

Year 1 PE	Term 1	Term 2	Term 3
	Dance Ball Skills (See Get set 4 PE for more details)	Gymnastics Ball skills (See Get Set 4 PE for more details)	Sending and receiving Fundamentals. (See Get Set 4 PE for more details)
National Curriculum Coverage	<ul style="list-style-type: none"> perform dances using simple movement patterns. master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending
Lesson Objectives + Concepts	<p>Dance</p> <ul style="list-style-type: none"> To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance. To create my own dance using, actions, pathways and counts. To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme. To copy, repeat, create and perform actions that represent the theme. <p>Ball skills</p> <ul style="list-style-type: none"> To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To explore travelling movements To develop quality when performing and linking shapes To develop stability and control when performing balances To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To link gymnastic actions to create a sequence. <p>Bikeability instructors.</p> <p>Ball skills</p> <ul style="list-style-type: none"> To explore catching with two hands. To explore control and co-ordination when dribbling a ball with your feet. To explore tracking a ball that is coming towards me. 	<p>Sending and receiving</p> <ul style="list-style-type: none"> To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To develop throwing and catching skills over a longer distance. To apply sending and receiving skills to small games. <p>Fundamentals</p> <ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging.
Knowledge taught	<p>Dance</p> <p>Actions: understand that actions can be sequenced to create a dance. Dynamics: understand that I can create fast and slow actions to show an idea.</p> <p>Space: understand that there are different directions and pathways within space.</p> <p>Relationships: understand that when dancing with a partner it is important to be aware of each other and keep in time.</p> <p>Performance: know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</p> <p>Strategy: know that if I use exaggerated actions it helps the audience to see them clearly.</p> <p>Ball skills</p> <p>Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance.</p>	<p>Gymnastics</p> <p>Shapes: understand that I can improve my shapes by extending parts of my body.</p> <p>Balances: know that balances should be held for 5 seconds. Rolls: know that I can use different shapes to roll. Jumps: know that landing on the balls of my feet helps me to land with control.</p> <p>Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p> <p>Ball skills</p> <p>Catching: know to watch the ball as it comes towards me.</p> <p>Tracking: know to move my feet to get in the line with the ball.</p> <p>Dribbling: know that moving with a ball is called dribbling.</p>	<p>Sending and receiving.</p> <p>Sending & receiving: know to look at my partner before sending the ball.</p> <p>Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance</p> <p>Catching: know to watch the ball as it comes towards me</p> <p>Fundamentals</p> <p>Running: understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</p> <p>Balancing: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.</p>
Skills used	<p>Dance</p> <p>Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.</p> <p>Dynamics: explore varying speeds to represent an idea.</p> <p>Space: explore pathways within my performance.</p> <p>Relationships: begin to explore actions and pathways with a partner.</p> <p>Performance: perform on my own and with others to an audience.</p> <p>Ball skills</p> <p>Sending: roll and throw with some accuracy towards a target.</p> <p>Dribbling: explore dribbling with hands and feet.</p>	<p>Dance</p> <p>Shapes: explore basic shapes straight, tuck, straddle, pike.</p> <p>Balances: perform balances making my body tense, stretched and curled.</p> <p>Rolls: explore barrel, straight and forward roll progressions. Jumps: explore shape jumps including jumping off low apparatus.</p> <p>Ball skills</p> <p>Catching: begin to catch with two hands. Catch after a bounce.</p> <p>Tracking: track a ball being sent directly.</p>	<p>Sending and receiving.</p> <p>Sending & receiving: explore s&r with hands and feet to a partner.</p> <p>Sending: roll and throw with some accuracy towards a target.</p> <p>Catching: develop co-ordination and technique when catching.</p> <p>Fundamentals</p> <p>Running: explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p>Balancing: move with some control and balance. Explore stability and landing safely.</p>
Vocabulary	<p>Dance: counts, action, travel, pose, move, direction, forwards, backwards, speed, fast, slow, level, shape.</p> <p>Ball skills: far, aim, safely, throw, send, roll, catch, direction, balance.</p>	<p>Gymnastics: action, travel, balance, jump, direction, roll, point, shape, speed, fast, slow, level.</p> <p>Ball skills: far, aim, safely, throw, send, roll, catch, direction, balance.</p>	<p>Sending and Receiving: aim, throw, roll, kick, catch, safely, racket.</p> <p>Fundamentals: fast, direction, hop, land, slow, safely.</p>
Assessment	<p>Dance</p> <p>Are they beginning to use counts?</p> <p>Can they copy, remember and repeat actions?</p> <p>Can they move confidently and safely?</p> <p>Can they use different parts of the body in isolation and together?</p> <p>Can they choose appropriate movements for different dance ideas?</p> <p>Ball skills</p> <p>Are they beginning to dribble a ball with my hands and feet?</p> <p>Can they beginning to understand simple tactics?</p> <p>Can they roll and throw with some accuracy towards a target?</p>	<p>Gymnastics</p> <p>Are they confident to perform in front of others?</p> <p>Can they link simple actions together to create a sequence?</p> <p>Can they make my body tense, relaxed, stretched and curled?</p> <p>Can they recognize changes in my body when I do exercise?</p> <p>Can they remember and repeat actions and shapes?</p> <p>Can they say what I liked about someone else's performance?</p> <p>Can they use apparatus safely and wait for my turn?</p> <p>Ball skills</p> <p>Are they beginning to catch with two hands?</p> <p>Can they track a ball that is coming towards me?</p>	<p>Sending and Receiving</p> <p>Are they beginning to dribble a ball with my hands and feet?</p> <p>Can they change direction to move away from a defender?</p> <p>Can they recognize space when playing games?</p> <p>Can they send and receive a ball with hands and feet?</p> <p>Can they use simple rules to play fairly?</p> <p>Can they move to stay with another player when defending?</p> <p>Can they recognise changes in my body when I do exercise?</p> <p>Can they understand when I am a defender and when I am an attacker?</p> <p>Fundamentals</p> <p>Can they change direction when moving at speed?</p> <p>Can they recognise changes in my body when I do exercise?</p> <p>Can they run at different speeds?</p> <p>Can they select my own actions in response to a task?</p>

Year 1 PE	Term 4	Term 5	Term 6
	Striking and fielding Fundamentals (See Get Set 4 PE for more details)	Athletics Target Games (See Get Set 4 PE for more details)	Invasion games Target games (See Get Set 4 PE for more details)
National Curriculum Coverage	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending
Lesson Objectives + Concepts	<p>To develop underarm throwing and catching and put this into small sided games. To develop overarm throwing. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand how to get a batter out. To develop decision making and understand how to score points.</p> <p>Sussex cricket sessions.</p> <p>To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope.</p>	<p>To move at different speeds over varying distances. To develop balance. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.</p> <p>Sports day.</p> <p>Target games To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing for accuracy.</p>	<p>Invasion games To understand the role of defenders and attackers. To understand who to pass to and why when playing against a defender. To move towards a goal with the ball. To support a teammate when in possession. To move into space showing an awareness of defenders. To be able to stay with a player when defending.</p> <p>Target games To develop throwing for accuracy and distance using underarm and overarm. To select the correct technique for the situation. To develop throwing for accuracy and distance.</p>
Knowledge taught.	<p>Striking and fielding Striking: understand that the harder I strike, the further the ball will travel. Fielding: know that throwing the ball back is quicker than running with it. Throwing: know which type of throw to use to throw over longer distances. Catching: know to watch the ball as it comes towards me. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.</p> <p>Fundamentals Jumping: know that landing on the balls of my feet helps me to land with control. Hopping: know that I should hop with a soft bent knee. Skipping: know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p>	<p>Athletics. Running: understand that if I swing my arms it will help me to run faster. Jumping: know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. Rules: know that rules help us to play fairly.</p> <p>Target games Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.</p>	<p>Invasion games. Sending & receiving: know to look at my partner before sending the ball. Dribbling: know that moving with a ball is called dribbling. Space: understand that being in a good space helps us to pass the ball. Attacking: know that being able to move away from a partner helps my team to pass me the ball. Defending: know that staying with a partner makes it more difficult for them to receive the ball. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.</p> <p>Target games Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.</p>
Skills used	<p>Striking and fielding Striking: explore striking a ball with their hand and equipment. Fielding: develop tracking and retrieving a ball. Throwing: explore technique when throwing over and underarm. Catching: develop co-ordination and technique when catching.</p> <p>Fundamentals Jumping: demonstrate control in take off and landing when jumping. Hopping: begin to explore hopping in different directions. Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p>	<p>Running: explore running at different speeds. Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. Throwing: explore throwing for distance and accuracy.</p> <p>Target games Throwing overarm: explore technique when throwing overarm towards a target. Throwing underarm: explore technique when throwing underarm towards a target.</p>	<p>Invasion games. Sending & receiving: explore s&r with hands and feet to a partner. Dribbling: explore dribbling with hands and feet. Space: recognise good space when playing games. Attacking: explore changing direction to move away from a partner. Defending: explore tracking and moving to stay with a partner.</p> <p>Target games Throwing overarm: explore technique when throwing overarm towards a target. Throwing underarm: explore technique when throwing underarm towards a target.</p>
Key Vocabulary	<p>Striking and fielding: throw, points, target, pass, space, score, team, hit, catch, send, batter, bowler, fielder.</p> <p>Fundamentals: fast, direction, hop, land, slow, safely.</p>	<p>Athletics: Fast, slow. Jump, aim, direction, far, bend, hop, travel, safely, balance</p> <p>Target games: far, aim, team, throw, score, send, points, distance, overarm, underarm, target.</p>	<p>Invasion Games: safely, defender, dribbling, pass, attacker, space, points, score, team.</p> <p>Target games: far, aim, team, throw, score, send, points, distance, overarm, underarm, target.</p>
Assessment	<p>Striking and fielding Can they catch a beanbag and a medium-sized ball? Can they roll a ball towards a target? Can they strike a ball using my hand? Can they track a ball that is coming towards me? Do they know how to score points? Do they understand the rules and I am beginning to use these to play honestly and fairly?</p> <p>Fundamentals Can they show hopping and jumping movements? Can they work co-operatively with others to complete tasks? Can they show balance and co-ordination when static and moving at a slow speed?</p>	<p>Athletics Are they able to throw towards a target? Are they beginning to show balance and co-ordination when changing direction? Are they developing overarm throwing? Can they run at different speeds? Can they work with others and make safe choices? Can they understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest?</p> <p>Target games Can they use an overarm throw aiming towards a target? Can they roll a ball towards a target? Can they use an underarm throw aiming towards a target? Can they work co-operatively with a partner? Can they understand what good technique looks like?</p>	<p>Invasion games Are they beginning to send and receive a ball with my feet? Can they catch a ball with some success? Can they recognise changes in my body when I do exercise? Can they roll a ball towards a target? Can they throw a ball to a partner? Can they track a ball that is coming towards me? Can they work co-operatively with a partner?</p> <p>Target games Can they use an overarm throw aiming towards a target? Can they roll a ball towards a target? Can they use an underarm throw aiming towards a target? Can they work co-operatively with a partner?</p>

Year 2 PE	Term 1	Term 2	Term 3
	Dance Ball skills (See Get Set 4 PE for more details)	Gymnastics. Ball skills (See Get Set 4 PE for more details)	Sending and Receiving Fundamentals (See Get Set 4 PE for more details)
National Curriculum Coverage	<ul style="list-style-type: none"> perform dances using simple movement patterns. master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending
Lesson Objectives + Concepts	<p>Dance</p> <p>To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character.</p> <p>Ball skills</p> <p>To be able to roll a ball to hit a target. To develop co-ordination and be able to stop a rolling ball. To develop technique and control when dribbling a ball with your feet.</p>	<p>Gymnastics</p> <p>To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To develop sequence work on apparatus.</p> <p>Bikeability instructors</p> <p>Ball skills</p> <p>To develop control and technique when kicking a ball. To develop co-ordination and technique when throwing and catching. To develop control and co-ordination when dribbling a ball with your hands.</p>	<p>Sending and Receiving:</p> <p>To roll a ball towards a target. To be able to track and receive a rolling ball. To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. To develop throwing and catching skills. To send and receive a ball using a racket.</p> <p>Fundamentals</p> <p>To develop balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To develop changing direction and dodging.</p>
Knowledge taught	<p>Dance</p> <p>Actions: know that sequencing actions in a particular order will help me to tell the story of my dance. Dynamics: understand that I can change the way I perform actions to show an idea. Space: know that I can use different directions, pathways and levels in my dance. Relationships: know that using counts of 8 will help me to stay in time with my partner and the music. Performance: know that using facial expressions helps to show the mood of my dance. Strategy: know that if I practice my dance my performance will improve.</p> <p>Ball skills</p> <p>Sending: know that stepping with opposite foot to throwing arm will help me to balance. Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch. Tracking: know that it is easier to move towards a ball to track it than chase it. Dribbling: know to keep my head up when dribbling to see space/opponents.</p>	<p>Gymnastics</p> <p>Shapes: know that some shapes link well together. Balances: understand that squeezing my muscles helps me to balance. Rolls: understand that there are different teaching points for different rolls. Jumps: understand that looking forward will help me to land with control. Strategy: know that if I use shapes that link well together it will help my sequence to flow.</p> <p>Ball skills</p> <p>Tracking: know that it is easier to move towards a ball to track it than chase it. Dribbling: know to keep my head up when dribbling to see space/opponents.</p>	<p>Sending and receiving</p> <p>Sending: know that stepping with opposite foot to throwing arm will help me to balance Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch. Sending & receiving: know to control the ball before sending it.</p> <p>Fundamentals</p> <p>Running: know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Balancing: understand that squeezing my muscles helps me to balance. Jumping: know that swinging my arms forwards will help me to jump further.</p>
Skills used	<p>Dance</p> <p>Actions: accurately remember, repeat and link actions to express an idea. Dynamics: develop an understanding of dynamics. Space: develop the use of pathways and travelling actions to include levels. Relationships: explore working with a partner using unison, matching and mirroring. Performance: develop the use of facial expressions in my performance.</p> <p>Ball skills</p> <p>Sending: roll, throw and kick a ball to hit a target. Catching: develop catching a range of objects with two hands. Catch with and without a bounce. Tracking: consistently track and collect a ball being sent directly. Dribbling: explore dribbling with hands and feet with increasing control on the move.</p>	<p>Gymnastics</p> <p>Shapes: explore using shapes in different gymnastic balances. Balances: remember, repeat and link combinations of gymnastic balances. Rolls: explore barrel, straight and forward roll and put into sequence work. Jumps: explore shape jumps and take off combinations.</p> <p>Ball skills</p> <p>Sending: roll, throw and kick a ball to hit a target. Tracking: consistently track and collect a ball being sent directly. Dribbling: explore dribbling with hands and feet with increasing control on the move.</p>	<p>Sending and receiving</p> <p>Sending: roll, throw and kick a ball to hit a target Catching: develop catching a range of objects with two hands. Catch with and without a bounce. Sending & receiving: developing s&r with increased control</p> <p>Fundamentals</p> <p>Running: demonstrate balance when changing direction. Clearly show different speeds when running. Balancing: demonstrate balance when performing movements.</p>
Vocabulary	<p>Dance: counts, action, travel, shape, direction, speed, level, space, balance, timing, pathway</p> <p>Ball skills: overarm, distance, dribble, underarm, collect, target</p>	<p>Gymnastics: action, travel, balance, jump, direction, roll, link, sequence, straddle, pike, tuck, star, level.</p> <p>Ball skills: overarm, distance, dribble, underarm, collect, target.</p>	<p>Sending and Receiving: track, send, accurate, target, control, release, receive.</p> <p>Fundamentals: jog, speed, skip, sprint, dodge, balance</p>
Assessment	<p>Dance</p> <p>Can they copy, remember, repeat and create dance phrases? Can they show a character and idea through the actions and dynamic I choose? Can they use counts to stay in time with the music? Do they show confidence to perform?</p> <p>Ball skills</p> <p>Are they beginning to understand and use simple tactics? Can they dribble a ball with my hands and feet with some control? Can they roll and throw a ball to hit a target?</p>	<p>Gymnastics</p> <p>Can they perform the basic gymnastic actions with some control and balance? Can they plan and repeat simple sequences of actions? Can they use directions and levels to make my work look interesting? Can they use shapes when performing other skills?</p> <p>Ball skills</p> <p>Can they send and receive a ball using both kicking and throwing and catching skills? Can they track a ball and collect it? Can they work co-operatively with a partner and a small group?</p>	<p>Sending and receiving</p> <p>Are they beginning to trap and cushion a ball that is coming towards me? Can they accurately throw and kick a ball to a partner? Can they catch a ball passed to me, with and without a bounce? Can they roll a ball to hit a target? Can they track a ball and stop it using my hands and feet? Can they work safely to send a ball towards a partner using a piece of equipment?</p> <p>Fundamentals</p> <p>Are they beginning to turn and jump in an individual skipping rope? Can they show balance when changing direction?</p>

Year 2 PE	Term 4	Term 5	Term 6
	Striking and fielding Fundamentals (See Get Set 4 PE for more details)	Athletics Invasion Games (See Get Set 4 PE for more details)	Swimming at Ocklynge Invasion games (See Get Set 4 PE for more details)
National Curriculum Coverage	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Lesson Objectives + Concepts	<p>Striking and Fielding</p> <p>To be able to track a rolling ball and collect it. To develop accuracy in underarm throwing and consistency in catching when fielding a ball. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. To develop striking for distance and accuracy. To develop decision making to get a batter out. To develop decision making when under pressure.</p> <p>Fundamentals</p> <p>To develop and explore jumping, hopping and skipping actions. To develop co-ordination and combining jumps. To develop combination jumping and skipping in an individual rope.</p>	<p>Athletics</p> <p>To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel. Sports day.</p> <p>Invasion Games</p> <p>To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this.</p>	<p>Swimming at Ocklynge</p> <p>Invasion Games</p> <p>To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To learn to apply simple tactics for attacking and defending.</p>
Knowledge taught	<p>Striking and fielding</p> <p>Striking: understand the role of a batter. Know that striking quickly will increase the power. Fielding: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points. Throwing: know that stepping with opposite foot to throwing arm will help me to balance. Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch. Tactics: understand and apply simple tactics for attack (batting) and defence (fielding). Rules: know how to score points and follow simple rules.</p> <p>Fundamentals</p> <p>Hopping: know that if I look straight ahead it will stop me falling over when I land. Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.</p>	<p>Athletics</p> <p>Running: know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster. Jumping: know that swinging my arms forwards will help me to jump further. Throwing: know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object. Rules: know how to follow simple rules when working with others.</p> <p>Invasion Games</p> <p>Sending & receiving: know to control the ball before sending it. Dribbling: know that keeping my head up will help me to know where defenders are. Space: know that moving into space away from defenders helps me to pass and receive a ball. Attacking: know that when my team is in possession of the ball, I am an attacker and we can score. Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. Tactics: understand and apply simple tactics for attack and defence. Rules: know how to score points and follow simple rules.</p>	<p>Invasion Games</p> <p>Sending & receiving: know to control the ball before sending it. Dribbling: know that keeping my head up will help me to know where defenders are. Space: know that moving into space away from defenders helps me to pass and receive a ball. Attacking: know that when my team is in possession of the ball, I am an attacker and we can score. Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. Tactics: understand and apply simple tactics for attack and defence. Rules: know how to score points and follow simple rules.</p>
Skills used	<p>Striking and fielding</p> <p>Striking: develop striking a ball with their hand and equipment with some consistency. Fielding: develop tracking a ball and decision making with the ball. Throwing: develop co-ordination and technique when throwing over and underarm. Catching: catch with two hands with some co-ordination and technique.</p> <p>Fundamentals</p> <p>Jumping: demonstrate jumping for distance, height and in different directions. Hopping: demonstrate hopping for distance, height and in different directions. Skipping: explore single and double bounce when jumping in a rope.</p>	<p>Athletics</p> <p>Running: develop the sprinting action. Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. Throwing: develop overarm throwing for distance.</p> <p>Invasion Games</p> <p>Sending & receiving: developing s&r with increased control. Dribbling: explore dribbling with hands and feet with increasing control on the move. Space: explore moving into space away from others. Attacking: developing moving into space away from defenders. Defending: explore staying close to other players to try and stop them getting the ball.</p>	<p>Invasion Games</p> <p>Sending & receiving: developing s&r with increased control. Dribbling: explore dribbling with hands and feet with increasing control on the move. Space: explore moving into space away from others. Attacking: developing moving into space away from defenders. Defending: explore staying close to other players to try and stop them getting the ball.</p>
Vocabulary	<p>Striking and fielding: throw, score, place, strike, send, runs, track, catch, backstop, wicket keeper, batter, bowler, fielder.</p> <p>Fundamentals: Fundamentals: jog, speed, skip, sprint, dodge, balance</p>	<p>Athletics: Speed, jog, sprint, pace, balance, direction, take off, landing, swing, height, distance, overarm, underarm.</p> <p>Invasion Games: possession, send, teammate, chest pass, received, goal, dodge, bounce pass.</p>	<p>Invasion Games: possession, send, teammate, chest pass, received, goal, dodge, bounce pass.</p>
Assessment	<p>Striking and fielding</p> <p>Are they developing underarm and overarm throwing skills? Can they hit a ball using equipment with some consistency? Can they track a ball and collect it? Can they use simple tactics? Do they know how to score points and can remember the score? Do they understand the rules of the game and can use these to play fairly in a small group?</p> <p>Fundamentals</p> <p>Can they show hopping, skipping and jumping movements with some balance and control? Can they show balance and co-ordination when running at different speeds?</p>	<p>Athletics</p> <p>Can they jump and land with control? Can they use an overarm throw to help me to throw for distance? Can they show balance and co-ordination when running at different speeds?</p> <p>Invasion Games</p> <p>Can they dodge and find space away from the other team? Can they move with a ball towards goal? Can they sometimes dribble a ball with my hands and feet? Can they stay with another player to try and win the ball? Do they know how to score points and can remember the score?</p>	<p>Invasion Games</p> <p>Can they dodge and find space away from the other team? Can they move with a ball towards goal? Can they sometimes dribble a ball with my hands and feet? Can they stay with another player to try and win the ball? Do they know how to score points and can remember the score?</p>