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| National Curriculum | Games | Dance | Gym | Athletics | Swimming | Vocabulary |
| * Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities.
* Developing balance, agility and co-ordination, and begin to apply these in a range of activities.
* Participate in team games, developing simple tactics for attacking and defending.
* Perform dances using simple movement patterns.
 | * Roll, hit, run, jump, catch and kick with some control
* Throw, send and receive a ball in different of ways
 | * Copy and explore basic body actions and movement patterns
* Select movements to create their own dance phrases with beginnings, middles and ends
 | * Perform the basic actions of travelling, rolling, jumping and climbing
* Change speed and direction when travelling
* Show awareness of body parts, points and position when making still shapes
 |  |  | GamesStriking, catching, own space, team, speed, direction, throw, kick, control, receive DanceTravel, stillness, direction, patterns, beginnings, middles and endsGymForwards, backwards, sideways, slow, roll, body parts, shape, jumping, climbing, points, position |
| Challenge |
| Personal | Social | Cognitive | Creative | Physical | Health and fitness | Cultural capital |
| -I try several times if at first I don’t succeed and I ask for help when appropriate -I can follow instructions, practise safely and work on simple tasks | -I can help praise and encourage others in their learning-I can work sensibly with others, taking turns and sharing | -I can begin to order instructions, movements and skills. With help I can recognise similarities and differences in performance and I can explain why someone is working or performing well.-I can understand and follow simple rules and can name some things I am good at.  | -I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.-I can explore and describe different movements | -I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed-I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. | -I can say how much my body feels before, during and after exercise. I use equipment appropriately and move and land safely.-I am aware of why exercise is important for good health. | Olympic valuesTeamworkNational pride and achievementResilienceImprovement of performance- setting goalsLearning to win and looseTeam playerambitions |