

Year One

Autumn

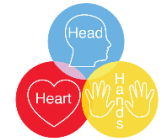


Crucial Knowledge- Term 1 (Fundamental Moves)	Expanded Knowledge	Apply/Prove
<ul style="list-style-type: none"> • Describe how the body feels when still and when exercising. • Travel in different ways, including sideways and backwards. • Run in a straight line. • Jumping vertically and horizontally. • Roll equipment in different ways. • Move a ball in different ways, including bouncing and kicking. • Throwing (underarm and overarm) with a range of equipment. • Catching with a range of equipment. • Catch equipment using two hands. • Catch and bounce a ball. • Practice accurate throwing and consistent catching. • Practice kicking a ball from a standing position. • Can run with a ball, including dribbling around cones that are 1 meter or less. • Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. • Move safely around the space and equipment. • Develop balance, including balancing from 1 point e.g. standing on one leg, for 10 seconds + • Develop agility (changing direction safely and quickly). 	<ul style="list-style-type: none"> • Throwing towards a target with some accuracy. • Catching using one hand. • Kicking a ball whilst moving quickly. • Balance on equipment. 	<ul style="list-style-type: none"> • Describe how the body feels before, during and after exercise. • Demonstrate running in a straight line. • Demonstrate different jumps. • Demonstrate the different throwing techniques. • Demonstrate catching with two hands. • Demonstrate catching and bouncing a ball. • Demonstrate kicking a ball from a standing position. • Demonstrate how to move around a space safely. • Travel with a ball in different directions. • Demonstrate some balance, agility and coordination.

<ul style="list-style-type: none"> Develop coordination (with self and equipment e.g. not bumping into things during games and hand-eye coordination for throwing and catching). 		
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Spring

<i>Crucial Knowledge- Term 2 (Dance)</i>	<i>Expanded Knowledge</i>	<i>Apply/Prove</i>
<ul style="list-style-type: none"> Develop balance, agility and coordination. Perform dances using simple repetitive movement patterns. Perform using a range of actions and body parts with some coordination. Begin to perform learnt dance skills (e.g. ballet pose, pirouette etc.) with some control. Watch and describe performances. Begin to say how they could improve. 	<ul style="list-style-type: none"> Explain how balance, flexibility, control and coordination help a performer. 	<ul style="list-style-type: none"> Demonstrate balance. Demonstrate control and coordination. Discuss how they can improve their movements. Perform simple repetitive movements. Perform a range of actions and body parts with some coordination. Discuss performances.
<i>Crucial Knowledge- Term 2 (gymnastics)</i>	<i>Expanded Knowledge</i>	<i>Apply/Prove</i>
<ul style="list-style-type: none"> Know what traveling means in gymnastics. Know and perform a variety of gymnastic jumps: tuck, pencil, star and hop. Jump off apparatus with support and land safely. Know and perform a variety of gymnastic rolls: pencil, egg roll, dish roll and arch roll. Know and perform a variety of gymnastic balances: tuck, pike, star, straddle, front support, back support, dish and arch. Perform gymnastic balances with a partner. Perform a paired balance on a piece of apparatus. Perform learnt skills with increasing control. Follow a simple gymnastic sequence. Perform a gymnastic sequence with different levels (ground, mid and high). 	<ul style="list-style-type: none"> Watch and describe performances, and use what they see to improve their own performance. Jumps with turns (half or whole turn). Jump off apparatus independently and safely. Compose, remember and perform their own sequence. Starting and finishing positions for gymnastic sequences. 	<ul style="list-style-type: none"> Name and perform a variety of gymnastic jumps: tuck, pencil, star, pike and hop. Name and perform a variety of gymnastic rolls: pencil, egg roll, dish roll and arch roll. Name and perform a variety of gymnastic balances: tuck, pike, star, straddle, front support, back support, dish and arch. Follow a simple gymnastic sequence.



Summer

<i>Crucial Knowledge- Term 3 (Team Games)</i>	<i>Expanded Knowledge</i>	<i>Apply/Prove</i>
<ul style="list-style-type: none">• Running with a purpose• Run at different speeds.• Jumping with a purpose• Use rolling skills in a game.• Throwing with a purpose• Pass the ball to another player in a game.• Catching with a purpose.• Use kicking skills in a game.• Begin to use space in a game.• Follow simple rules to play games, including team games.• Use simple attacking skills such as dodging to get past a defender.• Performing within a team	<ul style="list-style-type: none">• Develop an awareness of sportsmanship.	<ul style="list-style-type: none">• Demonstrate changing speed whilst running.• Demonstrate different ways of travelling.• Demonstrate how to jump and discuss how to improve their technique.• Demonstrate passing a ball to another person in a game.• Demonstrate throwing and catching for a purpose.• Uses space within a game.• Follows simple rules.• Can perform as part of a team.