Y 1

Games Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	Gym I can master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities	Dance Perform dance using simple movement patterns	Evaluation
G1 I can travel in a variety of ways including running, jumping and changing directions.	Gm1 - I can perform a 2 footed jump.	D1 - I can copy and explore basic movements and body patterns	E1 I can comment on own and other's performance
G2 I can begin to perform a range of throws including underarm and chest pass.	Gm2 - I can begin to use the equipment safely	D2 - I can remember simple movements and dance steps	E2 I can give comments on how to improve performance
G3 Receives a ball with basic control.	Gm3 - I can perform balances with some control.	D3 - I can begin to link movements to sounds and music.	E3 I can use appropriate vocabulary when giving feedback
G4 I can begin to develop hand-eye coordination.	Gm4 - I can begin to perform simple rolls (teddy bear roll, log roll)	D4 - I can respond to a range of stimuli (clap)	
G5 I can participate in simple games.	Gm5 - I can link 2-3 movements in a sequence.		
	Gy6 I can copy and explore explores basic movements with some control and coordination (roll, jump and balance)		
	Gy7 I can begin to move into and perform different body shapes (core)		
	Gy8 I can begin to perform at different levels.		

Topic coverage					
Autumn 1 Swings slides and roundabouts	Autumn 2 Toy Story	Spring 1 Jurassic Park	Spring 2 Castles	Summer 1 Treasure Island	Summer 2 Under the Sea
Gm1 Gm2 Gm3	Gm4 Gm5 Gm7 E1	D1 D2 E1 E2	D3 D4 E1 E2	**G3** **G2** **G4** E1	**G3** **G2** **G4** G1

Gm6 Gm8 E1 E2	E2 E3		E3	E2	G5 E1 E2 E3
		Vocabulary			
Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence Levels – high, low Shapes – straight, star, straddle, tuck, I shape, Jumping, Landing, Like, Dislike, Improve, Arm up, Cool down, Like, Dislike, Improve Health and fitness – warm up/ cool down		Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike Improve, Warm up, Cool down		Running, Jumping, Skipping, Galloping, Direction, Forwards, Backwards, Sideways Throwing, Underarm, Overarm, Chest, Bounce, Pass, Receive, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Score, Like, Dislike, Improve, Warm up, Cool down	
		I will know …			
How to control basic movements with increasing co-ordination and control How to explore basic movements with increasing co-ordination and control How to perform core body shapes/balances How to perform at different levels How to perform a 2 footed jump How to use the equipment safely How to perform balances with some control How to perform simple rolls How to link movements in a sequence How to comment on likes and dislikes How to suggest how to improve performances How to use the appropriate vocabulary when giving feedback		How to copy and explore basic movements How to copy and explore basic body patterns How to begin to link movements to sounds and music. How to remember simple movements How to remember simple dance steps How to respond to a range of stimuli How to comment on likes and dislikes How to suggest how to improve performances How to use the appropriate vocabulary when giving feedback		How to travel in a variety of ways How to throw including underarm, overarm and chest pass. How to receive a ball with hands and feet. How to develop hand-eye co-ordination How to participate in small games How to comment on likes and dislikes How to suggest how to improve performances How to use the appropriate vocabulary when giving feedback	