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| Year Group: 1 | Gymnastics | Dance | Multi-skills | Ball skills | Throwing and catching | Athletics |  |
|  | To explore movement actions with control and link them together with flow.  • To explore gymnastic actions and shapes.  • To explore travelling on benches.  • To explore movement actions with control, and to link them together with flow.  • To choose and use simple compositional ideas by creating and performing sequences.  • To repeat and link combinations of gymnastic actions.  • To link combinations of movements and shapes with control. | • To change direction during travelling moves.  • To link travelling moves that change direction and level.  • To link moves together.  • To use a variety of moves.  • To explore basic body patterns and movements to music.  • To use a variety of moves that change speed and direction.  • To link together dance moves with gestures and changing direction in time to music.  • To practise taking off from different positions.  • To complete an obstacle course with control and agility. | • To explore static balancing and understand the concept of bases.  • To combine a number of co-ordination drills, using upper and lower body movements.  • To aim a variety of balls and equipment accurately.  • To time running to stop or intercept the path of a ball.  • To travel in different ways, showing clear transitions between movements.  • To travel in different directions (side to side, up and down) with control and fluency.  • To practise ABC (agility, balance and co- ordination) at circuit stations. | • To master basic sending and receiving techniques.  • To develop balance, agility and co-ordination.  • To master basic sending and receiving skills.  • To develop balance, agility and co-ordination.  • To master basic sending and receiving techniques  • To develop balance, agility and co-ordination.  • To master basic sending and receiving as well as developing balance agility and co-ordination.  • To make use of co- ordination, accuracy and weight transfer.  • To develop receiving skills.  • To use ball skills in game- based activities. | • To learn skills for striking and fielding games.  • To practise basic striking, sending and receiving.  • To use throwing and catching skills in a game.  • To practise accuracy of throwing and consistent catching.  • To strike with a racket or bat.  • To play a game fairly and in a sporting manner.  • To use fielding skills to play a game. | • To use varying speeds when running.  • To explore footwork patterns.  • To explore arm mobility.  • To explore different methods of throwing.  • To practise short distance running. |  |