

KS1	Year A			Year B		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Unit	Applying Physical Invasion	Social Bat & ball	Creative Gymnastics	Cognitive Invasion	Personal Bat & ball	Health & Fitness Athletics
Outcome	I can perform a range of skills with some control and consistency	I can help praise and encourage others in their learning	I can select and link movements together to fit a theme	I can begin to order instructions, movements and skills	I can follow instructions, practise safely and work on simple tasks independently	I am aware of why exercise is important for good health
Sequence of Learning	<p>1. I can move in a variety of ways 2. I am beginning to be able to change direction 3. I can attempt to sidestep 4. I am learning to pivot 5. I can use a variety of movement skills in order to navigate a space</p> <p>1. I can move in a variety of ways with varying speeds 2. I can change direction in response to others movement 3. I can sidestep effectively while changing direction 4. I can pivot and reverse pivot while navigating a space 5. I am beginning to choose the most effective skill in order to navigate a crowded space</p> <p>(each lesson will include skill focuses with modelling from children and adults)</p>	<p>1. I can adopt the catch position 2. I can begin to throw underarm over a short distance 3. I am starting to be able to perform a basic catch using a beanbag 4. I am beginning to throw underarm with control at a teammate or target 5. I am starting to be able to perform a basic catch using a beanbag</p> <p>1. I can adapt the catch position at different heights 2. I can throw a ball overarm further than underarm 3. I am starting to feel comfortable catching different objects and sizes of balls 4. I can identify a pass and beginning to learn what type of throw I need to use to be successful 5. I am starting to catch while in movement</p> <p>(each lesson will focus on modelling peer praise and feedback and champion good teamwork and cooperation)</p>	<p>1. I can make different shapes using my body 2. I can make a 3 point balance 3. I can make a variety of balances 4. I can jump off a low beam and land safely 5. I can link movements, jumps and balances together</p> <p>1. I can mirror body movements of my partner 2. I can make a variety of 2 and 3 point balances 3. I can transition from a balance to a movement 4. I can learn how to safely land from a greater height 5. I can perform a short routine combining 3 or 4 movements or balances</p> <p>(each lesson will focus on group work, following simple movement and routines and setting simple challenges for one another)</p>	<p>1. I can move in a variety of ways 2. I am beginning to be able to change direction 3. I can attempt to sidestep 4. I am learning to pivot 5. I can use a variety of movement skills in order to navigate a space</p> <p>1. I can move in a variety of ways with varying speeds 2. I can change direction in response to others movement 3. I can sidestep effectively while changing direction 4. I can pivot and reverse pivot while navigating a space 5. I am beginning to choose the most effective skill in order to navigate a crowded space</p> <p>(each lesson will include elements of children working collaboratively to observe and support their small group or partner)</p>	<p>1. I can adopt the catch position 2. I can begin to throw underarm over a short distance 3. I am starting to be able to perform a basic catch using a beanbag 4. I am beginning to throw underarm with control at a teammate or target 5. I am starting to be able to perform a basic catch using a beanbag</p> <p>1. I can adapt the catch position at different heights 2. I can throw a ball overarm further than underarm 3. I am starting to feel comfortable catching different objects and sizes of balls 4. I can identify a pass and beginning to learn what type of throw I need to use to be successful 5. I am starting to catch while in movement</p> <p>(each lesson will focus on safe practise, setting simple instructions to follow coupled with independent work)</p>	<p>1. I can understand the difference between walking, jogging and sprinting 2. I can jump from a standing position using my arms to build momentum 3. I can follow instructions when throwing a variety of objects 4. I can explore different throwing techniques 5. I can begin to work as a team to achieve a collective result (handing batons over)</p> <p>(Each session will include discussions about how exercise affects the body and the impact of a healthy lifestyle)</p> <p>1. I can change my movement speed when directed 2. I can combine steps with a jump to gain greater distance 3. I can confidently throw overarm using my weaker arm to aim 4. I can begin to vary my power in order to gain more accuracy 5. I can work as a team to achieve a collective result (handing batons over)</p>

						(each lesson will focus on changes in the body such as temperature, sweating and heart rate)
Real PE focus	Perform simple sequences Perform single skills Travel in different ways	Help and encourage Understand others Play with others with help	Compare and develop Explore and describe Observe and obey	Recognise and order Observe and describe Follow instructions	Keep trying Stay on task	Practise safely Explain benefits of exercise Describe simple changes
Vocabulary	Direction Looking Sidestep Pivot Reverse pivot	Catch position Underarm Timing Aim Overarm Positive reinforcement Encouragement	Balance Sequence 1 point balance 2 point balance 3 point balance 4 point balance	Direction Looking Sidestep Pivot Reverse pivot	Catch position Underarm Timing Aim Overarm	Baton Relay Balanced diet Heart-rate Mindfulness