

## Year 1 - We are learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To hit a target</li> <li>2. To defend a target</li> <li>3. To roll and slide balls and beanbags</li> <li>4. To shoot in a game to get points</li> <li>5. To work with a partner to score points</li> <li>6. To use our attacking and defending skills in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To find our pulse on our wrist</li> <li>2. To move side to side to defend the goal</li> <li>3. To bounce a ball with control to ourselves</li> <li>4. To aim at different targets</li> <li>5. To adapt to a game with changing rules</li> <li>6. To play in the best defensive position in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To select space to throw or roll a ball into</li> <li>2. To track and collect a rolling ball</li> <li>3. To catch a ball to stop an opponent scoring</li> <li>4. To use our hands to hit a ball</li> <li>5. To run between bases to score points</li> <li>6. To work as a team to score points</li> </ol>	<ol style="list-style-type: none"> <li>1. To catch a ball over a short distance</li> <li>2. To begin to hit a ball with power</li> <li>3. To position ourselves in the path of the ball</li> <li>4. To field the ball to a base</li> <li>5. To catch a high ball</li> <li>6. To stop the other team from scoring points</li> </ol>
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To slide a beanbag to a target</li> <li>2. To hit a ball in different ways with our hands</li> <li>3. To move towards a ball to return it</li> <li>4. To work with a partner to stop and return a beanbag</li> <li>5. What a rally is and rallying with a partner</li> <li>6. To send a ball into space to make it harder for our opponent</li> </ol>	<ol style="list-style-type: none"> <li>1. To send the ball over a net to our partner</li> <li>2. To track and stop a moving object using both hands</li> <li>3. Why different muscles are important when playing games</li> <li>4. To send balls accurately from different positions e.g., kneeling or sitting</li> <li>5. To spot space on the playing area and hit the ball there</li> <li>6. To play a game with a partner</li> </ol>	<ol style="list-style-type: none"> <li>1. To start and stop moving at speed</li> <li>2. To use our arms when running at different speeds</li> <li>3. To take off on two feet to jump for distance</li> <li>4. To use correct technique to throw different objects for distance</li> <li>5. To show improvement in our throwing</li> <li>6. To take part in a competition using running, jumping, and throwing skills</li> </ol>	<ol style="list-style-type: none"> <li>1. To use agile movements in different activities</li> <li>2. Different ways to recognise the start and end of an activity e.g., whistle</li> <li>3. To develop stamina when running</li> <li>4. To develop core strength to improve throwing</li> <li>5. To stride and jump for height</li> <li>6. To choose the best starting position for running quickly</li> </ol>

## Year 1 - We are learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>To show moods and feelings we would experience in the jungle</li> <li>To move as if we are living in the jungle</li> <li>To create and perform movements which show friendship</li> <li>To perform leading and following movements</li> <li>To perform a short dance with a clear start, middle and end</li> <li>To use repeated actions in our dance</li> </ol>	<ol style="list-style-type: none"> <li>To perform actions to well-known nursery rhymes</li> <li>To march in time to the beat and to turn while marching</li> <li>To march in time as a group</li> <li>To perform actions in canon</li> <li>To perform a short dance using canon</li> <li>To perform in rounds in different groups</li> </ol>	<ol style="list-style-type: none"> <li>To perform 'like actions' in a sequence</li> <li>To carry and set up apparatus safely</li> <li>To perform shapes on both large or small body parts</li> <li>To take off and land and use shapes in our jumps</li> <li>To travel on our feet, showing good body tension</li> <li>How we can create different levels in our performance</li> </ol>	<ol style="list-style-type: none"> <li>To move on, off and over apparatus</li> <li>To rock on different parts of the body</li> <li>To perform spins and turns at different levels</li> <li>To perform actions at the same time as a class</li> <li>To perform controlled actions at different times than others</li> <li>To create a sequence with a partner</li> </ol>

## Year 1 - We are learning...

### OAA

- To follow simple instructions to complete a trail
- To find matching symbols
- To copy and create a hoop dance
- To work with a partner to complete a hoop challenge
- To recognise a drawn symbol as a real object
- To use decision-making skills to hide equipment



## Year 2 – We Are Learning...

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To kick the ball over long and short distances</li> <li>2. To stop a ball with control using the foot</li> <li>3. To work as a team to keep the ball</li> <li>4. To bounce a ball with my partner</li> <li>5. To bounce the ball while we are moving</li> <li>6. To pass the ball forward in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To throw different types of equipment</li> <li>2. To move to a space after passing a ball</li> <li>3. To pass and move forwards to a target with a partner</li> <li>4. To position ourselves as a goalkeeper</li> <li>5. To intercept a ball from a person on the other team</li> <li>6. To use the skills we have developed in a competition</li> </ol>	<ol style="list-style-type: none"> <li>1. To hit a ball and score points by running to cones</li> <li>2. To defend a target by kicking</li> <li>3. To bowl underarm with control</li> <li>4. To hit a ball using different bats and techniques</li> <li>5. To throw accurately to a base</li> <li>6. To hit a ball into a space, away from fielders</li> </ol>	<ol style="list-style-type: none"> <li>1. To time our run around the bases to stay ‘safe’</li> <li>2. To kick a ball into space using different parts of the foot</li> <li>3. To respond to how a ball is bowled when hitting</li> <li>4. About the role of a wicketkeeper</li> <li>5. About the role of a backstop and its likeness to wicketkeeper</li> <li>6. To bowl underarm in a game with accuracy</li> </ol>
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To stay on our toes to move quickly to the ball</li> <li>2. To identify which hand is dominant in a game</li> <li>3. Basic rules of serving to our partner</li> <li>4. To develop agility and use it in a game</li> <li>5. To use the correct grip to hit a self-fed ball</li> <li>6. To use the ready position in a rally</li> </ol>	<ol style="list-style-type: none"> <li>1. To feed a ball to our partner with consistency</li> <li>2. To send the ball to different parts of the court</li> <li>3. To throw and catch in a seated position</li> <li>4. To accurately serve the ball to different parts of the court</li> <li>5. To use overarm attacking shots in a game</li> <li>6. To manage what we should be doing within the competition</li> </ol>	<ol style="list-style-type: none"> <li>1. To move quickly whilst being aware of others around</li> <li>2. To create power with our legs to turn at speed</li> <li>3. To move through an obstacle course with speed and control</li> <li>4. To choose the best throw for different situations</li> <li>5. To use quick feet whilst sprinting</li> <li>6. To perform static and dynamic balances</li> </ol>	<ol style="list-style-type: none"> <li>1. To work both individually to run over a longer distance</li> <li>2. To improve strength to increase jumping distance</li> <li>3. To create power when throwing for distance</li> <li>4. To use breathing techniques to be able to run more easily</li> <li>5. To cooperate with our partner to complete a task well</li> <li>6. Listen to others and work as a team to achieve the highest score possible</li> </ol>

## Year 2 - We Are Learning...

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>To use penguin images to inspire our dance</li> <li>To show feelings of abandonment through dance</li> <li>To create movements that show friendship between two characters</li> <li>To create a solo dance with changes of direction and speed</li> <li>To match our movements to music</li> <li>To choose a formation for our dance and explain our choice</li> </ol>	<ol style="list-style-type: none"> <li>To develop a dance that shows different emotions</li> <li>To work on our own to create a movement pattern</li> <li>To work on our own to create and perform a short movement phrase</li> <li>To watch, copy and repeat actions to create a 'motif'</li> <li>To perform our motif in different formations</li> <li>To use different movement pathways in our dance</li> </ol>	<ol style="list-style-type: none"> <li>To combine 4 elements into a floor sequence</li> <li>To create power in a variety of different jumps</li> <li>To smoothly link actions</li> <li>To show flexibility in shapes</li> <li>To travel at different speeds</li> <li>To judge a short sequence</li> </ol>	<ol style="list-style-type: none"> <li>To perform a front support position with control</li> <li>To perform an arch and dish shape</li> <li>To perform a back support shape showing flexibility</li> <li>To leapfrog</li> <li>To jump for distance with control</li> <li>To create and perform a 10-element sequence</li> </ol>

## Year 2 - We are Learning

### OAA

- To work as a team to complete a task
- To use problem-solving to complete a simple treasure hunt
- To copy and then create a simple movement pattern
- To give clues to guide a blindfolded person safely
- To improve performance through repetition
- To use a key on a map to re-create a map with accuracy



## KS1 Mixed Units – We Are Learning...

Distanced PE Fitness	Distanced PE Fitness	Foundations	Commonwealth Games	Wellbeing
Unit 1	Unit 2			
<ol style="list-style-type: none"> <li>1. To work as hard as we can for 20 seconds</li> <li>2. Why we need to rest after exercise</li> <li>3. To track and count in 5s, each type of exercise</li> <li>4. What a ladder workout is</li> <li>5. To relax and be calm after we have exercised</li> <li>6. Challenge ourselves to beat our best score</li> </ol>	<ol style="list-style-type: none"> <li>1. Why we need water after exercise</li> <li>2. To work and rest for a set amount of time</li> <li>3. What it means to work with maximum effort</li> <li>4. To perform movements with control</li> <li>5. Why it is important to exercise and play outdoors</li> <li>6. Some simple yoga positions</li> </ol>	<ol style="list-style-type: none"> <li>1. To stay stable and balanced when trying new things</li> <li>2. To repeat a balance to improve it</li> <li>3. Where the core muscles in our bodies are</li> <li>4. To practice and improve leapfrog</li> <li>5. To describe what flexibility is</li> <li>6. What coordination is and to show an example of it</li> </ol>	<ol style="list-style-type: none"> <li>1. To send a bowl using underarm delivery</li> <li>2. Hoop actions and creating a hoop sequence to perform</li> <li>3. Skill to take part in a triathlon</li> <li>4. To send and receive the ball over a net in a seated position</li> </ol>	<ol style="list-style-type: none"> <li>1. To improve hand-eye co-ordination through ball skills</li> <li>2. How yoga can help our mental wellbeing</li> <li>3. To copy and repeat actions from martial arts and aerobics</li> <li>4. How paying attention and listening are key to mindfulness</li> <li>5. To connect with others to complete a difficult set of tasks</li> <li>6. To act out a scene to entertain our classmates</li> </ol>