To take part in a competition using running, jumping, and throwing skills 	<ol style="list-style-type: none"> 1. To use agile movements in different activities 2. Different ways to recognise the start and end of an activity e.g., whistle 3. To develop stamina when running 4. To develop core strength to improve throwing 5. To stride and jump for height 6. To choose the best starting position for running quickly

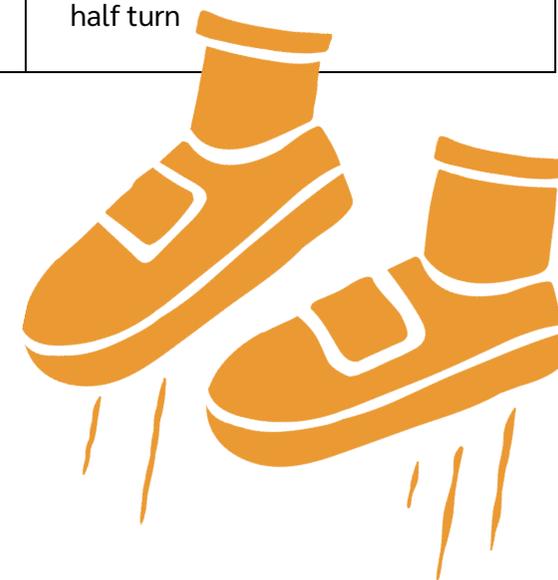
Year 1 - We are learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To show moods and feelings we would experience in the jungle 2. To move as if we are living in the jungle 3. To create and perform movements which show friendship 4. To perform leading and following movements 5. To perform a short dance with a clear start, middle and end 6. To use repeated actions in our dance 	<ol style="list-style-type: none"> 1. To perform actions to well-known nursery rhymes 2. To march in time to the beat and to turn while marching 3. To march in time as a group 4. To perform actions in canon 5. To perform a short dance using canon 6. To perform in rounds in different groups 	<ol style="list-style-type: none"> 1. To perform 'like actions' in a sequence 2. To carry and set up apparatus safely 3. To perform shapes on both large or small body parts 4. To take off and land and use shapes in our jumps 5. To travel on our feet, showing good body tension 6. How we can create different levels in our performance 	<ol style="list-style-type: none"> 1. To move on, off and over apparatus and use the 'Magic Chair' landing to 2. To rock on different parts of our body and rock using shape 3. To perform specific point balances such as 'h' and 'y' balance 4. To perform actions at the same time as others (unison) 5. To perform actions one person after the other (canon) 6. To turn and jump and quarter and half turn

Year 1 - We are learning...

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1. To follow simple instructions to complete a trail
2. To find matching symbols
3. To copy and create a hoop dance
4. To work with a partner to complete a hoop challenge
5. To recognise a drawn symbol as a real object
6. To use decision-making skills to hide equipment



Year 2 – We Are Learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> To kick the ball over long and short distances To stop a ball with control using the foot To work as a team to keep the ball To bounce a ball with my partner To bounce the ball while we are moving To pass the ball forward in a game 	<ol style="list-style-type: none"> To throw different types of equipment To move to a space after passing a ball To pass and move forwards to a target with a partner To position ourselves as a goalkeeper To intercept a ball from a person on the other team To use the skills we have developed in a competition 	<ol style="list-style-type: none"> To hit a ball and score points by running to cones To defend a target by kicking To bowl underarm with control To hit a ball using different bats and techniques To throw accurately to a base To hit a ball into a space, away from fielders 	<ol style="list-style-type: none"> To time our run around the bases to stay ‘safe’ To kick a ball into space using different parts of the foot To respond to how a ball is bowled when hitting About the role of a wicketkeeper About the role of a backstop and its likeness to wicketkeeper To bowl underarm in a game with accuracy
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> To stay on our toes to move quickly to the ball To identify which hand is dominant in a game Basic rules of serving to our partner To develop agility and use it in a game To use the correct grip to hit a self-fed ball To use the ready position in a rally 	<ol style="list-style-type: none"> To feed a ball to our partner with consistency To send the ball to different parts of the court To throw and catch in a seated position To accurately serve the ball to different parts of the court To use overarm attacking shots in a game To manage what we should be doing within the competition 	<ol style="list-style-type: none"> To move quickly whilst being aware of others around To create power with our legs to turn at speed To move through an obstacle course with speed and control To choose the best throw for different situations To use quick feet whilst sprinting To perform static and dynamic balances 	<ol style="list-style-type: none"> To work both individually to run over a longer distance To improve strength to increase jumping distance To create power when throwing for distance To use breathing techniques to be able to run more easily To cooperate with our partner to complete a task well Listen to others and work as a team to achieve the highest score possible

Year 2 - We Are Learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To use penguin images to inspire our dance 2. To show feelings of abandonment through dance 3. To create movements that show friendship between two characters 4. To create a solo dance with changes of direction and speed 5. To match our movements to music 6. To choose a formation for our dance and explain our choice 	<ol style="list-style-type: none"> 1. To develop a dance that shows different emotions 2. To work on our own to create a movement pattern 3. To work on our own to create and perform a short movement phrase 4. To watch, copy and repeat actions to create a 'motif' 5. To perform our motif in different formations 6. To use different movement pathways in our dance 	<ol style="list-style-type: none"> 1. To combine 4 elements into a floor sequence 2. To create power in a variety of different jumps 3. To take weight on our hands and move in different ways 4. To use our flexibility in a bridge and japana gymnastic shape 5. To perform the point balance arabesque 6. To perform a teddy roll 	<ol style="list-style-type: none"> 1. To use the relevé in a sequence 2. To perform an arch and dish shape moving smoothly from one to the other 3. To develop our strength in a back support and crab 4. To frog jump leap frog 5. To hold an L-sit with a straight back 6. To bring rhythm and flow to our sequence

Year 2 - We are Learning

OAA

1. To work as a team to complete a task
2. To use problem-solving to complete a simple treasure hunt
3. To copy and then create a simple movement pattern
4. To give clues to guide a blindfolded person safely
5. To improve performance through repetition
6. To use a key on a map to re-create a map with accuracy



KS1 Mixed Units – We Are Learning...

Distanced PE Fitness	Distanced PE Fitness	Foundations	Commonwealth Games	Wellbeing
Unit 1	Unit 2			
<ol style="list-style-type: none"> 1. To work as hard as we can for 20 seconds 2. Why we need to rest after exercise 3. To track and count in 5s, each type of exercise 4. What a ladder workout is 5. To relax and be calm after we have exercised 6. Challenge ourselves to beat our best score 	<ol style="list-style-type: none"> 1. Why we need water after exercise 2. To work and rest for a set amount of time 3. What it means to work with maximum effort 4. To perform movements with control 5. Why it is important to exercise and play outdoors 6. Some simple yoga positions 	<ol style="list-style-type: none"> 1. To stay stable and balanced when trying new things 2. To repeat a balance to improve it 3. Where the core muscles in our bodies are 4. To practice and improve leapfrog 5. To describe what flexibility is 6. What coordination is and to show an example of it 	<ol style="list-style-type: none"> 1. To send a bowl using underarm delivery 2. Hoop actions and creating a hoop sequence to perform 3. Skill to take part in a triathlon 4. To send and receive the ball over a net in a seated position 	<ol style="list-style-type: none"> 1. To improve hand-eye co-ordination through ball skills 2. How yoga can help our mental wellbeing 3. To copy and repeat actions from martial arts and aerobics 4. How paying attention and listening are key to mindfulness 5. To connect with others to complete a difficult set of tasks 6. To act out a scene to entertain our classmates