|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **1** | **Gymnastics:** movement actions with control and start to link 2-3 moves together, explore ways of travel on benches, repeat a sequence of gymnastic actions e.g. hop, jump, turn with a linking movement. | **Multi-Skills:** can catch a large ball, Shows control over an object in throwing, catching or kicking it. Good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space | **Dance:** intro 7 basic dance moves, link dance moves together with gesture and changing direction, basic body patterns and  movements to  music, changing speed and direction of moves. Link 4 moves together to create short sequence. | **Multi-Skills:** can catch a large ball, Shows control over an object in throwing, catching or kicking it. Good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space | **Dance:** intro 7 basic dance moves, link dance moves together with gesture and changing direction, basic body patterns and  movements to  music, changing speed and direction of moves. Link 4 moves together to create short sequence. | **Gymnastics:** movement actions with control and start to link 2-3 moves together, explore ways of travel on benches, repeat a sequence of gymnastic actions e.g. hop, jump, turn with a linking movement. |

**Indoor: Teachers** **Year 1**

**Outdoor:** **Teacher/Coach**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **1** | **Invasion Games/Ball Skills**  Develop balance, agility and co-ordination, master basic sending and receiving techniques, stop a ball correctly. Throwing and catching a large ball and beanbag. | **Invasion Games: Netball**  Develop balance, agility and co-ordination, master basic sending and receiving techniques, stop a ball correctly. Throwing and catching a large ball and beanbag. | **Net and Wall Games: Tennis:** aiming and hitting, aim for a specific target and hit ball in line with body, control racket in hand and control with ball, bounce and hit with a partner. | **Invasion Games: Basketball**  Catching, throwing balls, start to dribble ball, moving whilst dribbling, start to look at moving with a ball, aiming to shoot in a hoop | **Striking and fielding Games: Rounders**  Throwing and catching. Fielding techniques. | **Multi-Skills and Athletics:** sport day prep. Practise/Focus one station during one single lesson. Bat and ball relay, throw clap and catch, slalom run, standing long jump  can catch a numerous sized items, Shows control over an object in throwing, catching or kicking it in isolation Good control and co-ordination in large movements. |