

	RECEPTION		YEAR 1		YEAR 2		NEXT STEPS - YEAR 3	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
<p>Fundamentals</p>	<p>Running: explore running & stopping. Explore changing direction safely.</p> <p>Balancing: explore balancing whilst stationary & on the move.</p> <p>Jumping: begin to explore take off & landing safely.</p> <p>Hopping: explore hopping on both feet.</p> <p>Skipping: explore skipping as a travelling action.</p>	<p>Running: know that I use big steps to run & small steps to stop. Know that moving into space away from others helps to keep me safe.</p> <p>Balancing: know that I can hold my arms out to help me to balance.</p> <p>Jumping: know that bending my knees will help me to land safely.</p> <p>Hopping: understand that I use one foot to hop.</p> <p>Skipping: know that if I hop then step that will help me to skip.</p>	<p>Running: explore changing direction & dodging. Discover how the body moves at different speeds.</p> <p>Balancing: move with some control & balance. Explore stability & landing safely.</p> <p>Jumping: demonstrate control in take-off & landing when jumping.</p> <p>Hopping: begin to explore hopping in different directions.</p> <p>Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope</p>	<p>Running: understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</p> <p>Balancing: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.</p> <p>Jumping: know that landing on the balls of my feet helps me to land with control.</p> <p>Hopping: know that I should hop with a soft bent knee.</p> <p>Skipping: know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p>	<p>Running: demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p>Balancing: demonstrate balance when performing movements.</p> <p>Jumping: demonstrate jumping for distance, height & in different directions.</p> <p>Hopping: demonstrate hopping for distance, height & in different directions.</p> <p>Skipping: explore single & double bounce when jumping in a rope.</p>	<p>Running: know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps & having elbows bent will help me to run faster.</p> <p>Balancing: understand that squeezing my muscles helps me to balance.</p> <p>Jumping: know that swinging my arms forwards will help me to jump further.</p> <p>Hopping: know that if I look straight ahead it will stop me falling over when I land.</p> <p>Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.</p>	<p>Running: change direction. Show an increase and decrease in speed.</p> <p>Balancing: demonstrate balance when performing other fundamental skills.</p> <p>Jumping & hopping: link jumping & hopping actions.</p> <p>Skipping: jump & turn a skipping rope</p>	<p>Running: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration). Understand how agility helps us with everyday tasks.</p> <p>Balancing: understand how balance helps us with everyday tasks.</p> <p>Jumping & hopping: know that if I jump and land in quick succession, momentum will help me to jump further.</p> <p>Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.</p>
Vocabulary	Balance, bend, crawl, direction, hop, fast, jump, land, rules, run, safely, slide, slow, space, stop, travel		Dodge, jog, skip, swing, ready position		Sprint, weight, take off, hurdle, speed		Agility, co-ordination, control, rhythm, technique	
<p>Ball Skills</p>	<p>Sending: explore sending an object with hands and feet.</p> <p>Catching: explore catching to self & with a partner.</p> <p>Tracking: explore stopping a ball with hands and feet.</p> <p>Dribbling: explore dropping and catching with two hands & moving a ball with feet.</p>	<p>Sending: know to look at the target when sending a ball.</p> <p>Catching: know to have hands out ready to catch.</p> <p>Tracking: know to watch the ball as it comes towards me and scoop it with two hands.</p> <p>Dribbling: know that keeping the ball close will help with control</p>	<p>Sending: roll & throw with some accuracy towards a target.</p> <p>Catching: begin to catch with two hands. Catch after a bounce.</p> <p>Tracking: track a ball being sent directly.</p> <p>Dribbling: explore dribbling with hands & feet.</p>	<p>Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance.</p> <p>Catching: know to watch the ball as it comes towards me.</p> <p>Tracking: know to move my feet to get in the line with the ball.</p> <p>Dribbling: know that moving with a ball is called dribbling.</p>	<p>Sending: roll, throw and kick a ball to hit a target.</p> <p>Catching: develop catching a range of objects with two hands. Catch with & without a bounce.</p> <p>Tracking: consistently track & collect a ball being sent directly.</p> <p>Dribbling: explore dribbling with hands & feet with increasing control on the move.</p>	<p>Sending: know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p>Tracking: know that it is easier to move towards a ball to track it than chase it.</p> <p>Dribbling: know to keep my head up when dribbling to see space/opponents</p>	<p>Sending: send a ball with accuracy & increasing consistency to a target.</p> <p>Catching: catch a range of objects with increasing consistency.</p> <p>Tracking: track a ball not sent directly.</p> <p>Dribbling: dribble a ball with hands & feet with control.</p>	<p>Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>Catching: know to move my feet to the ball.</p> <p>Tracking: know that using a ready position will help me to react to the ball.</p> <p>Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>
Vocabulary	Dribbling, bounce, ball, catch, kick, hit, points, partner, roll, ready, score, run, throw, target		Ready position, soft, swing, track, underarm, control		Collect, release, receive, prepare, touch		Power, block, opponent, personal best, possession, accurate, technique	

	RECEPTION		YEAR 1		YEAR 2		NEXT STEPS - YEAR 3	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
<p>Target games</p>	<p>Throwing: explore throwing using a variety of equipment.</p> <p>Catching: explore catching using a variety of equipment</p>	<p>Throwing: know to point my hand at my target when throwing.</p> <p>Catching: know to have hands out ready to catch.</p> <p>Tactics: make simple decisions in response to a task.</p> <p>Rules: know that rules help us to stay safe.</p>	<p>Throwing overarm: explore technique when throwing overarm towards a target.</p> <p>Throwing underarm: explore technique when throwing underarm towards a target</p>	<p>Throwing: know which type of throw to use for distance & accuracy. Know that my body position will affect the accuracy of my throw.</p> <p>Tactics: know that tactics can help us when playing games.</p> <p>Rules: know that rules help us to play fairly.</p>	<p>Throwing overarm: develop co-ordination and technique when throwing overarm towards a target.</p> <p>Throwing underarm: develop co-ordination and technique when throwing underarm towards a target.</p> <p>Striking: develop striking a ball with equipment with some consistency.</p>	<p>Throwing: know that stepping with opposite foot to throwing arm will help you to balance.</p> <p>Know that moving my arm quicker will give me more power.</p> <p>Striking: know to finish with my object/hand pointing at my target.</p> <p>Tactics: understand and apply simple tactics.</p> <p>Rules: know how to score points & follow simple rules.</p>	<p>Throwing: explore throwing at a moving target.</p> <p>Catching (dodgeball): begin to catch whilst on the move.</p> <p>Striking: begin to strike a ball with accuracy and balance.</p>	<p>Throwing: know to throw slightly ahead of a moving target.</p> <p>Catching: know that beginning in ready position will help me react to the ball.</p> <p>Striking: know that using a bigger swing will give more power.</p> <p>Tactics: know that using simple tactics will help my team achieve an outcome e.g. spread out = harder to aim for.</p> <p>Rules: know rules of the game & begin to apply them</p>
Vocabulary	Aim, ball, bounce, catch, caught, dribble, hit, jog, jump, lose, partner, points, ready, rules, run, safely, space, stop, target, team, throw, win		Distance, overarm, underarm, swing, balance, further		Accurate, opponent, release, strike, teammate, ahead		Agility, caught out, communicate, opposition, power, technique, tactic, tournament	
<p>Yoga</p>	<p>Balance: explore shapes in stillness using different parts of my body.</p> <p>Flexibility: explore shapes & actions to stretch my body.</p> <p>Strength: explore taking weight on different body parts.</p> <p>Strategy: explore my own feelings in response to an activity or task.</p>	<p>Balance: know that it is easier to balance using more parts of my body than fewer parts.</p> <p>Flexibility: know that I can make my body longer by reaching out with my arms & legs.</p> <p>Strength: understand that I can hold my weight on different parts of my body.</p> <p>Strategy: understand how movement makes me feel.</p>	<p>Balance: perform balances & poses making my body tense, stretched & curled.</p> <p>Flexibility: explore poses & movements that challenge my flexibility.</p> <p>Strength: explore strength whilst transitioning from one pose to another.</p> <p>Strategy: recognise my own feelings in response to a task or activity.</p>	<p>Balance: know that if I focus on something still it will help me to balance.</p> <p>Flexibility: know that yoga helps to improve flexibility which we need in everyday tasks.</p> <p>Strength: know that I can use my strength to move slowly & with control.</p> <p>Strategy: understand that yoga can make me feel happy.</p>	<p>Balance: remember, copy, and repeat sequences of linked poses.</p> <p>Flexibility: show increased awareness of extension in poses.</p> <p>Strength: demonstrate increased control in performing poses.</p> <p>Strategy: explore controlling my focus & sense of calm</p>	<p>Balance: understand that I can squeeze my muscles to help me to balance.</p> <p>Flexibility: know that flexibility helps us to stretch our muscles & increase the movement in our joints.</p> <p>Strength: know that strength helps us with everyday tasks such as carrying our school bag.</p> <p>Strategy: understand that I can use yoga to make me feel calm.</p>	<p>Balance: demonstrate increased control when in poses.</p> <p>Flexibility: explore poses and movement in relation to my breath.</p> <p>Strength: explore balances showing some stability.</p> <p>Strategy: develop my ability to stay still & keep my focus</p>	<p>Balance: understand that if I use the whole of the body part in contact with the floor, it will help balance.</p> <p>Flexibility: know that if I move as I breathe out I can stretch a little bit further.</p> <p>Strength: understand that I need to use different body parts and muscles for different poses.</p> <p>Strategy: know that I can use my breath to focus</p>
Vocabulary	Balance, bend, copy, hold, fast, safely, slow, space, shape, squeeze, still, stop, straight		Feel, breath, stretch, pose, focus, listen		Strength, flow, flexibility, create, choose, perform		Link, control, tilt, mindfulness, hinge, extend, base, contact	

	RECEPTION		YEAR 1		YEAR 2		NEXT STEPS - YEAR 3	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
<p>Invasion games</p>	<p>Sending & receiving: explore s&r with hands & feet using a variety of equipment.</p> <p>Dribbling: explore dropping & catching with two hands & moving a ball with their feet.</p> <p>Space: recognise their own space.</p> <p>Attacking & defending: explore changing direction & tagging games.</p>	<p>Sending & receiving: know to look at the target when sending a ball & watch the ball to receive it.</p> <p>Dribbling: know that keeping the ball close will help with control.</p> <p>Space: know that being in a space gives me room to play.</p> <p>Attacking & defending: know that there are different roles in games.</p> <p>Tactics: make simple decisions in response to a task.</p> <p>Rules: know that rules help us to stay safe.</p>	<p>Sending & receiving: explore s&r with hands & feet to a partner.</p> <p>Dribbling: explore dribbling with hands & feet.</p> <p>Space: recognise good space when playing games.</p> <p>Attacking: explore changing direction to move away from a partner.</p> <p>Defending: explore tracking and moving to stay with a partner</p>	<p>Sending & receiving: know to look at my partner before sending the ball.</p> <p>Dribbling: know that moving with a ball is called dribbling.</p> <p>Space: understand that being in a good space helps us to pass the ball.</p> <p>Attacking: know that being able to move away from a partner helps my team to pass me the ball.</p> <p>Defending: know that staying with a partner makes it more difficult for them to receive the ball.</p> <p>Tactics: know that tactics can help us when playing games.</p> <p>Rules: know that rules help us to play fairly.</p>	<p>Sending & receiving: developing s&r with increased control.</p> <p>Dribbling: explore dribbling with hands & feet with increasing control on the move.</p> <p>Space: explore moving into space away from others.</p> <p>Attacking: developing moving into space away from defenders.</p> <p>Defending: explore staying close to other players to try & stop them getting the ball.</p>	<p>Sending & receiving: know to control the ball before sending it.</p> <p>Dribbling: know that keeping my head up will help me to know where defenders are.</p> <p>Space: know that moving into space away from defenders helps me to pass and receive a ball.</p> <p>Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p>Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball.</p> <p>Know that standing between the ball & the attacker will help me to stop them from getting the ball.</p> <p>Tactics: understand & apply simple tactics for attack & defence.</p> <p>Rules: know how to score points & follow simple rules.</p>	<p>Sending & receiving: explore s&r abiding by the rules of the game.</p> <p>Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Space: develop using space as a team.</p> <p>Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: develop tracking opponents to limit their scoring opportunities</p>	<p>Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>Space: know that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking & defending: know my role as an attacker & defender.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p> <p>Rules: know the rules of the game & begin to apply them.</p>
Vocabulary	Pass, space, kick, team, safely, catch, run, stop, bounce, direction, partner, rules, jump, aim, win, lose, score, land, dribble, points		Attacker, defender, goal, track, mark, dodge		Goalkeeper, teammate, possession, opponent, defend, tactic, send, attack, receive, shoot		Accurate, intercept, communicate, invasion, offside, tackle, pitch, teamwork, control, receiver, referee, tournament	
<p>Gymnastics</p>	<p>Shapes: show contrast with my body including wide/narrow, straight/curved.</p> <p>Balances: explore shapes in stillness using different parts of my body.</p> <p>Rolls: explore rocking & rolling.</p> <p>Jumps: explore jumping safely.</p>	<p>Shapes: understand that I can make different shapes with my body.</p> <p>Balances: know that I should be still when holding a balance.</p> <p>Rolls: know that I can change my body shape to help me to roll.</p> <p>Jumps: know that bending my knees will help me to land safely.</p> <p>Strategy: know that if I hold a shape & count to five people will see it clearly</p>	<p>Shapes: explore basic shapes straight, tuck, straddle, pike.</p> <p>Balances: perform balances making my body tense, stretched & curled.</p> <p>Rolls: explore barrel, straight & forward roll progressions.</p> <p>Jumps: explore shape jumps including jumping off low apparatus.</p>	<p>Shapes: understand that I can improve my shapes by extending parts of my body.</p> <p>Balances: know that balances should be held for 5 seconds.</p> <p>Rolls: know that I can use different shapes to roll.</p> <p>Jumps: know that landing on the balls of my feet helps me to land with control.</p> <p>Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p>	<p>Shapes: explore using shapes in different gymnastic balances.</p> <p>Balances: remember, repeat & link combinations of gymnastic balances.</p> <p>Rolls: explore barrel, straight & forward roll & put into sequence work.</p> <p>Jumps: explore shape jumps & take off combinations.</p>	<p>Shapes: know that some shapes link well together.</p> <p>Balances: understand that squeezing my muscles helps me to balance.</p> <p>Rolls: understand that there are different teaching points for different rolls.</p> <p>Jumps: understand that looking forward will help me to land with control.</p> <p>Strategy: know that if I use shapes that link well together it will help my sequence to flow.</p>	<p>Shapes: explore matching and contrasting shapes.</p> <p>Balances: explore point & patch balances & transition smoothly into & out of them.</p> <p>Rolls: develop the straight, barrel, & forward roll.</p> <p>Jumps: develop stepping into shape jumps with control.</p>	<p>Shapes: understand how to use body tension to make my shapes look better.</p> <p>Balances: understand that I can make my balances look interesting by using different levels.</p> <p>Rolls: understand the safety considerations when performing more difficult rolls.</p> <p>Jumps: understand that I can change the take-off & shape of my jumps to make them look interesting.</p> <p>Strategy: know that if I use different levels it will help to make my sequence look interesting.</p>
Vocabulary	Around, balance, bend, copy, hold, jump, land, over, rock, roll, shape, squeeze, star, still, straight, through, travel		Action, control, direction, level, speed		Link, pathway, pike, sequence, straddle, tuck		Body tension, contrast, extend, flow, match, patch, landing position, point, take off	

	RECEPTION		YEAR 1		YEAR 2		NEXT STEPS - YEAR 3	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
<p>Net & Wall games</p>	<p>Hitting: explore hitting a ball with hands & pushing with a racket.</p> <p>Feeding & rallying: explore sending & tracking a ball with a partner.</p> <p>Footwork: explore changing direction, running & stopping.</p>	<p>Hitting: know to point my hand/object at my target when hitting a ball.</p> <p>Feeding & rallying: know to look at the target when sending a ball and watch the ball to receive it.</p> <p>Footwork: know to use big steps to run & small steps to stop.</p> <p>Tactics: make simple decisions in response to a task.</p> <p>Rules: know that rules help us to stay safe.</p>	<p>Hitting: explore hitting a dropped ball with a racket.</p> <p>Feeding: throw a ball over a net to land into the court area.</p> <p>Rallying: explore sending a ball with hands & a racket.</p> <p>Footwork: use the ready position to move towards a ball</p>	<p>Hitting: know to use the centre of the racket for control.</p> <p>Feeding: know to use an underarm throw to feed to a partner.</p> <p>Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball.</p> <p>Footwork: know that using a ready position will help me to move in any direction.</p> <p>Tactics: know that tactics can help us to be successful when playing games.</p> <p>Rules: know that rules help us to play fairly</p>	<p>Hitting: develop hitting a dropped ball over a net.</p> <p>Feeding: accurately underarm throw over a net to a partner.</p> <p>Rallying: explore underarm rallying with a partner catching after one bounce.</p> <p>Footwork: consistently use the ready position to move towards a ball.</p>	<p>Hitting: know to watch the ball as it comes towards me to help me to prepare to hit it.</p> <p>Feeding: know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</p> <p>Rallying: know that sending the ball towards my partner will help me to keep a rally going.</p> <p>Footwork: know that using a ready position helps me to react quickly & return/catch a ball.</p> <p>Tactics: understand that applying simple tactics makes it difficult for my opponent.</p> <p>Rules: know how to score points & follow simple rules.</p>	<p>Shots: explore returning a ball using shots such as the forehand & backhand.</p> <p>Rallying: explore rallying using a forehand.</p> <p>Footwork: consistently use and return to the ready position in between shots</p>	<p>Shots: know that pointing the racket face/my hand where I want the ball to go & turning my body will help me hit accurately.</p> <p>Rallying: know that hitting towards my partner will help them return the ball easier & keep the rally going.</p> <p>Footwork: know that moving to the middle of my court will enable me to cover the most space.</p> <p>Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p> <p>Rules: know the rules of the game & begin to apply them</p>
Vocabulary	Safely, space, throw, catch, stop, run, points, direction, score, aim, rules, partner, lose, win, target, hit		Net, ready position, track, racket, underarm		Against, defend, quickly, trap, receive, return		Backhand, competition, control, co-operation, court, face, forehand, opponent, tactic, rally, react, opposition	
<p>Dance</p>	<p>Actions: explore how my body moves. Copy basic body actions & rhythms.</p> <p>Dynamics: explore actions in response to music & an idea.</p> <p>Space: begin to explore pathways & the space around me & in relation to others.</p> <p>Performance: perform short phrases of movement in front of others.</p>	<p>Actions: understand that I can move my body in different ways to create interesting actions.</p> <p>Dynamics: understand that I can change my action to show an idea.</p> <p>Space: know that if I move into space it will help to keep me & others safe.</p> <p>Performance: know that when watching others I sit quietly & clap at the end.</p> <p>Strategy: know that if I use lots of space, it helps to make my dance look interesting.</p>	<p>Actions: copy, remember & repeat actions to represent a theme. Create my own actions in relation to a theme.</p> <p>Dynamics: explore varying speeds to represent an idea.</p> <p>Space: explore pathways within my performance.</p> <p>Relationships: begin to explore actions & pathways with a partner.</p> <p>Performance: perform on my own & with others to an audience.</p>	<p>Actions: understand that actions can be sequenced to create a dance.</p> <p>Dynamics: understand that I can create fast & slow actions to show an idea.</p> <p>Space: understand that there are different directions & pathways within space.</p> <p>Relationships: understand that when dancing with a partner it is important to be aware of each other & keep in time.</p> <p>Performance: know that standing still at the start & the end of the dance lets the audience know when I have started and when I have finished.</p> <p>Strategy: know that if I use exaggerated actions it helps the audience see them clearly</p>	<p>Actions: accurately remember, repeat & link actions to express an idea.</p> <p>Dynamics: develop an understanding of dynamics.</p> <p>Space: develop the use of pathways & travelling actions to include levels.</p> <p>Relationships: explore working with a partner using unison, matching & mirroring.</p> <p>Performance: develop the use of facial expressions in my performance.</p>	<p>Actions: know that sequencing actions in a particular order will help me to tell the story of my dance.</p> <p>Dynamics: understand that I can change the way I perform actions to show an idea.</p> <p>Space: know that I can use different directions, pathways and levels in my dance.</p> <p>Relationships: know that using counts of 8 will help me to stay in time with my partner and the music.</p> <p>Performance: know that using facial expressions helps to show the mood of my dance.</p> <p>Strategy: know that if I practice my dance my performance will improve.</p>	<p>Actions: create actions in response to a stimulus individually and in groups.</p> <p>Dynamics: use dynamics effectively to express an idea.</p> <p>Space: use direction to transition between formations.</p> <p>Relationships: develop an understanding of formations.</p> <p>Performance: perform short, self-choreographed phrases showing an awareness of timing</p>	<p>Actions: understand that sharing ideas with others enables my group to work collaboratively & try ideas before deciding on the best actions for our dance.</p> <p>Dynamics: understand that all actions can be performed differently to help to show effect.</p> <p>Space: understand that I can use space to help my dance to flow.</p> <p>Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>Performance: understand I can use timing techniques such as canon & unison to create effect.</p> <p>Strategy: know that if I show sensitivity to the music, my performance will look more complete</p>
Vocabulary	Action, counts, direction, finish position, high, low, move, quickly, shape, slowly, space, travel, start position		Balance, beat, copy, fast, level, pathway, pose, timing		Dynamics, expression, matching, mirroring, perform, speed, unison, create		Canon, explore, extend, feedback, perform, speed, unison, create	

	RECEPTION		YEAR 1		YEAR 2		NEXT STEPS - YEAR 3	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
<p>Athletics</p>	<p>Running: explore running & stopping safely.</p> <p>Jumping: explore jumping & hopping safely.</p> <p>Throwing: explore throwing to a target.</p>	<p>Running: know that I use big steps to run & small steps to stop. Know that moving into space away from others helps to keep me safe.</p> <p>Jumping: know that bending my knees will help me to land safely.</p> <p>Throwing: understand that bigger targets are easier to hit.</p> <p>Rules: know that rules help us to stay safe.</p>	<p>Running: explore running at different speeds.</p> <p>Jumping: develop balance whilst jumping & landing. Explore hopping, jumping and leaping for distance.</p> <p>Throwing: explore throwing for distance and accuracy</p>	<p>Running: understand that if I swing my arms it will help me to run faster.</p> <p>Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.</p> <p>Throwing: know that stepping forward with my opposite foot to hand will help me to throw further.</p> <p>Rules: know that rules help us to play fairly.</p>	<p>Running: develop the sprinting action.</p> <p>Jumping: develop jumping, hopping & skipping actions. Explore safely jumping for distance and height.</p> <p>Throwing: develop overarm throwing for distance.</p>	<p>Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p>Jumping: know that swinging my arms forwards will help me to jump further.</p> <p>Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p>Rules: know how to follow simple rules when working with others.</p>	<p>Running: develop the sprinting technique and apply it to relay events.</p> <p>Jumping: develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>Throwing: explore the technique for a pull throw</p>	<p>Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>Jumping: know that if I jump & land quickly it will help me to jump further.</p> <p>Throwing: understand that the speed of the movement helps to create power.</p> <p>Rules: know the rules of the event & begin to apply them</p>
Vocabulary	Balance, bend, direction, fast, hop, jump, jog, land, rules, run, safe, safely, slow, space, stop, target, throw		Walk, time, quickly, leap, underarm, overarm, further, control		Distance, sprint, height, landing, far, aim, take off		Personal best, speed, technique, relay, power, baton, accuracy, event, strength	
<p>Striking & fielding games</p>	<p>Striking: explore sending a ball to a partner.</p> <p>Fielding: explore tracking & stopping a rolling ball. Throwing & catching: explore rolling, throwing & catching using a variety of equipment.</p>	<p>Striking: know to point my hand at my target when striking a ball.</p> <p>Fielding: know to scoop a ball with two hands.</p> <p>Throwing & catching: know to point my hand at my target when throwing. Know to have hands out ready to catch.</p> <p>Tactics: make simple decisions in response to a task.</p> <p>Rules: know that rules help us to stay safe</p>	<p>Striking: explore striking a ball with their hand & equipment.</p> <p>Fielding: develop tracking & retrieving a ball.</p> <p>Throwing: explore technique when throwing over & underarm.</p> <p>Catching: develop co-ordination & technique when catching.</p>	<p>Striking: understand that the harder I strike, the further the ball will travel.</p> <p>Fielding: know that throwing the ball back is quicker than running with it.</p> <p>Throwing: know which type of throw to use to throw over longer distances.</p> <p>Catching: know to watch the ball as it comes towards me.</p> <p>Tactics: know that tactics can help us when playing games.</p> <p>Rules: know that rules help us to play fairly.</p>	<p>Striking: develop striking a ball with their hand & equipment with some consistency.</p> <p>Fielding: develop tracking a ball & decision making with the ball.</p> <p>Throwing: develop co-ordination & technique when throwing over & underarm.</p> <p>Catching: catch with two hands with some co-ordination & technique</p>	<p>Striking: understand the role of a batter. Know that striking quickly will increase the power.</p> <p>Fielding: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</p> <p>Throwing: know that stepping with opposite foot to throwing arm will help me to balance.</p> <p>Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p> <p>Tactics: understand and apply simple tactics for attack (batting) & defence (fielding).</p> <p>Rules: know how to score points & follow simple rules</p>	<p>Striking: begin to strike a bowled ball after a bounce with different equipment.</p> <p>Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p>Throwing: use overarm & underarm throwing in game situations.</p> <p>Catching: catch with some consistency in game situations.</p>	<p>Striking: know that striking to space away from fielders will help me to score.</p> <p>Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.</p> <p>Throwing: know that overarm throwing is used for long distances & underarm throwing for shorter distances.</p> <p>Catching: know to move my feet to the ball.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>Rules: know the rules of the game & begin to apply them</p>
Vocabulary	Pass, team, safely, space, throw, stop, catch, run, direction, score, points, partner, jump, land, rules, aim, lose, win		Batter, batting, bowl, bowler, fielder, fielding, hit, overarm, out, ready position, track, underarm		Backstop, collect, runs, teammate, stump, tactics,		Accuracy, caught out, grip, no ball, run out, strike, tournament, technique, wicket, short barrier, umpire	