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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 withcontrol.  | • To change direction during travelling moves. • To link travelling moves that change direction andlevel.• To link moves together.• To use a variety of moves.• To explore basic body patterns and movements tomusic.• To use a variety of moves that change speed anddirection.• 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 andagility.  | • 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.  |  |