

Woodloes Primary

	Reception	Year 1	Year 2
Autumn 1	<p style="text-align: center;">Ball skills</p> <ul style="list-style-type: none"> • Drop and catch a larger ball • Move a ball around the body • Travel with a ball • Roll a ball to space • Throw a ball to space • Receive a ball by stopping it • <i>Take turns</i> • <i>Share equipment with others</i> • <i>Practise skills independently</i> 	<p style="text-align: center;">Fundamental movement</p> <ul style="list-style-type: none"> • Start / stop • Change direction • Move in different ways (hop, skip, jump, gallop, side step) • Negotiate obstacles • <i>Collaborate with a partner</i> 	<p style="text-align: center;">Net/wall</p> <ul style="list-style-type: none"> • Use space to gain advantage • Roll accurately towards a target • Throw to a teammate • Catch a ball thrown to them • Throwing techniques • Use game tactics • <i>Work in a team</i> • <i>Provide encouragement to others</i> • <i>Make sensible decisions in games</i> • <i>Apply appropriate skills in games</i>
Autumn 2	<p style="text-align: center;">Team games</p> <ul style="list-style-type: none"> • Move around safely • Run and stop • Change direction • Use different travelling actions • Jump and hop safely with bent knees • Roll a ball • Throw a ball • <i>Share equipment with others</i> • <i>Share ideas with others</i> • <i>Choose actions appropriate to task</i> • <i>Offer basic feedback</i> 	<p style="text-align: center;">Net/wall games</p> <ul style="list-style-type: none"> • Change direction • Use space • Rolling technique • Throwing technique • Roll to target area • Throw to target area • Catch a ball • Awareness of tactics • <i>Work in a team</i> • <i>Apply skills in games</i> • <i>Make appropriate decisions when challenged</i> 	<p style="text-align: center;">Handball</p> <ul style="list-style-type: none"> • Use space • Run, stop, change direction • Catch a ball thrown by a partner with a bounce and without • Pass a ball to a partner • Use simple tactics • <i>Work in a team to play games</i> • <i>Select appropriate skills for situation</i> • <i>Make sensible decisions when presented with a challenge</i>
Spring 1	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • Create shapes using different body parts with a basic level of stillness • Begin weight bearing on different parts of the body • Start to stretch in simple shapes and actions • Begin to copy simple actions and link them together • <i>Share ideas with each other</i> • <i>Practise skills independently</i> • <i>Offer basic feedback suggesting what they like about a performance or action</i> 	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • Perform simple balances showing tension in their bodies when stretched and curled • Take body weight on hands (combined with other body parts) for short periods • Explore movements and poses which challenge their flexibility • Remember and repeat a series of simple linked actions • <i>Collaborate with a partner, share ideas and listen to each other</i> • <i>Explore skills independently before seeking support</i> • <i>Provide feedback using some appropriate vocabulary</i> 	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • Perform balances on different parts of the body showing some control and balance • Take weight on different body parts on the floor and on apparatus • Show an increasing awareness of the need for extension and flexibility in simple poses and actions • Remember and repeat a series of simple linked actions showing some control and knowledge of technique • Plan a simple series of actions and execute these with some control and knowledge of technique • <i>Collaborate with a partner, share ideas and listen to each other</i> • <i>Explore skills independently before seeking support</i> • <i>Provide feedback using some appropriate vocabulary</i>

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Spring 2	<p align="center">Hockey</p> <ul style="list-style-type: none"> • Move safely in space with some awareness of others • Hold equipment safely • Use equipment to interact with a ball • Make simple decisions in response to situations • <i>Share equipment with others</i> • <i>Share ideas with others</i> • <i>Choose actions appropriate to task</i> • <i>Offer basic feedback</i> 	<p align="center">Hockey</p> <ul style="list-style-type: none"> • Use space • Run, stop, change direction • Control a ball using a hockey stick • Aim a ball at a target using a hockey stick • <i>Work in a team</i> • <i>Apply skills in games</i> • <i>Make appropriate decisions when challenged</i> • <i>Use correct vocabulary</i> 	<p align="center">Hockey</p> <ul style="list-style-type: none"> • Use space • Run, stop, change direction • Dribble a ball using equipment • Pass a ball to a partner • Track a ball and move to stop it • Use simple tactics • <i>Work in a team to play games</i> • <i>Select appropriate skills for situation</i> • <i>Make sensible decisions when presented with a challenge</i>
Summer 1	<p align="center">Individual games</p> <ul style="list-style-type: none"> • Move around safely • Run and stop • Change direction • Use different travelling actions • Jump and hop safely with bent knees • Roll a ball • Throw a ball • <i>Take turns</i> • <i>Share equipment</i> • <i>Choose actions appropriate to tasks</i> 	<p align="center">Athletics</p> <ul style="list-style-type: none"> • Run at different speeds • Basic running technique • Standing jump • Running jump • Throw into target areas • Underarm / overarm throw differences • <i>Take turns</i> • <i>Encourage others</i> • <i>Provide feedback</i> • <i>Contribute / demonstrate</i> 	<p align="center">Cricket</p> <ul style="list-style-type: none"> • Run, stop, change direction • Throw/bowl at stationary target • Bowling technique, one bounce to target • Track a ball and move to stop it • Strike a ball into space with a bat • Simple game tactics • <i>Work in a team to play games</i> • <i>Make simple decisions when faced with a challenge</i> • <i>Begin to select and apply appropriate skills</i>
Summer 2	<p align="center">Athletics</p> <ul style="list-style-type: none"> • Show balance when moving • Run and stop with some control • Explore different travelling actions eg jog, sprint • Bend knees when jumping • Begin to coordinate moving different body parts together • Throw objects for distance • <i>Take on new challenges with confidence</i> • <i>Start to recognise personal success</i> 	<p align="center">Cricket</p> <ul style="list-style-type: none"> • Run, stop, change direction • Throw/bowl at a stationary target • Bowling technique using wrist • Track an approaching ball • Strike a ball with a bat • Simple game tactics • <i>Work in a team to play games</i> • <i>Make simple decisions when faced with a challenge</i> • <i>Begin to select and apply appropriate skills</i> 	<p align="center">Athletics</p> <ul style="list-style-type: none"> • Jog, sprint, understand differences • Running technique • Jumping technique, understand differences in jumping for height and distance • Underarm, overarm throwing technique • <i>Take turns</i> • <i>Encourage others</i> • <i>Feedback using appropriate vocabulary</i> • <i>Contribute / demonstrate</i>