

To explore static balancing

To explore dynamic balance to agility

To explore floor movement patterns

To travel in different ways, showing clear transition

To catch balls of different sizes

Apply the skills of: running, balancing, throwing, catching and jumping to a multi skills event within their year group.

To throw a range of balls underarm.

To jump in different ways

To travel in at least two different ways

To stop travelling to change direction

To begin to travel with a ball

To pass a ball to another pupil over a short distance.

To travel with a ball using their feet and hands.

To lift and carry basic apparatus safely.

To bounce by jumping from two feet onto two feet

To travel in different shapes e.g.



The Year 1 Sports Person I can...

To jump safely on and off equipment.

To jump in different ways e.g. thin, wide and small.

To travel in different speeds, ways and directions e.g. high to low, fast to slow and left and right.

To copy a 3 part sequence based on different shapes

To discuss why I chose certain parts.

To apply the skills of making shapes to a small sequence.

Participate in team games.

To create different shapes with my body.

To add basic movements to perform a three part sequence.

To change direction while travelling with a ball.

To pass a ball quickly to another player while in a game situation

To put actions together to create a motif.

To use their feet to pass a ball to another pupil.

To travel with and pass a ball to another player to score points in a game.

To watch and describe a performance.

To use their hands to pass a ball to another pupil.

To make decisions about which player to pass to.

To keep in time with a steady beat.

To develop simple attacking and defending techniques (understand simple defending and attacking roles)

To begin to work as a team.

To begin to perform movements at the same time as a partner.

To develop simple attacking and defending techniques (understand simple defending and attacking roles)

To mirror movements of a partner.

To watch and perform a traditional dance.

To begin to perform movements in canon (perform the same phrase one after the other.)

To work with a partner to create and perform a mirroring sequence.

To work with a partner to create and perform a cannon sequence

To throw and catch a ball with a partner (catching with both hands)

To begin to catch a range of balls.

To hit a ball with a large bat.

To begin hold a bat / racket correctly

To begin use a bat / racket to hit an object towards a target

To begin hit a ball into the air.

To move fluently by changing direction and speed easily, avoiding collisions and stopping safely.

To begin to show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.

To begin to kick a range of balls.

To begin to choose and use skills effectively for particular games, understand the concepts of aiming, hitting into space.

To begin participate in team games, developing simple tactics for attacking and defending.

To use a bat / racket to control a ball on the floor.

To begin to follow rules.

To move at different speeds: sprint and jog

To move along different pathways: change direction when running and walking

To jump for height and begin to use appropriate technique.

To create and perform a jumping sequence.

To hit a ball along the floor.

To begin to hit a ball that has been rolled towards me.

To follow the rules of a game

To jump for distance and begin to use appropriate technique.

To begin jump in different ways: taking off and landing from one foot or two.

To apply ball and wall skills to a team game.