2021	-2021	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	FROG	<u>Pilates</u>	Story Time Dance	Groovy Gymnastics	Gymfit Circuits	Cool Core – strength	<u>Fitness Frenzy</u>
		Fitness Bootcamp Multi-skills:	Practise travelling movements with a change in direction	Travel in different directions at different speeds and levels.	Gymnastics: Begin to show control when travelling and	Learn how to control breathing.	To demonstrate the correct technique for activities.
		Move using different	in direction	Link three moves together	balancing	Learn how to support	detivities.
		pathways, stopping safely.	Develop gestures and	while travelling, aiming to	balanenig	body weight.	To improve on scores.
		patriways, stopping sarety.	ways of travelling. •	change level, speed and	Copy sequences and	body Weight.	To improve on scores.
		Perform balances using a number of different parts	Understand beats in the music.	direction.	repeat them	Perform a movement that demonstrates good	Develop agility and co- ordination.
		of the body.		Link isolated moves and	Balance on a large body	core control.	
		Run on the balls of the	Move in time to the music	shapes when travelling.	part	Increase the speed at	Perform simple patterns of movement.
P		feet, concentrating on	Move in time to the	Explore rolling movements as	Perform basic gymnastic	which you can travel	
E C		coordination, not speed.	music, travelling, gesturing and jumping.	a way of travelling.	actions including rolling, stretching and curling,	through the ladders accurately.	Run quickly in a relay activity, aiming to
\ <u>``</u>		Co-ordinate the upper		Explore travelling to move	high and low		improve speed.
ycle		and lower body together.	Perform dance moves	along, over, around onto and		Support body weight on	
			that flow smoothly from	off a bench.	Manage the space safely,	the hands using the core	Develop and perform a
—		Move with greater	one to the next.		showing good awareness	muscles to keep balanced.	skipping circuit with
		precision and control.		Travel with a focus on	of each other, mats and		knowledge and
			Perform a dance in time	changing direction and level,	apparatus	Perform a wheelbarrow	understanding.
		Use timing to aim, stop	to music and with fluency	using small equipment.		with a partner, with	
		and guide an object.	NA: plato A A a va pa	Chin to the Doot	Brilliant Ball Skills	control.	A ations Atlahatian
		Aim a variety of balls and	Mighty Movers	Skip to the Beat	Develop anticipation and reaction when working		Active Athletics
		equipment accurately.	Understand that running	Dance:	with beanbags or balls.	The many single and Catabine	Know how to travel in
		equipment accurately.	can be done in many	Copy basic dance actions	with beambags of balls.	Throwing and Catching	different ways.
		Use controlled movement	ways.	demonstrated by the teacher	Catch a ball or beanbag	Throw a ball underarm	amerent ways.
		to travel in different ways.	,	and the second s	on a bounce.	THOW a Dall UNIVERSITE	Be able to change from
			Run at different speeds	Put moves together to make a		Catch a large ball with	fast to slow.
			and in different directions	short dance	Catch a ball from a	two hands	
			with control.		throw.		

		Use agility, balance and co-ordination when performing activities.	Run in a race with a team. Understand what happens to our breathing during exercise, and why it changes. Understand the importance of using the arms when running.	Begin to show rhythm Use space safely, moving carefully with control	Develop anticipation and reaction when working with beanbags or balls. Catch a ball or beanbag on a bounce. Catch a ball from a throw. Develop accurate throwing skills. Develop accuracy of send. Stop, trap or catch the ball while on the move.	Move to catch or collect a ball Kick a football using the correct part of the foot Hit a ball with a bat Roll a ball or hoop Follow simple rules	Know how to hop, and how to hop, travel and land safely on two feet. Know how to throw safely. Throw in a variety of ways. Decide which throwing method is best for distance. Know how to jump from two feet. Explore which is the best way to jump to cover a
	FROG Lilac				Play a game, following the rules and demonstrating fair play.		distance.
	Books						
	CC reading						
	CC writing						
	STEM						

School Award				
Further Implementation tools	ne n			

Year 1 Multi-skills: Move using different pathways, stopping safely.

Multi-skills: Throw a ball underarm

Multi-skills: Catch a large ball with two hands Multi-skills: Move to catch or collect a ball

Multi-skills: Kick a football using the correct part of the foot

Multi-skills: Hit a ball with a bat Multi-skills: Roll a ball or hoop Multi-skills: Follow simple rules

Dance: Copy basic dance actions demonstrated by the teacher

Dance: Put moves together to make a short dance

Dance: Begin to show rhythm

Dance: Use space safely, moving carefully with control

Gymnastics: Begin to show control when travelling and balancing

Gymnastics: Copy sequences and repeat them Gymnastics: Balance on a large body part

Gymnastics: Perform basic gymnastic actions including rolling, stretching and curling,

high and low

Gymnastics: Manage the space safely, showing good awareness of each other, mats and

Year 2 apparatus

Multi-skills: Move fluently, changing direction and speed, avoiding collisions

Multi-skills: Throw and catch a large ball using an underarm throw with accuracy and control

Multi-skills: Throw and catch a tennis ball using an underarm throw with accuracy and

control

Multi-skills: Kick a ball accurately to a partner and stop with control

Multi-skills: Hit a ball with a bat with accuracy and control

Multi-skills: Begin to develop simple tactics e.g. best position to be in during a game

Dance: Remember and repeat dance actions demonstrated by the teacher

Dance: Make a sequence by linking moves together Dance: Change rhythm, speed, level and direction

Dance: Use space safely, moving with control and coordination

Dance: Choose moves to communicate a mood or feeling

Gymnastics: Use different combinations of floor, mat and apparatus, showing control,

accuracy and fluency

Gymnastics: Plan and show a sequence of movements and adapt to include apparatus or

a partner

Gymnastics: Balance on different points of the body

Gymnastics: Can show contrasts including small/tall, straight/curved, wide/narrow