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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 | |  | |  | | Games  Striking, catching, own space, team, speed, direction, throw, kick, control, receive  Dance  Travel, stillness, direction, patterns, beginnings, middles and ends  Gym  Forwards, 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 values  Teamwork  National pride and achievement  Resilience  Improvement of performance- setting goals  Learning to win and loose  Team player  ambitions | |