



## Knowing more. Remembering more. Applying more!

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Year 1	Gymnastics Balancing and Spinning on Points and Patches	Fundamental Movement Skills	Dance Animals	Invasion Games Skills
<b>Knowledge</b>  I know....	<p>I know how to start and finish a sequence.</p> <p>I know the difference between symmetrical and asymmetrical shapes.</p> <p>I know how to observe a partner and give positive feedback.</p> <p>I know what points and patches are.</p> <p>I know how to link my moves.</p> <p>I know that my work should involve changes of level and direction.</p>	<p>I know to use my arms to help me hop.</p> <p>I know potential dangers if I am not sensible.</p> <p>I know which my preferred take off foot is.</p> <p>I know how to make a W shape when I want to receive a catch.</p> <p>I know to always be focussed and aware of what is going on around me.</p>	<p>I know how to translate ideas into simple theme-related shapes, movements and actions.</p> <p>I know how to use the words in a poem to create shapes, movements or feelings.</p> <p>I know that we need to control our speed to ensure safety.</p>	<p>I know what a chest pass is.</p> <p>I know what a bounce pass is.</p> <p>I know how far to bounce a pass between me and my friend.</p> <p>I know how to receive a bounce pass differently to a chest pass.</p> <p>I know how to move around and be aware of others.</p> <p>I know to use my fingers to push the ball down.</p> <p>I know that to dribble is with one hand.</p> <p>I know to move into a space after passing a ball.</p> <p>I know to use big toe, little toe to dribble.</p>
<b>Skills</b>  I can...	<p>I can perform controlled spins.</p> <p>I can support my body weight in symmetrical and asymmetrical balances.</p> <p>I can work with a partner to perform routines in different formations.</p> <p>I can hold balances on points of the body.</p> <p>I can perform in different formations.</p>	<p>I can hop.</p> <p>I can travel backwards safely.</p> <p>I can share space considerably.</p> <p>I can jump in a variety of ways.</p> <p>I can move safely with an awareness of others.</p>	<p>I can use my body to create shapes, movements and actions.</p> <p>I can travel safely and creatively in a space.</p> <p>I can show different levels when I travel.</p>	<p>I can get into a good, ready position to receive chest and bounce passes well.</p> <p>I can pass the ball from my chest using a bounce pass.</p> <p>I can change direction confidently.</p> <p>I can move around safely in a limited space.</p> <p>I can bounce/dribble a ball with my hands with good control.</p> <p>I can push pass a hockey ball.</p> <p>I can receive a hockey ball.</p> <p>I can dribble a ball with my feet with good control.</p> <p>I can stop a ball by trapping it.</p>



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	Spring 1	Spring 1	Spring 2	Spring 2
<b>Year 1</b>	<b>Dance Minibeasts</b>	<b>Gymnastics Wide, narrow and curled. Rolling and balancing</b>	<b>Gymnastics Pathways</b>	<b>Net and Wall Games</b>
<b>Knowledge</b>  I know....	I know how to turn what I see into ways of moving. I know how to listen to other people's ideas and vocalise my own thoughts. I know how to use technical language to give useful feedback.	I know to work at different levels with changes of direction. I know to control my movements. I know what asymmetrical is. I know how to feedback to a partner. I know to find a good starting position. I know to control my movements. I know how to share the apparatus. I know how to work with a partner. I know what a contrast is. I know to give constructive feedback.	I know how to form symmetrical and asymmetrical positions. I know some different pathways to travel in. I know different ways of changing direction. I know how to share space considerately. I know that changes of direction make my work better.	I know what a 'ready position' looks like. I know to leave a ball which is going to land 'out'. I know what a 'T position' is and how it can help me. That the ball needs to be struck over the net. I know not to turn my back on the ball.
<b>Skills</b>  I can...	I can communicate effectively with a partner. I can work with a partner. I can use pictures to create shapes, movements and actions. I can remember and perform a basic sequence. I can identify what 'good' looks like.	I can travel and balance with my body in wide and narrow shapes. I can create a sequence of curled movements. I can take up wide balances and spin in wide body positions. I can perform a sequence of moves with a partner. I can perform at different levels. I can transfer some of my floor work onto the apparatus.	I can create a sequence involving sideways, forwards and backward steps. I can push and pull myself along the ground using different parts of my body. I can perform a sequence in a zig zag pathway. I can step and turn gracefully. I can mount and dismount apparatus using different pathways.	I can send and receive a large ball. I can strike a large ball with one hand whilst it is airborne. I can keep my eye on the ball. I can throw a ball with accuracy.
Vocabulary	Movement, feedback, observe, teamwork, shapes, movements, actions, sequence, performance.	Levels, control, direction, starting position, contrast, asymmetrical, constructive feedback, balance, narrow, transfer.	Symmetrical, asymmetrical, pathways, direction, sequence, gracefully, forwards, backwards, sideways, dismount.	Ready position, out, T position, struck, send, receive, airborne, accuracy.



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	Summer 1	Summer 1	Summer 2	Summer 2
Year 1	Target Games	Striking and Fielding Games	Object Manipulation	Athletics
<b>Knowledge</b> I know....	I know which part of my foot to strike the ball with. I know how to punt. I know that I have to keep my head still when striking. I know to get into a sideways position when striking. I know that I have to take turns and share equipment. I know how I should stand when throwing overarm.	I know when to run and when not to. I know that I have to bowl from behind the line. I know to try to keep my arm straight when bowling.	I know how to stop the ball with my foot. I know when to throw overarm and when to throw underarm. I know to use my fingers to push the ball when dribbling.	I know to cushion my knees when landing. I know why it is important to warm up. I know the importance of a good start. I know how to share.
<b>Skills</b> I can...	I can punt the ball. I can strike a ball at a target with increasing accuracy. I can choose correctly when to throw underarm or overarm. I can receive a ball consistently well.	I can stop a ball with two hands creating a barrier behind it with feet or body. I can pick up a ball with one hand and throw it underarm. I can bowl either under or overarm.	I can dribble a football. I can trap a ball. I can turn with a ball. I can throw with accuracy. I can dribble a ball with one hand.	I can coordinate a run with a jump. I can throw with good technique. I can demonstrate the school games values.
Vocabulary	Strike, punt, sideways, overarm, accuracy, underarm, receive.	Run, bowl, long barrier, underarm, over arm.	Overarm, underarm, dribbling, trap, turn, accuracy.	Cushion, warm up, coordinate, technique.



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	Autumn 1	Autumn 1	Autumn 2	Autumn 2
<b>Year 2</b>	<b>Invasion Game Skills</b>	<b>Gymnastics Pathways</b>	<b>Dance Under the Sea</b>	<b>Target Games</b>
<b>Knowledge</b> I know....	I know to stand in a position of readiness to receive the ball. I know to turn my body so I can see my opponent when defending. I know to keep my body between the ball and my opponent to shield it.	I know how to land safely. I know what a zigzag pathway is. I know that feedback will help me improve. I know what a curved pathway is. I know what mirroring is.	I know how to translate ideas into simple theme-related shapes, movements and actions. I know how to use the words in a poem to create shapes, movements or feelings. I know that we need to control our speed to ensure safety.	I know what position I need to get my body into to throw a ball well. I know that it is more challenging to hit moving targets. I know how to encourage others to do their best.
<b>Skills</b> I can...	I can catch a ball consistently after one bounce. I can thro overarm and underarm. I can track an opponent. I can intercept a pass. I can close down space.	I can turn elegantly. I can perform a sequence in different pathways. I can perform with clear starting and finishing positions. I can improve my work by acting upon feedback. I can link my movements together well. I can perform a variety of move on the floor and apparatus using different pathways.	I can perform simple movement patterns effectively. I can demonstrate agility, balance and coordination. I can follow simple movement patterns at different levels.	I can throw underarm with either hand with some accuracy. I can take turns. I can strike at targets that move. I can kick a ball accurately with both feet. I can strike a ball with a racket or bat with a degree of accuracy.
Vocabulary	Readiness, receive, defending, shield, opponent, catch, overarm, underarm, track, intercept, close down.	Land, pathway, mirroring, sequence, starting and finishing positions, link.	Shapes, movements, actions, control, patterns, agility, balance, coordination, levels.	Underarm, accuracy, strike, racket, bat.



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	Spring 1	Spring 1	Spring 2	Spring 2
<b>Year 2</b>	<b>Dance Pirates</b>	<b>Net and Wall Games</b>	<b>Fundamental Movement Skills</b>	<b>Gymnastics Spinning, Turning &amp; Twisting</b>
<b>Knowledge</b> I know....	I know how to turn what I see into ways of moving. I know how to listen to other people's ideas and vocalise my own thoughts. I know how to use technical language to give useful feedback.	I know to track the flight of the ball with my eyes. I know how to form a 'ready position.' I know what a 'T shape' is. I know what a 'position of readiness' looks like.	I know to watch the hands of the people turning the rope to know when to jump. I know how to turn my foot to cushion a pass sent to me. I know that good bounce passes are easier to receive.	I know what patches are. I know what a twist is. I know how to uplevel my work.
<b>Skills</b> I can...	I can communicate effectively and work well with others. I can link skills to perform actions and sequences of movement effectively. I can comment on the work of others using some technical language.	I can send and receive a ball with some accuracy. I can volley a ball. I can keep a short rally going with a partner. I can develop a good grip and stance. I can move fluently around the space.	I can skip using a rope. I can jump in a variety of ways, I can travel with a ball. I can receive a ball and trap it. I can pass in different ways. I can jump for height and jump for distance. I can catch the ball consistently well.	I can devise a sequence of balances and spins on patches. I can twist in flight. I can perform counter balances. I can work in synchronisation with a partner. I can create a sequence of work with a clear start and controlled twists, spins and turns.
Vocabulary	Feedback, communication, sequences.	Track, flight, ready position, T shape, send, receive, rally, grip.	Cushion, bounce pass, receive, travel, height, catch.	Patches, balance, spin, flight, count balance, control.



## Knowing more. Remembering more. Applying more!

	Summer 1	Summer 1	Summer 2	Summer 2
<b>Year 2</b>	<b>Target Games</b>	<b>Gymnastics Stretching, Curling &amp; Arching</b>	<b>Tri-Golf</b>	<b>Striking and Fielding Games.</b>
<b>Knowledge</b> I know....	I know what position I need to get my body in to throw well. I know what I need to get my standing foot next to the ball when striking. I know when I might want to throw a ball to 'arrive' on the second bounce.	I know how to form arches with my body. I know the importance of working at different levels and with different dynamics. I know that I can magpie ideas from others. I know how to share the space and apparatus with others. I know that timing is important in a routine.	I know how to keep myself and others safe. I know what a back swing is. I know to keep my eye on the ball. I know the importance of keeping my head still. I know terminology associated with golf.	I know to touch or slide my bat over the crease line. I know to run between the wickets. I know what a 'No' ball and 'Wide' ball are. I know how to form a long barrier.
<b>Skills</b> I can...	I can throw, kick and roll a ball with good technique. I can strike a ball with a bat or racket at a target with accuracy. I can begin to throw flatter with more force.	I can travel in curled positions. I can create a sequence which flows and involves arching and stretching. I can show inversion and counter balance using the apparatus. I can form front and back supports. I can perform a sequence with clear starting and finishing positions.	I can grip the golf club appropriately. I can adopt a stance to strike a ball. I can putt a ball towards a target. I can share the equipment. I can change the amount of force I strike the ball with. I can strike the ball with increasing accuracy.	I can catch a ball. I can strike a ball. I can bowl overarm. I can stop the ball as a wicket keeper. I can return the ball quickly. I can chase a ball and throw it back accurately. I can play a game, applying the skills I have learned. I can demonstrate school games values.
Vocabulary	Throwing position, standing foot, striking, arrive, technique, strike, bat, racket, target, flatter, force.	Arches, levels, dynamics, space, timing.	Safety, back swing, club, putt, drive, chip, force, accuracy.	Bat, crease, run, wicket, no ball, wide ball, strike, overarm, wicket keeper, accurately, values.