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| Objective |  | Key skills | What we will learn | | Key concepts |
| Key knowledge | Key vocabulary |
| **To develop practical skills in order to participate, compete and lead a healthy lifestyle** | Games | • Use the terms ‘opponent’ and ‘team-mate’.  • Use rolling, hitting, running, jumping, catching and kicking skills in combination.  • Develop tactics.  • Lead others when appropriate. | **Know how to:**  Use basic striking, sending and receiving skills  Use throwing and catching skills in a game  Throw with accuracy and catch consistently  Strike with a racket or bat.  Play a game fairly and in a sporting manner  Use fielding skills to play a game.  To learn skills for playing striking and fielding games.  Position the body to strike a ball.  Throw a ball for distance.  Practise throwing skills in a circuit  Use fielding skills to play a game  To use hand-eye coordination to control a ball.  Catch a variety of objects  Vary types of throw  Kick and move with a ball  Develop catching and dribbling skills | Strike  Send and receive  Field  Circuit  Hand-eye coordination  Dribble | Accuracy  Consistency  Sportsmanship  Fair play  Control |
| Dance | • Copy and remember moves and positions.  • Move with careful control and coordination.  • Link two or more actions to perform a sequence.  • Choose movements to communicate a mood, feeling or idea. | **Know how to:**  Use different levels and speeds of movement  Compose and perform simple dance phrases  Show contrasts in simple dances with good body shape and position  Develop a range of dance movements and improve timing  Link together dance moves with gestures and changing direction in time to music  Work to music, creating movements that show rhythm and control  Change direction during travelling moves  Explore basic body patterns and movements to music  Practice taking off from different positions | Speed  Dance phrase  Body shape  Gesture  Rhythm  Body patterns | Rhythm  Pattern  Coordination  Communication  ntrast |
| Gymnastics | • Copy and remember actions.  • Move with some control and awareness of space.  • Show contrasts (such as small/tall, straight/curved and wide/narrow)  • Climb safely on equipment. | **Know how to:**  Use movement actions with control and link them together with flow  Use gymnastic actions and shapes.  Travel safely on benches  Combine movement actions with control, and to link them together with flow.  Choose and use simple compositional ideas by creating and performing sequences.  Repeat, remember and link combinations of gymnastic actions.  Link combinations of movements and shapes with control to make a sequence  Travel by rolling forwards, backwards and sideways, and around on large apparatus.  Hold a position whilst balancing on different points of the body.  Stretch and curl to develop flexibility.  Jump in a variety of ways and land with increasing control and balance  Balance on isolated parts of the body using the floor and hold balance.  Use a variety of gymnastic actions to make a sequence | Space  Contrast  Safety  Gymnastic  Sequence  Rolling  Travel  Hold  Composition  Stretch  Curl  Jump  Balance | Control  Space  Contrast  Safety  Combination  Composition  Flexibility |
| Swimming  **MAY TAKE PLACE IN KS2 ONLY IN SOME RCSAT SCHOOLS** | •Learn to swim | **Know how to:**  Use one basic stroke, breathing correctly.  Control leg movements  Swim unaided up to 25 metres  Develop basic pool safety skills and confidence in water  Develop travel in vertical or horizontal position and introduce floats.  Develop push and glides, any kick action on front and back with or without support aids  Develop entry and exit, travel further, float and submerge  Develop balance, link activities and travel further on whole stroke  Show breath control | Stroke  Travel  Push  Glide  Kick  Float  Submerge  Breath | Confidence  Safety  Control |
| Athletics | • Athletic activities are combined with games in Years 1 and 2. | **Know how to:**  Complete an obstacle course with control and agility  Use varying speeds when running  Explore footwork patterns, arm mobility, and different methods of throwing  Practise short distance running  Run with agility and confidence  Learn the best jumping techniques for distance  Throw different objects in a variety of ways  Hurdle an obstacle and maintain effective running style  Run for distance | Agility  Footwork  Short /long distance  Technique  Obstacle  Hurdle | Agility  Control  Stamina  Flexibility |