



Nursery												
	Stability 1		Locomotion 1		Gymnastics - Parts high and Low		Target Games 1		Fine motor skills		Dance	
Skills & Knowledge	Balance on one leg whilst still Twist, bend and reach whilst maintaining balance Respond quickly to instructions Push/pull down, forwards, backwards, high Jump in a variety of ways Pick something up whilst balancing on one leg Use space safely Use my arms to help me balance Focus my eyes to help me balance The difference between a push and a pull How to jump in different ways		To find a space Walk forwards and backwards, stopping when instructed Hop on either leg Jump in different ways and in control Dodge Gallop How to share equipment How to travel backwards safely What a jump is How to play by the rules How to dodge		Travel close to the ground Make a short sequence Use apparatus Travel with confidence and skill around, over, under and through Roll in different ways Link 2 movements together Jump of an object and land safely Create a variety of shapes using my body To show tension in my movements and pointed toes How to jump and land safely How to slide and scramble How to start and finish my work		Throw a ball under arm with some accuracy Strike a ball with my foot for power Kick a ball with some accuracy with both feet Work with others and take turns Roll a ball with some accuracy Why is it important to kick a ball with both feet Which is my dominant hand How to stand when throwing accurately That a ball travels across the ground when I roll it Why it is important to roll with both hands		Run Skillfully Thread with control Pick up, carry and put down with care At least one effect of activity on my body What a good space is to stand in What I need to do with my arms and eyes to balance on one leg		To use my body and create simple theme related shapes, movements and actions To travel safely and creatively in a space To remember and perform a basic sequence of movements when led by a teacher Know how to contribute simple key words to an age-appropriate theme related mind map Know we need to look forwards to safely move around in space Know we need to control our speed to make sure we are safe Know how to listen to other people's ideas and share my ideas	
Vocab	Control Narrow Coordination Strong Tall Firm	Bend Stretch Balance Reach Wide Tense	Run Control Follow Stop Coordination Lead Fast Bend Crouch	Copy Slow Gallop Over Dodge Strong Under Freeze Reach	Land Still Rock Long Spring Wide	Step Narrow Tall Down Stop Along	Kick Balance Partner Foot Over Catch Hard Under Ball	Throw Soft Control Aim Far Bend Target Near Speed	Space Follow Strong Lead Firm	Copy Reach Land Control Coordination	Space Follow Strong Lead Firm	Copy Reach Land Control Coordination
Assessment												

Reception								
	Gymnastics		Locomotion 1		Fine Motor Control		Fundamental movement skills 1	
Sticky Knowledge	To maintain balance whilst lifting and carrying. To show increasing control over my body. To balance on one leg. To balance on one leg whilst still. To know which parts of my body help me with balancing. To know that focusing my eyes can help me with my balance. That rocking involved moving forward or backward or side to side on the same body part whilst maintaining balance.		To walk forwards and backwards and stopping when instructed To travel with an awareness of others To travel by pushing and pulling myself To travel, stop and balance with control That we need to control the speed to ensure safety		To pick up and carry and put down with care, with others To thread with control To use tools effectively to help me manipulate objects To use apparatus and to work safely How to select apparatus and put it away		To run skilfully To be aware of other children To know a good space and stand in it To move through an obstacle course skilfully To move confidently at different levels	
Person, Social, Emotional Development.	To share equipment and take turns. To encourage my team mates whilst I wait my turn. Welcome and value praise for what I have done.		Be excited and confident in trying new activities To play games fairly To give good feedback to my partner		Be excited and confident in trying new activities To concentrate to work well with a partner To respond to more complex instructions		Be excited and confident in trying new activities To understand the need of safety when tackling new challenges and consider and manage some risks To give good feedback to my partner	
Vocab	Balance Apparatus Accuracy Backward Climb Walk	Focus Side Control Movement Forward Maintain	Travel Push Pull Control Balance Speed	Stop Forwards Backwards Walk Run Jog	Pick Carry Thread Control Left Right Through Balance	Knead Squeeze Squash Hold Place Build Mould	Running Space Jump Gallop 1 foot to 2 feet Stop Direction	Hop Sprint Run Command Accuracy Control Team Cooperate
	Dance		Locomotion 2		Target Games 1			
Sticky Knowledge	To use my body and create simple theme related shapes, movements and actions To use movement to express feelings The importance of good breathing whilst exercising To know some effects of activity on my body		To alternate legs when I'm climbing To jump in different ways To jump of an object and land appropriately To know what jump, hop and skip is To be aware of position of others before jumping To bend my legs when landing to cushion the impact To hop on either leg		Move a ball with control and in different direction To know good positions for rolling a ball and for stopping a ball with increasing accuracy Apply the right amount of force to a ball Show increasing control over an object in pushing, patting, throwing, catching or kicking it Catch an object i.e. beanbag To throw an object underarm with control and direction To throw a ball underarm with some accuracy at a target To bounce and catch a large ball To strike a ball with my foot for power To kick a ball with some accuracy with both feet			
Person, Social, Emotional Development.	Be excited and confident in trying new activities To give good feedback to my partner How to support my partner with positive praise		How to support my partner with positive praise How to keep play going by responding to what others are saying or doing Welcome and value praise for what I have done		Be excited and confident in trying new activities To play games fairly To give good feedback to my partner To control my emotions when playing games			



Vocab	Dance Theme Patter Movement Beat	Sequence Mirror Breathing Shape	Jump Hop Stop Command Accuracy Balance	Control Bounce Coordination Two feet Skip Gallop	Underarm Accuracy Control Direction Position Stop	Push Throw Catch Kick Bounce Patting	
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	Year 1											
Unit	Netwall Skills 1		Dance		Gymnastics - Pathways - Small and long		Athletics 2		Strike & Field Skills 1		Locomotion 2	
Skills	I can send a ball with some degree of accuracy I can keep my eye on the ball at all times I can receive a ball by moving swiftly into the right direction I can send a ball with some degree of accuracy I can keep my eye on the ball at all times I can receive a ball by moving swiftly into the right direction		I can remember and perform a simple sequence of movement. I can communicate well with a partner. I can use poems to create shapes, movements and actions.		I can use different pathways within a sequence I can mount and dismount apparatus using different pathways I can create sequences in curved pathways on the floor and on the apparatus.		I can demonstrate a variety of athletic techniques competently I can throw with good technique I can jump in a variety of ways competently		I can apply a range of skills I can bowl under or overarm with some accuracy I can chase and retrieve a ball		I can jump in a variety of ways I can jump with a small run I can skip with a rope	
Knowledge	I know what a 'ready' position looks like I know how to throw for accuracy and power I know to call my name when the ball is between myself and my partner in doubles		I know how to use simple technical language to give feedback. I know how to link ideas and movements together so they start to flow. I know I need to control speed to ensure safety.		I know how to mount and dismount apparatus imaginatively and safely I know that my sequence work needs to flow from one move to the next I know to use a variety of work at different levels		I know how to increase the distance of my jumps I know why warm ups are so important		I know the importance of staying in my crease I know that a batsman/women should always call after each ball		I know which foot feels better to jump off I know to bend my legs and drive my arms forward to jump I know there are a variety of skipping techniques	
Vocab	Accuracy Coordination Defence Attack	Underarm Overarm Agility	Flexibility Extension Performance Posture	Rhythm Balance Choreography	Apparatus Coordination Travelling	Balance Landing Dismount	Athlete Javelin Athletics	Sprint Agility	Wicket Ball Crease i	innings LBW Stump	Attacking Defending Dribbling	Offence Retrieving Agility
Unit	Gymnastics - Wide, narrow and curved		Invasion Games Skills 1		Yoga		Fundamental Skills 1		Target Games 2			
Skills	I can perform a sequence to include a curled shape, a narrow shape and a wide shape I can work in curled, long and narrow shapes and moves I can perform at different levels		I can dribble a ball with my feet with good control I can stop a ball on the run by trapping it I can move safely around whilst dribbling/bouncing		I can control my breathing I can bend, stretch and reach I can hold my position for 2 deep breaths		I can attack and defend I can combine a run and a jump I can strike a ball accurately and with power.		I can send a ball with some accuracy I can attack and defend I can apply a range of skills			



Knowledge	I know how to work with a partner to agree a sequence I know how to share apparatus I know why changing level and direction are important		I know use 'big toe, little toe' to dribble keeping the ball close to me I know to find a space after passing a ball I know how to trap a ball by moving in line with it and putting my foot on it		I know how to stay quiet and focus during Yoga I know a variety of Yoga poses I know how to relax my body		I know when to attack and when to defend I know how to throw for accuracy and power I know to move safely with awareness of others		I know what a 'ready' position looks like I know how to throw for accuracy and power I know to find a space after passing a ball	
Vocab	Apparatus Coordination Travelling	Balance Agility	Attacking Defending Dribbling	Offence Retrieving Agility	Pose Torso Inhale	Exhale Posture Core	Attacking Defending Dribbling	Offence Retrieving Agility	Attacking Defending Dribbling	Offence Retrieving Agility
Assessment										

	Year 2											
Unit	Netwall Skills 2		Dance		Gymnastics - Pathways		Athletics 2		Strike & Field Skills 2		Gymnastics - Stretching, Curling & Arching	
Skills	I can begin a rally with a partner I can strike a backhand. I can play a game against an opponent using a variety of shots.		I can remember and perform a basic sequence of movement. I can communicate well with a partner. I can look at pictures to create shapes, movements and actions.		I can use different pathways within a sequence I can create sequences in curved pathways on the floor and on the apparatus I can push and pull myself along the ground on different parts of my body		I can throw with a good technique. I can demonstrate a variety of athletic techniques competently. I can jump in a variety of ways competently.		I can play a game applying the skills I have learned. I can demonstrate the schools games values. I can chase a ball and throw it back accurately.		I can show inversion and counter balance using apparatus. I can mount and dismount apparatus using different pathways. I can create sequences in curved pathways on the floor and on the apparatus.	
Knowledge	I know how to form a ready position. I know to get back to the centre spot after each shot. I know how to play a game of short tennis against an opponent.		I know how to use simple technical language to give feedback. I know how to link ideas and movements together so they start to flow. I know I need to control speed to ensure safety.		I know how to link skills to perform actions I know my sequence needs to flow from one move to the next I know how to mount and dismount apparatus imaginatively.		I know how to increase the distance of my throws. I know why warm ups are so important.		I know what a no ball and wide means. I know the importance of communication between batters and fielders.		I know that timing is important in a routine. I know a range of different types of jumps and which are stretched and which are curled. I know how to use a variety of work at different levels with different dynamics.	
Vocab	Rally Court	Backhand Strike Forehand	Flexibility Extension Performance	Rhythm Balance Choreography	Apparatus Coordination Travelling Blance	Landing Dismount Sequence	Athlete Javelin Athletics	Sprint Agility	Boundaries Pitch	Outfielder Infield	Inversion Counter-balance	Dynamics Arch



Unit	Gymnastics - Spinning, Turning, Twisting		Invasion Games Skills 2		Yoga		Fundamental Movement Skills 3		Target Games 3		Fundamental Skills 3	
Skills	I can mirror the moves of my partner. I can create a sequence of work with clear start and controlled twists, spins and turns. I can perform counter balances against apparatus.		I can pass and move more decisively. I can intercept a pass. I can pass the ball with control.		I can control my breathing pattern. I can bend, stretch and reach. I can work quietly focusing on what I am doing in the moment.		I can attack and defend. I can combine a run and a jump. I can strike a ball accurately and with power.		I can throw a ball underarm with either hand and with some accuracy at a target. I can strike at targets that move. I can throw a ball underarm with either hand and with some accuracy at a target.		I can skip using a rope. Jump in a variety of ways Pass accurately and in different ways	
Knowledge	I know how to improve my work. I know how to use transitional movements to link my ideas. I know the difference between counter balance and counter tension.		I know how to think ahead when defending. I know how to work hard in attack and in defence for the good of my team. I know how to think ahead when not in possession.		The importance of quiet and focus whilst performing yoga moves. I know what 3 part breathing is.		I know when to attack and when to defend. I know how to throw for accuracy and power. I know to move safely with awareness of others.		I know that it is hard to hit a target which is moving with speed. What position I need to get my body in to throw well. I know what technique to use when striking a ball with a racket.		That there are different ways of jumping a rope The difference between a vertical and broad jump Catch consistently well	
Vocab	Apparatus Coordination Travelling	Balance Agility	Opponent Defending Possession	Retrieving Agility	Savasana Parallel Posture	Flexibility Release	Accuracy Coordination Defence	Attack Strike Balance Agility	Position Accuracy Strike	Stance Technique Competitively	Attacking Defending Dribbling	Offence Retrieving Agility
Assessment												