



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and coordination.

Official Athletic Events

Running

Sprinting

100m, 200m, 400m

Hurdles

Relay

Middle distance

800m, 1500m

Long distance

5,000, 10,000

Steeplechase

Jumping

Long jump

Jump for distance

Triple jump

Jump for distance

High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus

Fling throw

Shot

Push throw

Hammer

Fling throw

Javelin

Pull throw

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Fast • **Slow** • **Jump** • **Aim**

Direction • **Far** • **Bend** • **Improve**

Hop • **Safely** • **Travel** • **Balance**

Teacher Glossary

Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

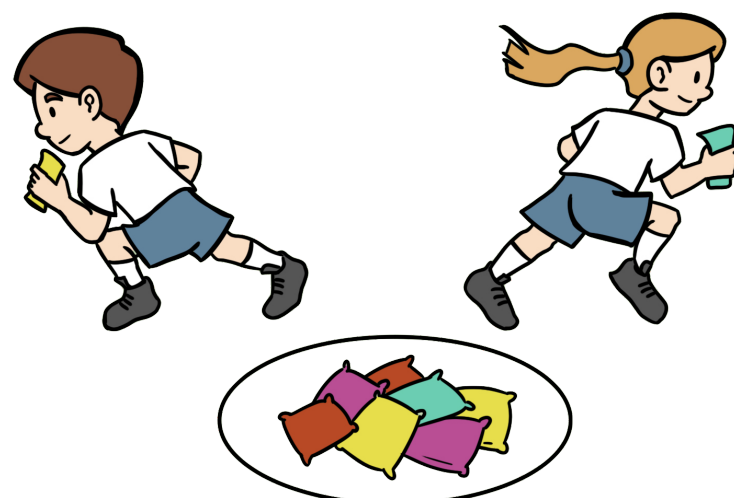
Leap: take off on one foot and land on the other

Key Skills: Physical

- Running at different speeds
- Combining running and jumping
- Agility and coordination
- Jumping for distance
- Jumping for height
- Throwing for distance

Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas



Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am able to throw towards a target.
- I am beginning to link running and jumping movements.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing over arm throwing.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can work with others and make safe choices.
- I try my best.
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Year 2

- I can describe how my body feels during exercise.
- I can identify good technique.
- I can jump and land with control.
- I can link running and jumping movements with some control and balance.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I show balance and co-ordination when running at different speeds and in different directions.
- I try my best.

Progression of Skills Ladder

Other units that progress into this activity are:

- Ball Skills
- Fundamentals
- Games

<p>Running Develop the sprinting action. Explore rhythm when running over obstacles.</p>	<p>Jumping Develop jumping, hopping and skipping actions.</p>	<p>Year 2</p>	<p>Jumping Explore safely jumping for distance and height.</p>	<p>Throwing Develop overarm throwing for distance.</p>
<p>Running Explore running at different speeds. Explore running over obstacles.</p>	<p>Jumping Develop balance whilst jumping and landing.</p>		<p>Year 1</p>	<p>Jumping Explore hopping, jumping and leaping for distance.</p>
<p>Running Explore running and stopping. Explore running on the balls of their feet.</p>		<p>EYFS</p>	<p>Jumping Explore jumping and hopping safely.</p>	<p>Throwing Explore throwing to a target.</p>



Links to the PE National Curriculum

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- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing as well as developing balance, agility and co-ordination.

Official Athletic Events

Running

- Sprinting**
100m, 200m, 400m
- Hurdles**
- Relay**
- Middle distance**
800m, 1500m
- Long distance**
5,000, 10,000
- Steeplechase**

Jumping

- Long jump**
Jump for distance
- Triple jump**
Jump for distance
- High jump**
Jump for height
- Pole vault**
Jump for height

Throwing

- Discus**
Fling throw
- Shot**
Push throw
- Hammer**
Fling throw
- Javelin**
Pull throw

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Speed • **Jog** • **Sprint** • **Pace** • **Balance**

Direction • **Take off** • **Landing** • **Swing**

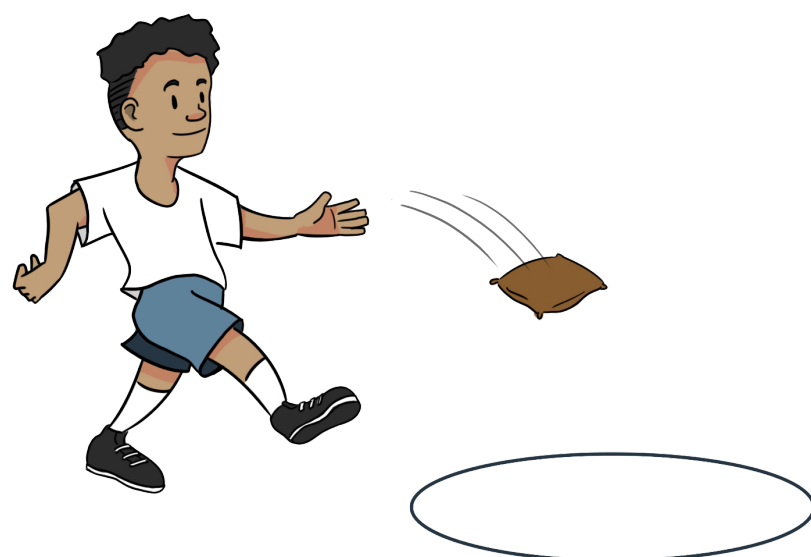
Height • **Distance** • **Overarm** • **Underarm**

Key Skills: Physical

- Running at different speeds
- Combining running and jumping
- Agility and coordination
- Jumping for distance
- Jumping for height
- Throwing for distance

Key Skills: S.E.T

- Social: Working safely
- Social: Collaborating with others
- Emotional: Working independently
- Emotional: Determination
- Thinking: Observing and providing feedback
- Thinking: Exploring ideas



Teacher Glossary

Pace: the speed at which a performer runs

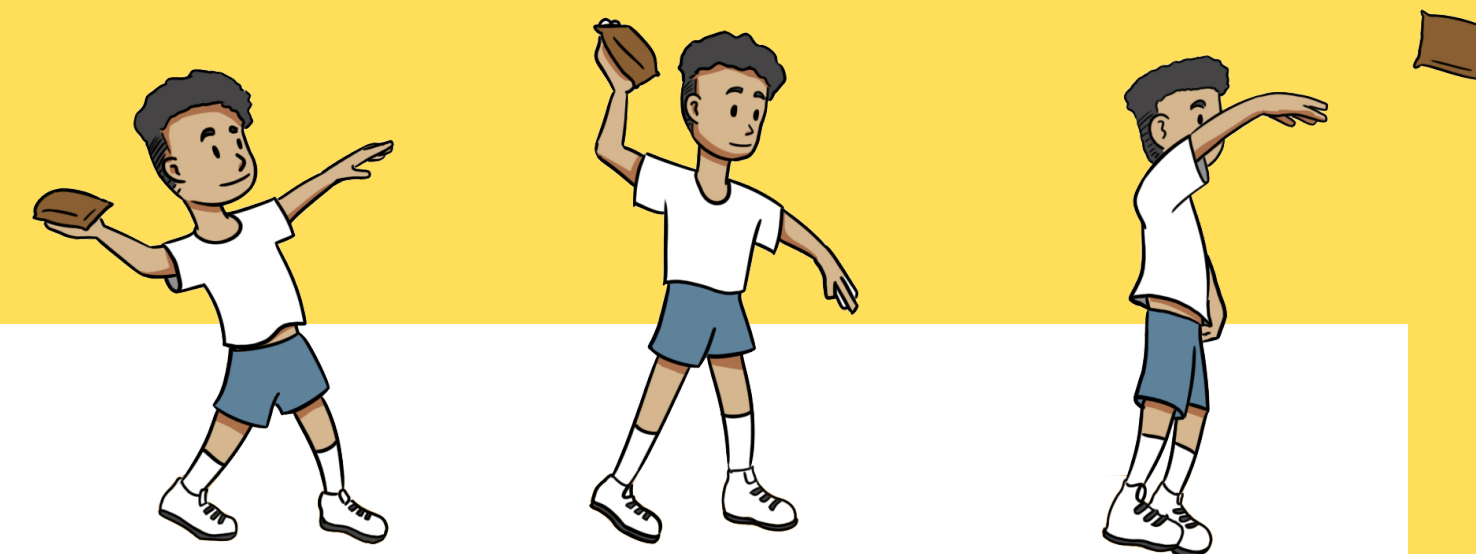
Agility: the ability to change direction quickly and easily

Jump: take off and land on two feet

Hop: take off on one foot and land on the same foot

Co-ordination: to move different body parts at the same time

Where this unit sits



Assessment Criteria

Year 1

- I am able to throw towards a target.
- I am beginning to link running and jumping movements.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing over arm throwing.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can work with others and make safe choices.
- I try my best.
- I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.

Year 2

- I can describe how my body feels during exercise.
- I can identify good technique.
- I can jump and land with control.
- I can link running and jumping movements with some control and balance.
- I can use an overarm throw to help me to throw for distance.
- I can work with others, taking turns and sharing ideas.
- I show balance and co-ordination when running at different speeds and in different directions.
- I try my best.

Year 3

- I am developing jumping for distance and height.
- I can identify when I was successful.
- I can take part in a relay activity, remembering when to run and what to do.
- I can throw a variety of objects, changing my action for accuracy and distance.
- I can use different take off and landings when jumping.
- I can use key points to help me to improve my sprinting technique.
- I can work with a partner and in a small group, sharing ideas.
- I show determination to achieve my personal best.
- I understand the benefits of exercise.
- I understand why it is important to warm up.

Progression of Skills Ladder

Other units that progress into this activity are:

Ball Skills

Fundamentals

Games

	<p>Running Develop the sprinting technique and apply it to relay events.</p>	<p>Running Develop fluency and rhythm when running over obstacles.</p>	Year 3	<p>Jumping Develop technique in a range of approaches and take off positions.</p>	<p>Jumping Develop jumping for height and safety on landing.</p>	<p>Throwing Explore the technique for a pull throw.</p>
	<p>Running Develop the sprinting action and explore rhythm when running over obstacles.</p>	<p>Jumping Develop jumping, hopping and skipping actions.</p>	Year 2	<p>Jumping Explore safely jumping for distance and height.</p>		<p>Throwing Develop overarm throwing for distance.</p>
	<p>Running Explore running at different speeds. and explore running over obstacles.</p>	<p>Jumping Develop balance whilst jumping and landing.</p>	Year 1	<p>Jumping Explore hopping, jumping and leaping for distance.</p>		<p>Throwing Explore throwing for distance and accuracy.</p>



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Examples of games that use ball skills

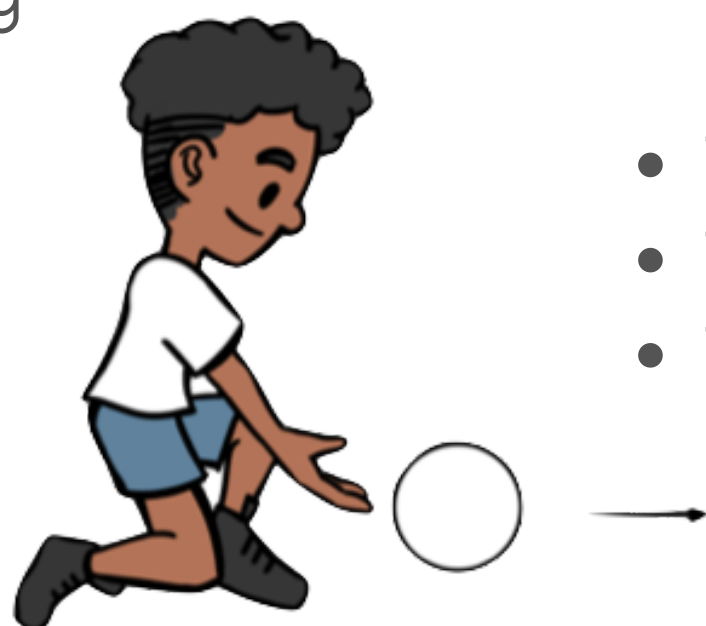
Target Games	Invasion	Striking & Fielding	Net & Wall
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Key Skills: Physical

- Rolling
- Kicking
- Throwing
- Catching
- Bouncing
- Dribbling
- Tracking



Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Leadership
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Using tactics
- Thinking: Exploring actions
- Thinking: Comprehension

Year 1

- Far
- Aim
- Balance
- Throw
- Roll
- Catch
- Bounce
- Send

Teacher Glossary

- Dribble:** To move the ball using your feet or your hands.
- Track:** To track is when a player moves their body to get in line with a ball that is coming towards them.
- Send:** To pass to someone with using either your feet or hands.
- Receive:** To collect or stop a ball that is sent to you using either your hands or feet.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am beginning to catch with two hands.
- I am beginning to dribble a ball with my hands and feet.
- I am beginning to understand simple tactics.
- I can recognise changes in my body when I do exercise.
- I can roll and throw with some accuracy towards a target.
- I can say when someone was successful.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to understand and use simple tactics.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with some control.
- I can roll and throw a ball to hit a target.
- I can send and receive a ball using both kicking and throwing and catching skills.
- I can track a ball and collect it.
- I can work co-operatively with a partner and a small group.

Progression of Skills Ladder

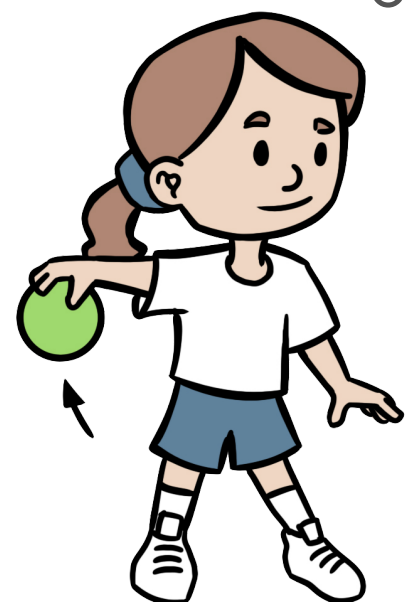
<p>Sending</p> <p>Roll, throw and kick a ball to hit a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Develop catching a range of objects with two hands. • Catch with and without a bounce. 	<p>Year 2</p>	<p>Tracking</p> <p>Consistently track and collect a ball being sent directly.</p>	<p>Dribbling</p> <p>Dribble a ball with hands and feet with some control.</p>
<p>Sending</p> <p>Roll and throw with some accuracy towards a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Begin to catch with two hands. • Catch after a bounce. 	<p>Year 1</p>	<p>Tracking</p> <p>Track a ball being sent directly.</p>	<p>Dribbling</p> <p>Begin to dribble with hands and feet.</p>
<p>Sending</p> <p>Explore sending an object with hands and feet.</p>	<p>Catching</p> <p>Explore catching using a variety of larger balls and beanbags.</p>	<p>EYFS</p>	<p>Tracking</p> <p>Explore stopping a ball with hands and feet.</p>	<p>Dribbling</p> <p>Explore bouncing and catching.</p>

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- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

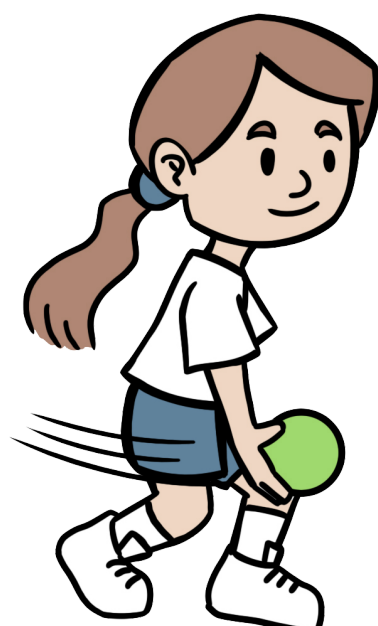
Key Skills: Physical

- Rolling
- Kicking
- Throwing
- Catching
- Bouncing
- Dribbling



Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
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- Emotional: Challenging myself
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Examples of games that use ball skills

Target Games	Invasion	Striking & Fielding	Net & Wall
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

Key Vocabulary:

Encourage pupils to use this language in your lessons.
*Year 2 would use Year 1 and Year 2 vocabulary

Year 2

- Overarm
- Distance
- Dribble
- Underarm
- Collect
- Target

Teacher Glossary

Dribble: To move the ball using your feet or your hands.

Track: To track is when a player moves their body to get in line with a ball that is coming towards them.

Send: To pass to someone with using either your feet or hands.

Receive: To collect or stop a ball that is sent to you using either your hands or feet.



Assessment Criteria

Year 1

- I am beginning to catch with two hands.
- I am beginning to dribble a ball with my hands and feet.
- I am beginning to understand simple tactics.
- I can recognise changes in my body when I do exercise.
- I can roll and throw with some accuracy towards a target.
- I can say when someone was successful.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Year 2

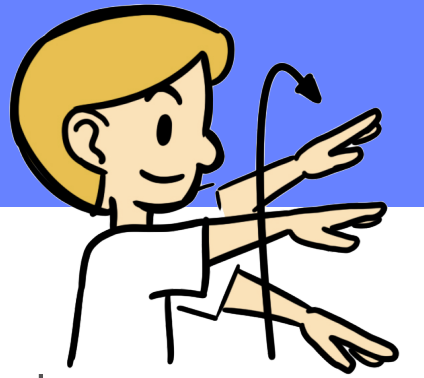
- I am beginning to provide feedback using key words.
- I am beginning to understand and use simple tactics.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with some control.
- I can roll and throw a ball to hit a target.
- I can send and receive a ball using both kicking and throwing and catching skills.
- I can track a ball and collect it.
- I can work co-operatively with a partner and a small group.

Year 3

- I can track the path of a ball that is not sent directly to me.
- I can throw with accuracy and increasing consistency to a target.
- I can show a variety of throwing techniques.
- I can catch different sized objects with increasing consistency with two hands.
- I can dribble a ball with control.
- I can share ideas and work with others to create a game.
- I can persevere when learning a new skill.
- I can provide feedback using key words.

Progression of Skills Ladder

<p>Sending</p> <p>Send a ball with accuracy and increasing consistency to a target.</p>	<p>Catching</p> <p>Catch a range of objects with increasing consistency.</p>	<p>Year 3</p>	<p>Tracking</p> <p>Track a ball not sent directly.</p>	<p>Dribbling</p> <p>Dribble a ball with hands and feet with control.</p>
<p>Sending</p> <p>Roll, throw and kick a ball to hit a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Develop catching a range of objects with two hands. • Catch with and without a bounce. 	<p>Year 2</p>	<p>Tracking</p> <p>Consistently track and collect a ball being sent directly.</p>	<p>Dribbling</p> <p>Dribble a ball with hands and feet with some control.</p>
<p>Sending</p> <p>Roll and throw with some accuracy towards a target.</p>	<p>Catching</p> <ul style="list-style-type: none"> • Begin to catch with two hands. • Catch after a bounce. 	<p>Year 1</p>	<p>Tracking</p> <p>Track a ball being sent directly.</p>	<p>Dribbling</p> <p>Begin to dribble with hands and feet.</p>

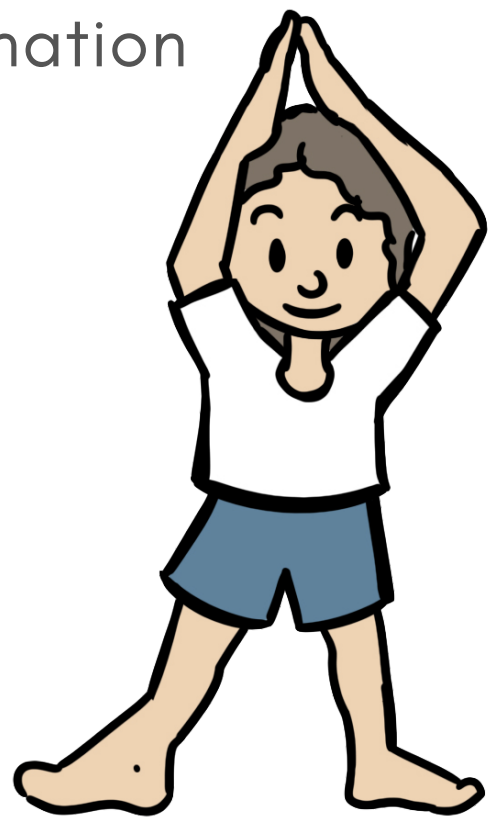


Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to perform dances using simple movement patterns.

Key Skills: Physical

- Travel
- Copying and performing actions
- Using shape
- Balance
- Coordination



Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Coming to decisions with a partner
- Social: Respect
- Emotional: Confidence
- Emotional: Acceptance
- Thinking: Counting
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions

Performance Ideas

- Performing in front of the class can be a daunting task for some pupils. Be mindful to introduce this gradually by encouraging pupils to perform without forcing them. Performance is an important part of dance but can also be time consuming if not structured correctly.

Performing, some good ideas:

- Create an environment in which pupils feel safe to perform by teaching the audience how to be respectful.
- Help the audience to structure their feedback with positive comments first, followed by areas to improve.
- Encourage pupils to use the correct dance terminology in their feedback.
- Ways to perform: half the class to the other half, one individual to another, one pair to another, three groups at a time etc.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

• Counts • Action • Travel • Pose

Move • Direction • Forwards • Backwards

• Speed • Fast • Slow • Level • Shape

Teacher Glossary

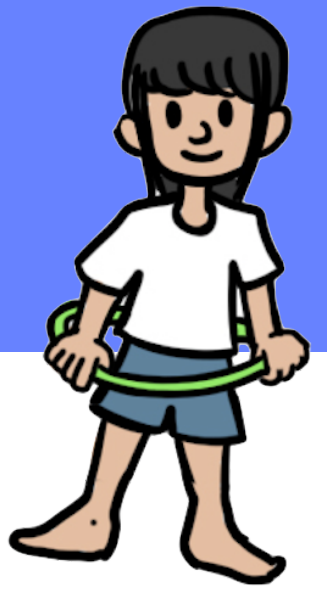
Counts: A performer uses counts to stay in time with the music and / or other performers.

Action: The movement a dancer does e.g. travel, jump, kick.

Level: High, medium and low.

Pathway: Designs traced in space (on the floor or in the air).

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am beginning to use counts.
- I can copy, remember and repeat actions.
- I can move confidently and safely.
- I can use different parts of the body in isolation and together.
- I can work with others to share ideas and select actions.
- I choose appropriate movements for different dance ideas.
- I recognise changes in my body when I do exercise.
- I say what I liked about someone else's performance.
- I show some sense of dynamic and expressive qualities in my dance.

Year 2

- I am beginning to provide feedback using key words.
- I can copy, remember, repeat and create dance phrases.
- I can describe how my body feels during exercise.
- I can show a character and idea through the actions and dynamics I choose.
- I can use counts to stay in time with the music.
- I can work with a partner using mirroring and unison in our actions.
- I show confidence to perform.

Progression of Skills Ladder

<p>Actions</p> <p>Accurately remember, repeat and link actions to express an idea.</p>	<p>Dynamics</p> <p>Develop an understanding of dynamics.</p>	<p>Year 2</p>	<p>Space</p> <p>Develop the use of pathways and travelling actions to include levels.</p>	<p>Relationships</p> <p>Explore working with a partner using unison, matching and mirroring.</p>	<p>Performance</p> <p>Develop the use of facial expressions in their performance.</p>
<p>Actions</p> <p>Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.</p>	<p>Dynamics</p> <p>Explore varying speeds to represent an idea.</p>	<p>Year 1</p>	<p>Space</p> <p>Explore pathways within their performances.</p>	<p>Relationships</p> <p>Begin to explore actions and pathways with a partner.</p>	<p>Performance</p> <p>Begin to use counts within their performance.</p>
<p>Actions</p> <p>Explore how their body moves. Copy basic body actions and rhythms.</p>	<p>Dynamics</p> <p>Explore actions in response to music and an idea.</p>	<p>EYFS</p>	<p>Space</p> <p>Explore pathways and the space around them and in relation to others.</p>	<p>Performance</p> <p>Are given opportunities to perform in front of others.</p>	

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to perform dances using simple movement patterns

Key Skills: Physical

- Travel
- Copying and performing actions
- Using dynamics
- Using pathways, expression and speed
- Balance
- Coordination



Key Skills: S.E.T

- Social: Respect
- Social: Consideration
- Social: Sharing ideas
- Social: Decision making with others
- Emotional: Acceptance
- Emotional: Confidence
- Thinking: Selecting and applying actions
- Thinking: Counting
- Thinking: Observing and providing feedback
- Thinking: Creating

Performance Ideas

- Performing in front of the class can be a daunting task for some pupils. Be mindful to introduce this gradually by encouraging pupils to perform without forcing them. Performance is an important part of dance but can also be time consuming if not structured correctly.

Performing, some good ideas:

- Create an environment in which pupils feel safe to perform by teaching the audience how to be respectful.
- Help the audience to structure their feedback with positive comments first, followed by areas to improve.
- Encourage pupils to use the correct dance terminology in their feedback.
- Ways to perform: half the class to the other half, one individual to another, one pair to another, three groups at a time etc.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

- Counts
- Action
- Travel
- Shape
- Direction
- Speed
- Level
- Space
- Balance
- Timing
- Mirror
- Pathway

Teacher Glossary

Counts: A performer uses counts to stay in time with the music and / or other performers.

Action: The movement a dancer does e.g. travel, jump, kick.

Dynamics: How an action is performed e.g. quickly, slowly, gently.

Level: High, medium and low.

Pathway: Designs traced in space (on the floor or in the air).

Mirroring: Reflecting the movements of another person as if they are a mirror image.

Where this unit sits



Assessment Criteria

Year 1

- I am beginning to use counts.
- I can copy, remember and repeat actions.
- I can move confidently and safely.
- I can use different parts of the body in isolation and together.
- I can work with others to share ideas and select actions.
- I choose appropriate movements for different dance ideas.
- I recognise changes in my body when I do exercise.
- I say what I liked about someone else's performance.
- I show some sense of dynamic and expressive qualities in my dance.

Year 2

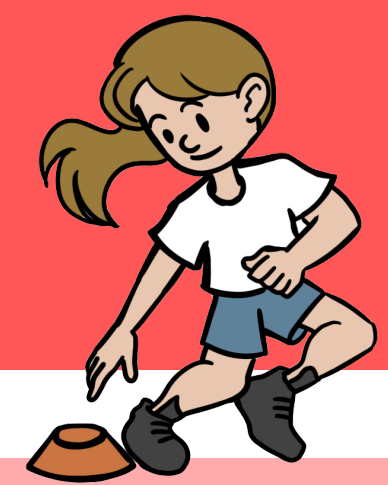
- I am beginning to provide feedback using key words.
- I can copy, remember, repeat and create dance phrases.
- I can describe how my body feels during exercise.
- I can show a character and idea through the actions and dynamics I choose.
- I can use counts to stay in time with the music.
- I can work with a partner using mirroring and unison in our actions.
- I show confidence to perform.

Year 3

- I am respectful of others when watching them perform.
- I can provide feedback using key words.
- I can repeat, remember and perform a dance phrase.
- I can use counts to keep in time with a partner and group.
- I can use dynamic and expressive qualities in relation to an idea.
- I can work with a partner and in a small group, sharing ideas.
- I create short dance phrases that communicate the idea.
- I understand the benefits of exercise.

Progression of Skills Ladder

<p>Actions Create actions in response to a stimulus individually and in groups.</p>	<p>Dynamics Use dynamics effectively to express an idea.</p>	<p>Year 3</p>	<p>Space Use directions to transition between formations.</p>	<p>Relationships Develop an understanding of formations.</p>	<p>Performance Perform short, self-choreographed phrases showing and awareness of timing.</p>
<p>Actions Accurately remember, repeat and link actions to express an idea.</p>	<p>Dynamics Develop an understanding of dynamics.</p>	<p>Year 2</p>	<p>Space Develop the use of pathways and travelling actions to include levels.</p>	<p>Relationships Explore working with a partner using unison, matching and mirroring.</p>	<p>Performance Develop the use of facial expressions in their performance.</p>
<p>Actions Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.</p>	<p>Dynamics Explore varying speeds to represent an idea.</p>	<p>Year 1</p>	<p>Space Explore pathways within their performances.</p>	<p>Relationships Begin to explore actions and pathways with a partner.</p>	<p>Performance Begin to use counts within their performance.</p>



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Questions...

- Can you notice a difference in how exercise makes you feel physically?
- How does your body feel after exercise?
- What changes can you notice in your body after you exercise?
- What part of your body can you feel working?
- What do you notice about your breathing?



Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

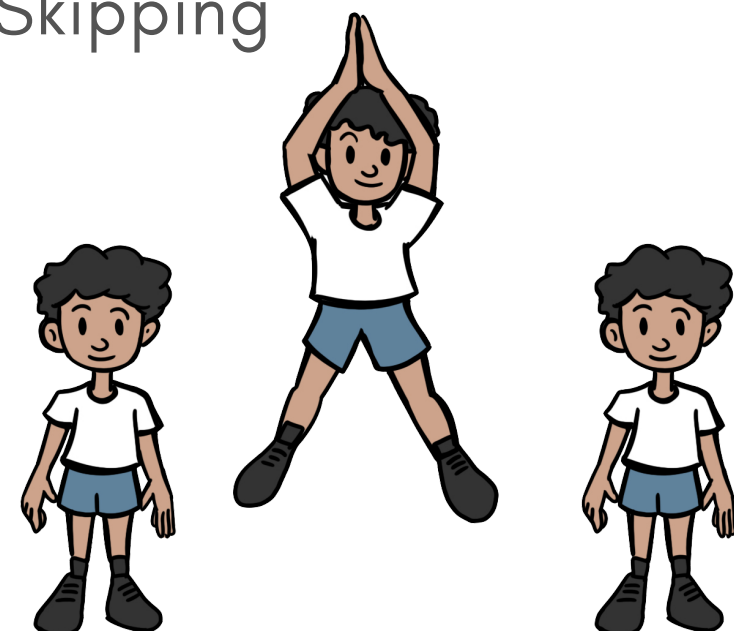
- Safely • Slow • Balance • Direction
- Fast • Jump • Bounce • Hop • Health

Year 2

- Speed • Distance • Sprint • Strong
- Pace • Jog • Steady • Race

Key Skills: Physical

- Agility
- Balance
- Coordination
- Speed
- Stamina
- Skipping



Key Skills: S.E.T

- Social: Taking turns
- Social: Encouraging and supporting others
- Emotional: Determination
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Identifying strengths and areas for improvement
- Thinking: Observing and providing feedback

Teacher Glossary

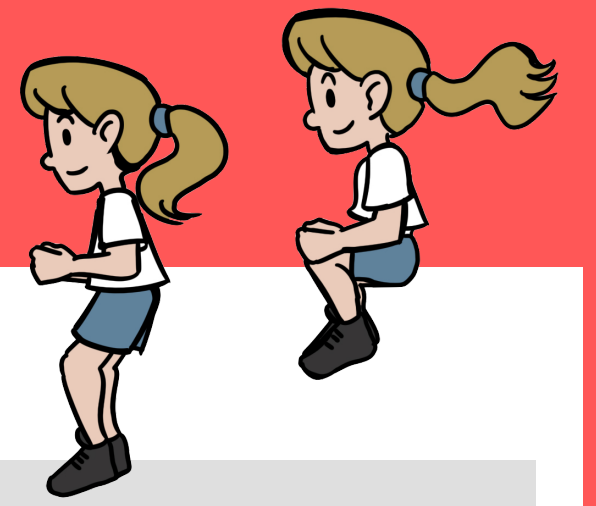
Agility: The ability to change direction quickly and easily

Balance: The ability to stay upright or stay in control of body movement.

Coordination: The ability to move two or more body parts at the same time, under control, smoothly and efficiently.

Stamina: The ability to move for sustained periods of time.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I can change direction when running.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can show hopping and jumping movements.
- I show co-ordination when trying hula hoop skills.
- I try my hardest to keep working over longer periods of time.
- I use co-ordination to turn a skipping rope.
- I work with others to turn a rope.

Year 2

- I can describe how my body feels during exercise.
- I can link different hoop skills to create a routine.
- I can show hopping and jumping movements with some balance and control.
- I persevere with new challenges.
- I show determination to continue working over a longer period of time.
- I understand that running at a slower speed will allow me to run for a longer period of time.
- I work with others to turn a rope and encourage others to jump at the right time.

Year 3

- I can collect and record personal fitness data and I can recognise my strengths.
- I can complete exercises with control.
- I can persevere when I find a challenge is hard.
- I can provide feedback using key words.
- I can use key points to help me to improve my sprinting technique.
- I can work safely with others.
- I show balance when changing direction.
- I understand the benefits of exercise.

Progression of Skills Ladder

Other units that progress into this activity are:

Gymnastics Fundamentals

<p>Agility Show balance when changing direction.</p>	<p>Balance Explore more complex activities which challenge balance.</p>	<p>Coordination Can coordinate their bodies with increased consistency in a variety of activities.</p>	<p>Year 3</p>	<p>Speed Explore sprinting technique.</p>	<p>Strength Explore building strength in different muscle groups.</p>	<p>Stamina Explore using their breath to increase their ability to work for longer periods of time.</p>	
<p>Agility Demonstrate improved technique when changing direction on the move.</p>	<p>Balance Demonstrate increased balance whilst travelling along and over equipment.</p>	<p>Coordination Perform actions with increased control when coordinating their body with and without equipment.</p>		<p>Year 2</p>	<p>Speed Can demonstrate running at different speeds.</p>	<p>Strength Demonstrate increased control in body weight exercises.</p>	<p>Stamina Show an ability to work for longer periods of time.</p>
<p>Agility Change direction whilst running.</p>	<p>Balance Explore balancing in more challenging activities with some success.</p>	<p>Coordination Explore coordination through the use of equipment.</p>			<p>Year 1</p>	<p>Speed Explore running at different speeds.</p>	<p>Strength Explore exercises using their own body weight.</p>
<p>Agility Explore changing direction safely.</p>	<p>Balance Explore balancing whilst stationary and on the move.</p>	<p>Coordination Explore moving different body parts together.</p>		<p>EYFS</p>		<p>Speed Explore moving and stopping with control.</p>	<p>Strength Explore taking weight on different body parts.</p>

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Balancing
- Sprinting
- Jogging
- Dodging
- Jumping
- Hopping
- Skipping



Key Skills: S.E.T

- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Working safely
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying
- Thinking: Identifying strengths
- Thinking: Listening and following instructions

What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills and apply these to recreational, activity or sport-specific situations.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Year 1

- Balance
- Direction
- Land
- Fast
- Safely
- Jump
- Hop

Teacher Glossary

Balance: The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).

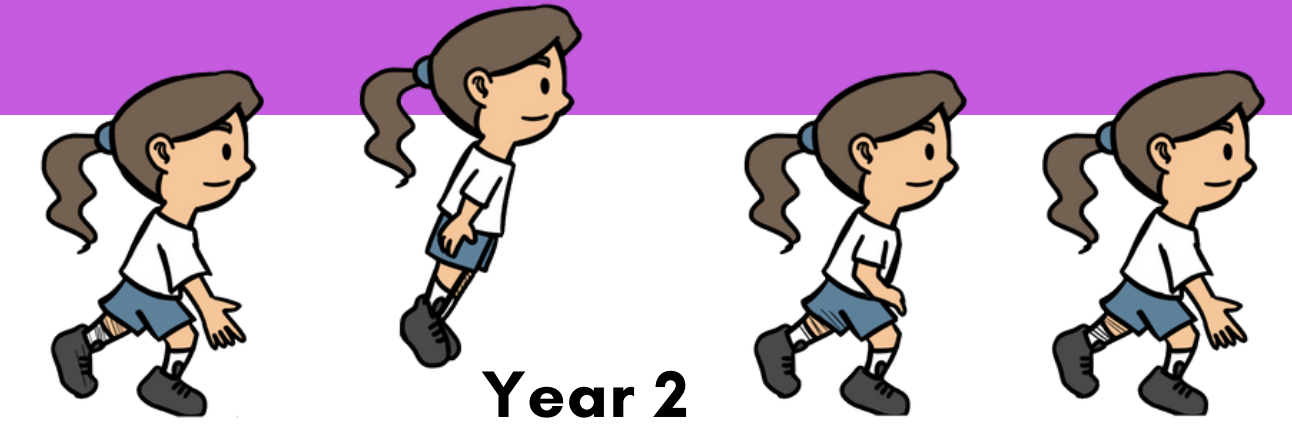
Jump: Take off and land on two feet.

Hop: Take off on one foot and land on the same foot.

Travel: A method of moving around space e.g. jog, slide, skip, crawl etc.

Where this unit sits

Assessment Criteria



EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I can change direction when moving at speed.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can show hopping and jumping movements.
- I can work co-operatively with others to complete tasks.
- I show balance and co-ordination when static and moving at a slow speed.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope.
- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.

Progression of Skills Ladder

<p>Running</p> <ul style="list-style-type: none"> • Demonstrate balance when changing direction. • Clearly show different speeds when running. 	<p>Balance</p> <p>Demonstrate balance when performing movements.</p>	<p>Year 2</p>	<p>Jumping</p> <p>Demonstrate jumping for distance, height and in different directions.</p>	<p>Hopping</p> <p>Demonstrate hopping for distance, height and in different directions.</p>	<p>Skipping</p> <p>Explore single and double bounce when jumping in a rope.</p>
<p>Running</p> <ul style="list-style-type: none"> • Explore changing direction and dodging. • Discover how the body moves at different speeds. 	<p>Balance</p> <ul style="list-style-type: none"> • Move with some control and balance. • Explore stability and landing safely. 	<p>Year 1</p>	<p>Jumping</p> <p>Demonstrate control in take off and landing when jumping.</p>	<p>Hopping</p> <p>Begin to explore hopping in different directions.</p>	<p>Skipping</p> <ul style="list-style-type: none"> • Show co-ordination when turning a rope. • Use rhythm to jump continuously in a French rope.
<p>Running</p> <ul style="list-style-type: none"> • Explore running and stopping. • Explore changing direction safely. 	<p>Balance</p> <p>Explore balancing whilst stationary and on the move.</p>	<p>EYFS</p>	<p>Jumping</p> <p>Begin to explore take off and landing safely.</p>	<p>Hopping</p> <p>Explore hopping on both feet.</p>	<p>Skipping</p> <p>Explore skipping as a travelling action.</p>

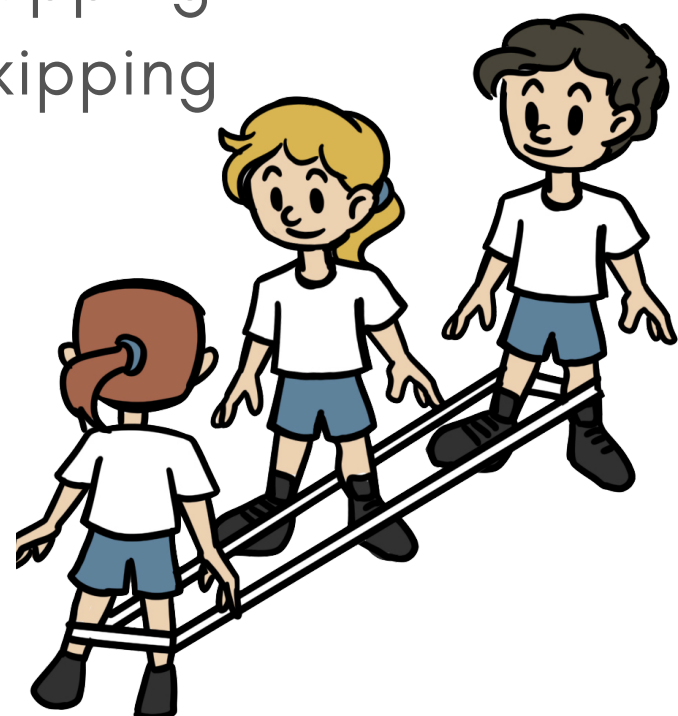


Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Balancing
- Sprinting
- Jogging
- Dodging
- Jumping
- Hopping
- Skipping



Key Skills: S.E.T

- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Respect
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying
- Thinking: Identifying strengths

What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills and apply these to recreational, activity or sport-specific situations.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

Year 2 • Jog • Speed • Skip
• Sprint • Dodge • Hurdle

Teacher Glossary

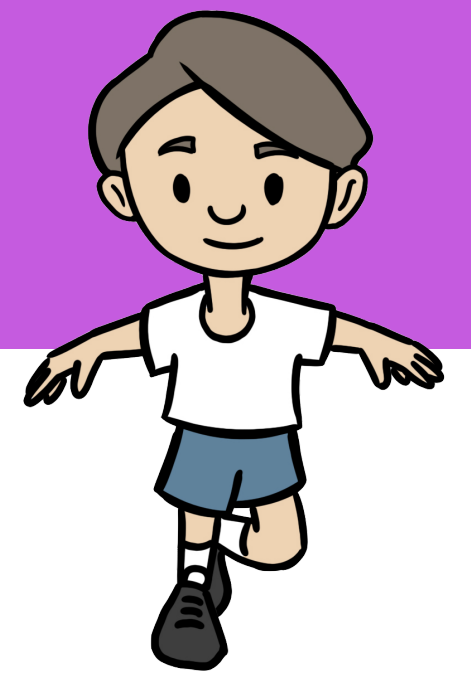
Balance: The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).

Jump: Take off and land on two feet.

Hop: Take off on one foot and land on the same foot.

Leap: Take off on one foot and land on the other foot.

Where this unit sits



Assessment Criteria

Year 1

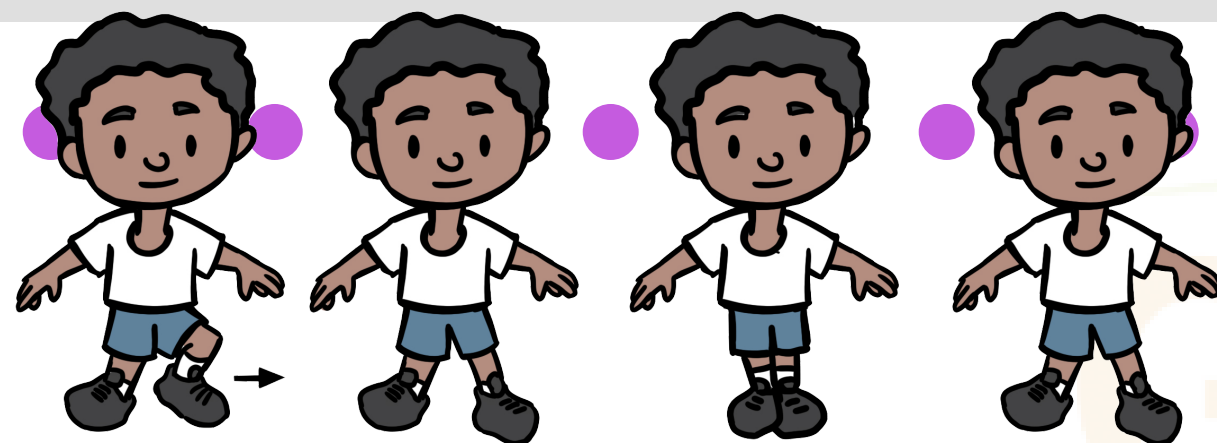
- I can change direction when moving at speed.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can show hopping and jumping movements.
- I can work co-operatively with others to complete tasks.
- I show balance and co-ordination when static and moving at a slow speed.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope.
- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.

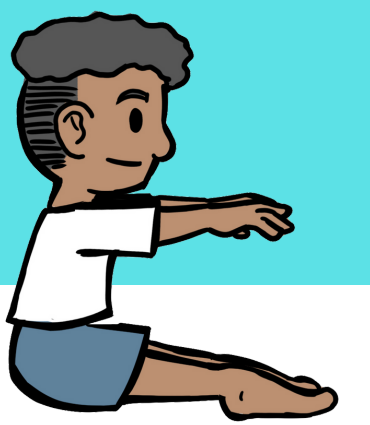
Year 3

- I am able to jump and turn a skipping rope.
- I can change direction quickly.
- I can identify when I was successful.
- I can link hopping and jumping actions.
- I demonstrate balance when performing other fundamental skills.
- I understand how the body moves differently at different speeds.
- I understand why it is important to warm up.



Progression of Skills Ladder

<p>Running</p> <ul style="list-style-type: none"> • Change direction quickly. • Understand and show how the body moves at different speeds. 	<p>Balance</p> <p>Demonstrate balance when performing other fundamental skills.</p>	<p>Year 3</p>	<p>Jumping and hopping</p> <p>Link jumping and hopping actions.</p>	<p>Skipping</p> <p>Jump and turn a skipping rope.</p>	
<p>Running</p> <ul style="list-style-type: none"> • Demonstrate balance when changing direction. • Clearly show different speeds when running. 	<p>Balance</p> <p>Demonstrate balance when performing movements.</p>	<p>Year 2</p>	<p>Jumping</p> <p>Demonstrate jumping for distance, height and in different directions.</p>	<p>Hopping</p> <p>Demonstrate hopping for distance, height and in different directions.</p>	<p>Skipping</p> <p>Explore single and double bounce when jumping in a rope.</p>
<p>Running</p> <ul style="list-style-type: none"> • Explore changing direction and dodging. • Discover how the body moves at different speeds. 	<p>Balance</p> <ul style="list-style-type: none"> • Move with some control and balance. • Explore stability and landing safely. 	<p>Year 1</p>	<p>Jumping</p> <p>Demonstrate control in take off and landing when jumping.</p>	<p>Hopping</p> <p>Begin to explore hopping in different directions.</p>	<p>Skipping</p> <ul style="list-style-type: none"> • Show co-ordination when turning a rope. • Use rhythm to jump continuously in a French rope.



Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Travelling actions
- Shapes
- Balances
- Jumps
- Barrel roll
- Straight roll
- Forward roll progressions

Key Skills: S.E.T

- Social: Sharing
- Social: Working safely
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions



Ways to improve a sequence

- **Starting and finishing position:** Include a starting and finishing position.
- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- **Action:** Include a variety of actions such as a jump, balance, travel, shape.
- **Balance:** Hold your balances with good extension and clear shapes for 3 - 5 seconds.
- **Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- **Speed:** Vary the speed used within a sequence e.g. fast and slow.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

- | | | | |
|-------------|----------|-----------|---------|
| • Action | • Travel | • Balance | • Jump |
| • Direction | • Roll | • Point | • Shape |
| • Speed | • Fast | • Slow | • Level |

Teacher Glossary

Shapes: E.g. tuck, pike, straddle, dish, arch, star.

Action: The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

Level: High, medium and low.

Sequence: A number of actions linked together.

Body tension: Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

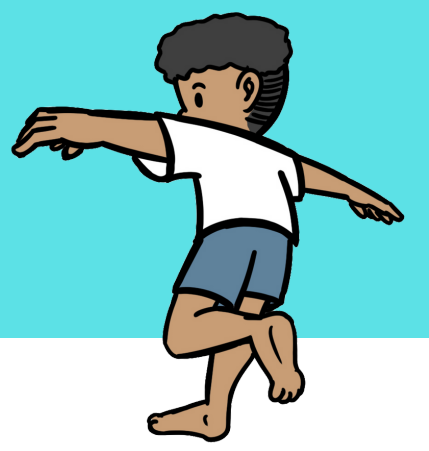
- I am confident to perform in front of others.
- I can link simple actions together to create a sequence.
- I can make my body tense, relaxed, stretched and curled.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions and shapes.
- I can say what I liked about someone else's performance.
- I can use apparatus safely and wait for my turn.

Year 2

- I am beginning to provide feedback using key words.
- I am proud of my work and confident to perform in front of others.
- I can describe how my body feels during exercise.
- I can perform the basic gymnastic actions with some control and balance.
- I can plan and repeat simple sequences of actions.
- I can use directions and levels to make my work look interesting.
- I can use shapes when performing other skills.
- I can work safely with others and apparatus.

Progression of Skills Ladder

<p>Shapes</p> <p>Explore using shapes in different gymnastic balances.</p>	<p>Balances</p> <p>Remember, repeat and link combinations of gymnastic balances.</p>	<p>Year 2</p>	<p>Rolls</p> <p>Explore barrel, straight and forward roll and put into sequence work.</p>	<p>Jumps</p> <p>Explore shape jumps and take off combinations.</p>
<p>Shapes</p> <p>Explore basic and still shapes straight, tuck, straddle, pike.</p>	<p>Balances</p> <p>Perform balances making their body tense, stretched and curled.</p>		<p>Year 1</p>	<p>Rolls</p> <p>Explore barrel, straight and forward roll progressions.</p>
<p>Shapes</p> <p>Show contrast with their bodies including wide/narrow, straight/curved.</p>	<p>Balances</p> <p>Explore shapes in stillness using different parts of their bodies.</p>	<p>EYFS</p>	<p>Rolls</p> <p>Explore rocking and rolling.</p>	<p>Jumps</p> <p>Explore jumping safely.</p>



Links to the PE National Curriculum

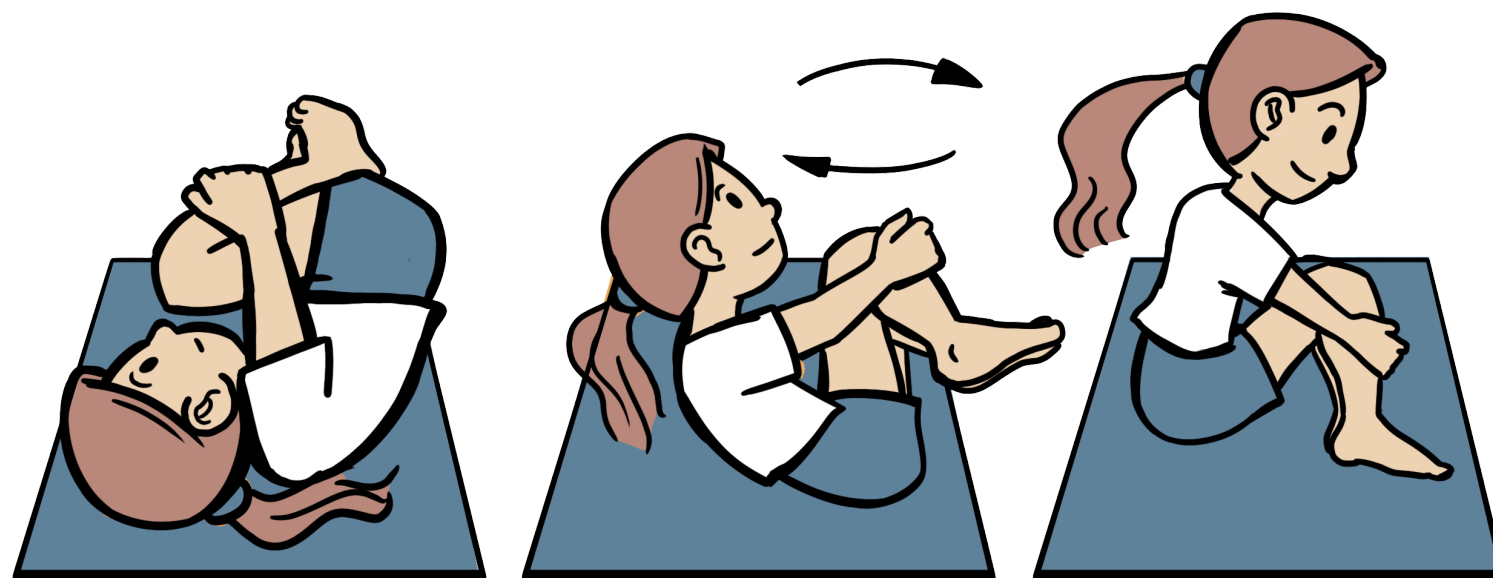
- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Shapes
- Balances
- Shape jumps
- Travelling movements
- Take off and landing
- Barrel roll
- Straight roll
- Forwards roll

Key Skills: S.E.T

- Social: Sharing
- Social: Working safely
- Emotional: Confidence
- Emotional: Independence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions



Ways to improve a sequence

- **Starting and finishing position:** Include a starting and finishing position.
- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- **Action:** Include a variety of actions such as a jump, balance, travel, shape.
- **Balance:** Hold your balances with good extension and clear shapes for 3 - 5 seconds.
- **Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- **Speed:** Vary the speed used within a sequence e.g. fast and slow.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

- Action
- Travel
- Balance
- Jump
- Direction
- Roll
- Link
- Sequence
- Straddle
- Pike
- Tuck
- Star
- Level

Teacher Glossary

Shapes: E.g. tuck, pike, straddle, dish, arch, star.

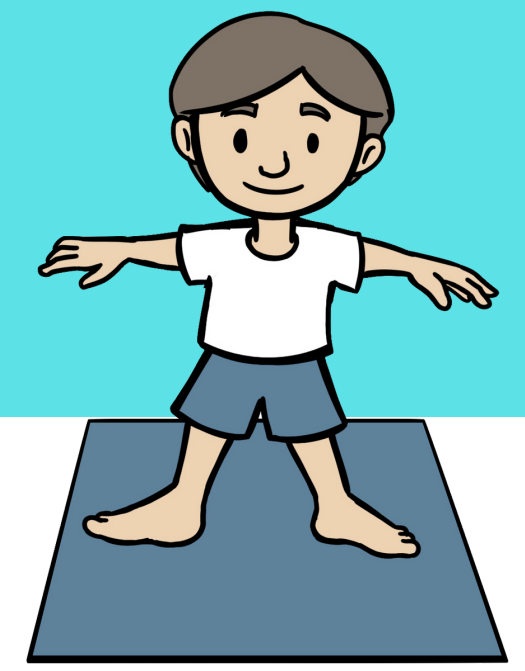
Action: The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.

Level: High, medium and low.

Sequence: A number of actions linked together.

Body tension: Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.

Where this unit sits



Assessment Criteria

Year 1

- I am confident to perform in front of others.
- I can link simple actions together to create a sequence.
- I can make my body tense, relaxed, stretched and curled.
- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions and shapes.
- I can say what I liked about someone else's performance.
- I can use apparatus safely and wait for my turn.

Year 2

- I am beginning to provide feedback using key words.
- I am proud of my work and confident to perform in front of others.
- I can describe how my body feels during exercise.
- I can perform the basic gymnastic actions with some control and balance.
- I can plan and repeat simple sequences of actions.
- I can use directions and levels to make my work look interesting.
- I can use shapes when performing other skills.
- I can work safely with others and apparatus.

Year 3

- I can adapt sequences to suit different types of apparatus.
- I can choose actions that flow well into one another.
- I can choose and plan sequences of contrasting actions.
- I can complete actions with increasing balance and control.
- I can move in unison with a partner.
- I can provide feedback using key words.
- I understand the benefits of exercise.
- I use a greater number of my own ideas for movements in response to a task.
- With help, I can recognise how performances could be improved.

Progression of Skills Ladder

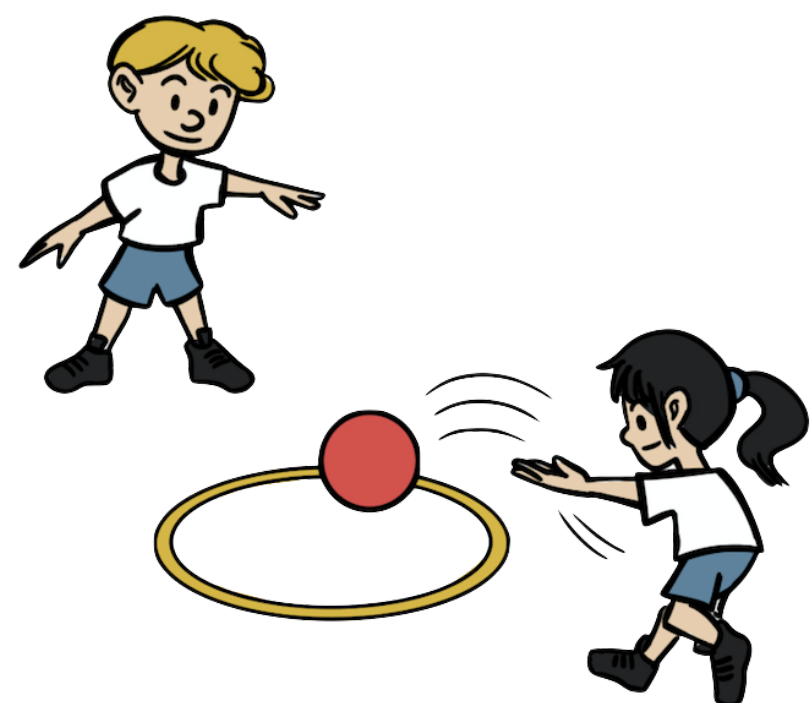
<p>Shapes Explore matching and contrasting shapes.</p>	<p>Balances Explore point and patch balances and transition smoothly into and out of them.</p>	<p>Year 3</p>	<p>Rolls Develop the straight, barrel, and forward roll.</p>	<p>Jumps Develop stepping into shape jumps with control.</p>
<p>Shapes Explore using shapes in different gymnastic balances.</p>	<p>Balances Remember, repeat and link combinations of gymnastic balances.</p>	<p>Year 2</p>	<p>Rolls Explore barrel, straight and forward roll and put into sequence work.</p>	<p>Jumps Explore shape jumps and take off combinations.</p>
<p>Shapes Explore basic and still shapes straight, tuck, straddle, pike.</p>	<p>Balances Perform balances making their body tense, stretched and curled.</p>	<p>Year 1</p>	<p>Rolls Explore barrel, straight and forward roll progressions.</p>	<p>Jumps Explore shape jumps including jumping off low apparatus.</p>

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Participate in team games, developing simple tactics for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Kicking
- Dribbling with hands
- Dribbling with feet
- Dodging
- Finding space



Key Skills: S.E.T

- Social: Cooperation
- Social: Communication
- Social: Supporting and encouraging others
- Social: Respect and kindness towards others
- Emotional: Honesty and fair play
- Emotional: Managing emotions
- Thinking: Connecting information
- Thinking: Decision making
- Thinking: Recalling information

Examples of Invasion Games

Basketball
Netball

Football
Hockey
Lacrosse

Rugby
Handball

Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

- Safely
- Defender
- Dribbling
- Pass
- Attacker
- Space
- Points
- Score
- Team

Year 2

- Possession
- Send
- Teammate
- Chest pass
- Received
- Goal
- Dodge
- Bounce pass

Teacher Glossary

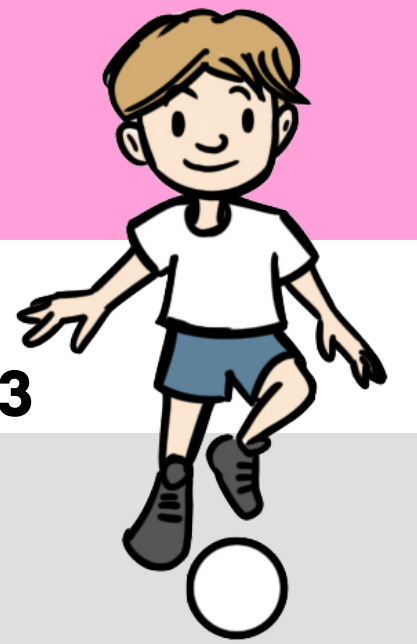
Interception: Catching a pass made by an opposing player

Possession: When a team has the ball they are in possession

Marking: When a player defends an opponent

Getting free: When an attacking player moves to lose their defender

Where this unit sits



EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Assessment Criteria

Year 1

- I am beginning to dribble a ball with my hands and feet.
- I can change direction to move away from a defender.
- I can recognise space when playing games.
- I can send and receive a ball with hands and feet.
- I can use simple rules to play fairly.
- I know when I am successful. I move my feet to stay with another player when defending.
- I recognise changes in my body when I do exercise.
- I understand when I am a defender and when I am an attacker.

Year 2

- I am beginning to provide feedback using key words.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with increasing control.
- I can find space away from others when playing games.
- I can move with a ball towards my goal.
- I can send and receive a ball with increasing consistency with hands and feet.
- I can stay close to another player to try to stop them from getting the ball.
- I understand the rules and can use them to keep a game going.
- I understand what to do when I am an attacker and a defender.

Year 3

Assessment criteria for the Invasion Games units in Year 3

Progression of Skills Ladder

Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Sending and Receiving

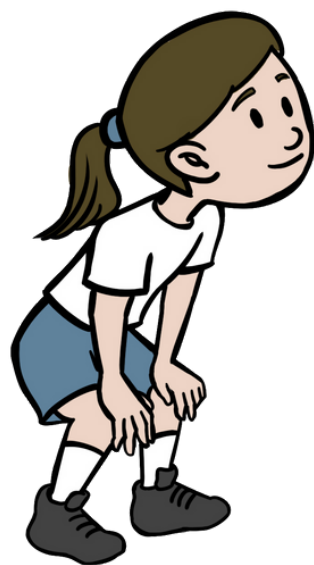
<p>Sending & receiving Explore S&R abiding by the rules of the game.</p>	<p>Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.</p>	<p>Year 3</p>	<p>Attacking Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p>	<p>Defending Track opponents to limit their scoring opportunities.</p>	<p>Space Develop moving with a ball towards goal with some control.</p>	
<p>Sending & receiving Developing S&R with increased control.</p>	<p>Dribbling Explore dribbling with hands and feet with increasing control on the move.</p>		<p>Year 2</p>	<p>Attacking Developing moving into space away from defenders.</p>	<p>Defending Explore staying close to other players to try and stop them getting the ball.</p>	<p>Space Explore moving with a ball towards goal.</p>
<p>Sending & receiving Explore S&R with hands and feet to a partner.</p>	<p>Dribbling Explore dribbling with hands and feet.</p>			<p>Year 1</p>	<p>Attacking Explore changing direction to move away from a partner.</p>	<p>Defending Explore tracking and move to stay with a partner.</p>
<p>Sending & receiving Explore S&R with hands and feet using a variety of equipment.</p>	<p>Dribbling Explore dropping and catching with two hands and moving a ball with their feet.</p>		<p>EYFS</p>		<p>Attacking & defending Explore changing direction and tagging games.</p>	<p>Space Recognise their own space.</p>

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Hitting a ball
- Tracking a ball



Key Skills: S.E.T

- Social: Respect
- Social: Communication
- Emotional: Honesty and fair play
- Emotional: Determination
- Thinking: Decision making
- Thinking: Using simple tactics
- Thinking: Recalling information
- Thinking: Comprehension

Examples of Net and Wall Games

Tennis

Badminton

Volleyball

Key Vocabulary:

Encourage pupils to use this language in your lessons.
*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

- Safely
- Ready position
- Partner
- Score
- Racket
- Net
- Underarm
- Space
- Points

Year 2

- Receive
- Opponent
- Quickly
- Trap
- Defend
- Return
- Collect
- Against

Teacher Glossary

Trap: To stop or trap a rolled ball on the floor using a tennis racket

Ready position: Feet shoulder width apart, knees bent, used to be able to move to the ball quickly

Where this unit sits



EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Assessment Criteria

Year 1

- I can hit a ball using a racket.
- I can throw a ball to land over the net and into the court area.
- I can track balls and other equipment sent to me.
- I can use a ready position to move to the ball.
- I know how to score points.
- I recognise changes in my body when I do exercise.
- I show honesty and fair play when playing against an opponent.

Year 2

- I can defend space on my court using the ready position.
- I can describe how my body feels during exercise.
- I can hit a ball over the net and into the court area.
- I can throw accurately to a partner.
- I can use simple tactics to make it difficult for an opponent.
- I know how to score points and can remember the score.
- I show good sportsmanship when playing against an opponent.

Year 3

Assessment criteria for the Net and Wall Games units in Year 3

Progression of Skills Ladder

<p>Shots Explore returning a ball using focus shots such as the forehand and backhand.</p>	<p>Serving Explore serving from an underarm serve.</p>	<p>Year 3</p>	<p>Rallying Explore rallying with a forehand.</p>	<p>Footwork Consistently use and return to the ready position in between shots.</p>	
<p>Hitting Develop hitting a dropped ball over a net.</p>	<p>Feeding Accurately underarm throw over a net to a partner.</p>		<p>Year 2</p>	<p>Rallying Explore underarm rallying with a partner catching after one bounce.</p>	<p>Footwork Consistently use the ready position to move towards a ball.</p>
<p>Hitting Explore hitting a dropped ball with a racket.</p>	<p>Feeding Throw a ball over a net to land into the court area.</p>		<p>Year 1</p>	<p>Rallying Explore underarm rallying with a partner.</p>	<p>Footwork Use the ready position to move towards a ball.</p>
<p>Hitting Explore hitting a ball with their hands.</p>	<p>Feeding and Rallying Explore sending a ball to a partner.</p>		<p>EYFS</p>	<p>Footwork Explore changing direction, running and stopping.</p>	

Other activities that progress into this unit are:

- Games
- Ball Skills
- Fundamentals
- Sending and Receiving

Links to the PE National Curriculum

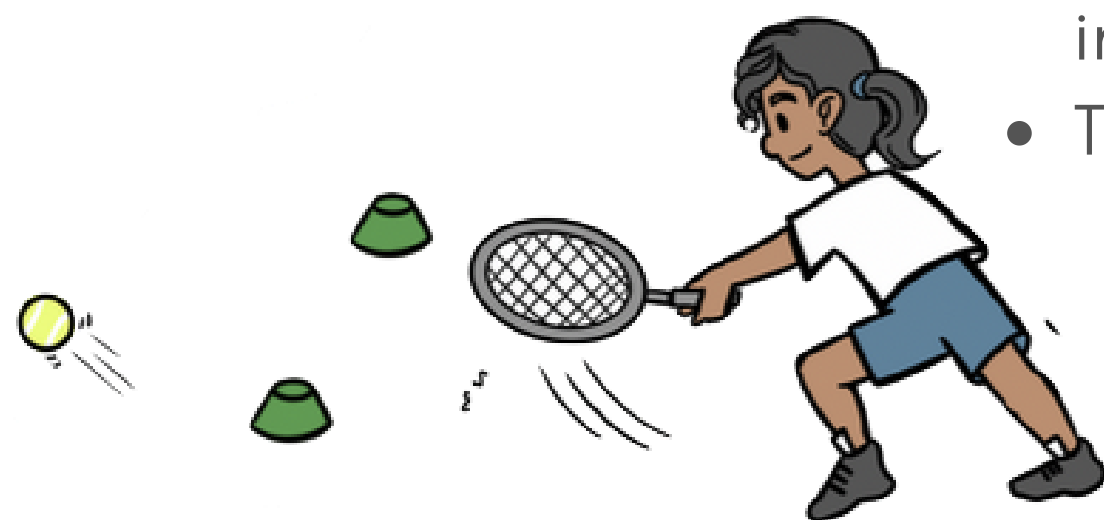
- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Rolling
- Kicking
- Throwing
- Catching
- Tracking

Key Skills: S.E.T

- Social: Co-operation
- Social: Communication
- Social: Keeping others safe
- Emotional: Perseverance
- Emotional: Challenging myself
- Thinking: Identifying how to improve
- Thinking: Transferring skills



Examples of games that use sending and receiving skills

Target Games	Net & Wall	Striking & Fielding	Invasion
Golf	Tennis	Rounders	Hockey
Boules	Volleyball	Cricket	Netball
Boccia	Badminton	Baseball	Football
New Age Kurling			Tag Rugby
Dodgeball			Handball
			Basketball

Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

- Aim
- Throw
- Roll
- Kick
- Catch
- Safely
- Racket

Year 2

- Jog
- Defender
- Send
- Release
- Target
- Control
- Accurate

Teacher Glossary

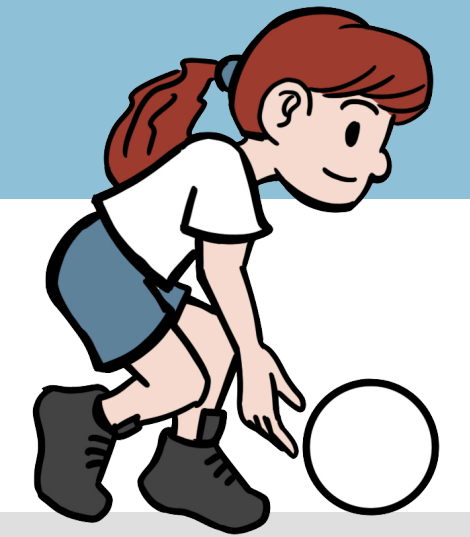
Track: To track is when a player moves their body to get in line with a ball that is coming towards them.

Send: To pass to someone using either your hands, feet or an object.

Receive: To collect or stop a ball that is sent to you using either your hands, feet or an object.

Where this unit sits

Assessment Criteria



EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I am beginning to send and receive a ball using a piece of equipment.
- I am beginning to send and receive a ball with my feet.
- I can catch a ball after one bounce.
- I can recognise changes in my body when I do exercise.
- I can roll a ball towards a target.
- I can throw a ball to a partner.
- I can track a ball that is coming towards me.
- I can work co-operatively with a partner.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to trap and cushion a ball that is coming towards me.
- I can accurately kick a ball to a partner.
- I can accurately throw a ball to a partner.
- I can catch a ball passed to me, with and without a bounce.
- I can describe how my body feels during exercise.
- I can roll a ball to hit a target.
- I can track a ball and stop it using my hands and feet.
- I can work co-operatively with a partner and a small group.
- I can work safely to send a ball towards a partner using a piece of equipment.

Year 3

Assessment criteria for Target Games Net and Wall Striking and Fielding and Invasion units in Year 3

Units that progress into this activity:

Ball Skills

Sending and Receiving



Activities that this unit progresses into:

**Target Games
Net and Wall
Striking and Fielding
Invasion**

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Participate in team games, developing simple tactics for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Retrieving a ball
- Tracking a ball
- Striking a ball



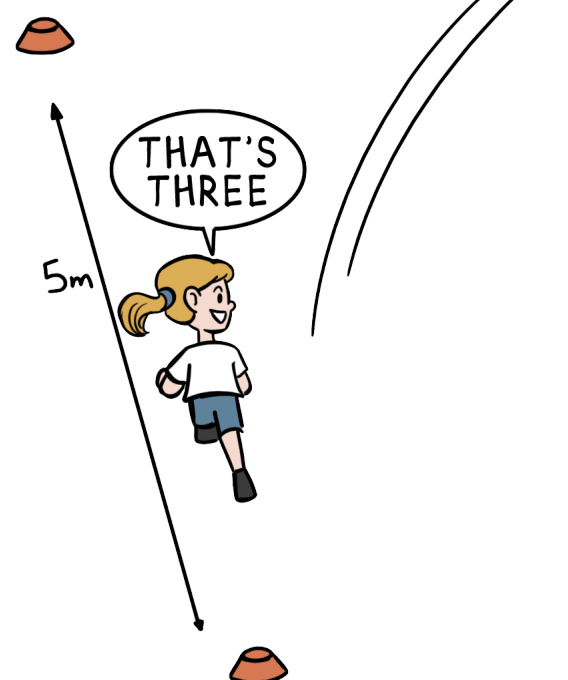
FIELDER

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Consideration of others
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



BOWLER



Examples of Striking and Fielding Games

Cricket

Rounders
Softball

Baseball

Key Vocabulary:

Encourage pupils to use this language in your lessons.
*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

- Throw
- Points
- Target
- Pass
- Space
- Score
- Team
- Hit
- Catch

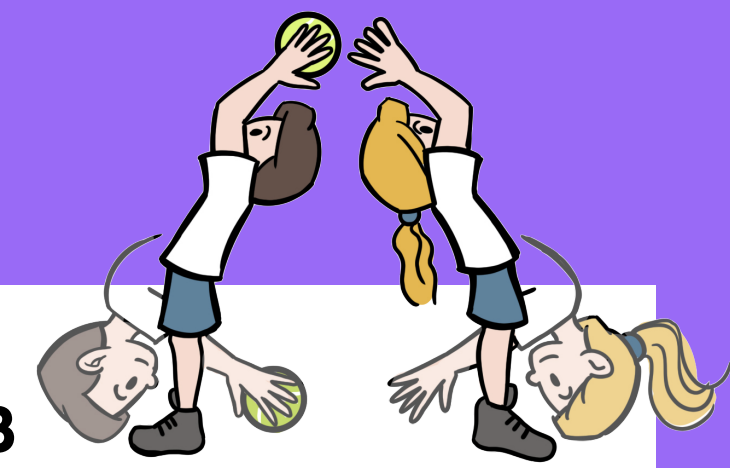
Year 2

- Send
- Runs
- Teammate
- Received
- Batter
- Bowler
- Fielder

Teacher Glossary

- Fielder:** A player on the fielding team, especially one other than the bowler or backstop / wicket keeper.
- Batter:** A player on the batting team.
- Runs:** The unit of scoring.
- Bowler:** The player who starts the game by bowling to the batter.
- Track:** When fielding, to track is when a player moves their body to get in line with a ball that is coming towards them.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I can catch a beanbag and a medium-sized ball.
- I can recognise changes in my body when I do exercise.
- I can roll a ball towards a target.
- I can strike a ball using my hand.
- I can track a ball that is coming towards me.
- I know how to score points.
- I play fairly against an opponent.
- I understand the rules and I am beginning to use these to play fairly.
- I understand when I am successful.

Year 2

- I am beginning to provide feedback using key words.
- I am developing underarm and overarm throwing skills.
- I can describe how my body feels during exercise.
- I can roll a ball to hit a target.
- I can sometimes hit a ball using a racket.
- I can track a ball and collect it.
- I can use simple tactics.
- I know how to score points and can remember the score.
- I understand the rules of the game and can use these to play fairly in a small group.

Year 3

Assessment criteria for the Striking and Fielding Games units in Year 3

Progression of Skills Ladder

Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Sending and Receiving

<p>Striking Begin to strike a bowled ball using different equipment.</p>	<p>Fielding Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.</p>	<p>Year 3</p>	<p>Throwing Use overarm and underarm throwing in game situations.</p>	<p>Catching Catch with some consistency in game situations.</p>
<p>Striking Develop striking a ball with their hand and equipment with some consistency.</p>	<p>Fielding Understand that there are different roles within a fielding team.</p>		<p>Year 2</p>	<p>Throwing Develop coordination and technique when throwing over and underarm.</p>
<p>Striking Explore striking a ball with their hand and equipment.</p>	<p>Fielding Develop tracking and retrieving a ball for their team.</p>	<p>Year 1</p>	<p>Throwing Explore technique when throwing over and underarm.</p>	<p>Catching Develop coordination and technique when catching.</p>
<p>Striking Explore sending a ball to a partner.</p>	<p>Fielding Explore tracking and stopping a rolling ball.</p>	<p>EYFS</p>	<p>Throwing and Catching Explore rolling, throwing and catching using a variety of equipment.</p>	

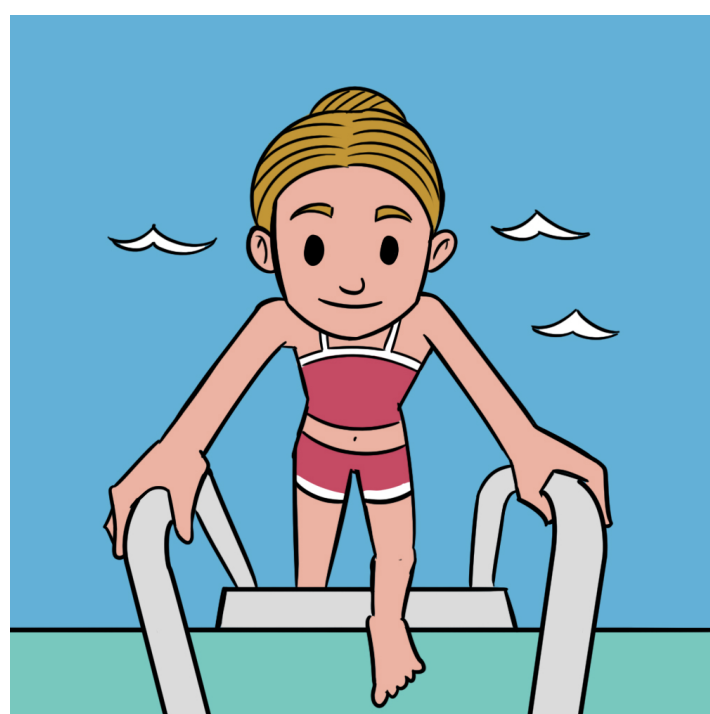
Links to the PE National Curriculum

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

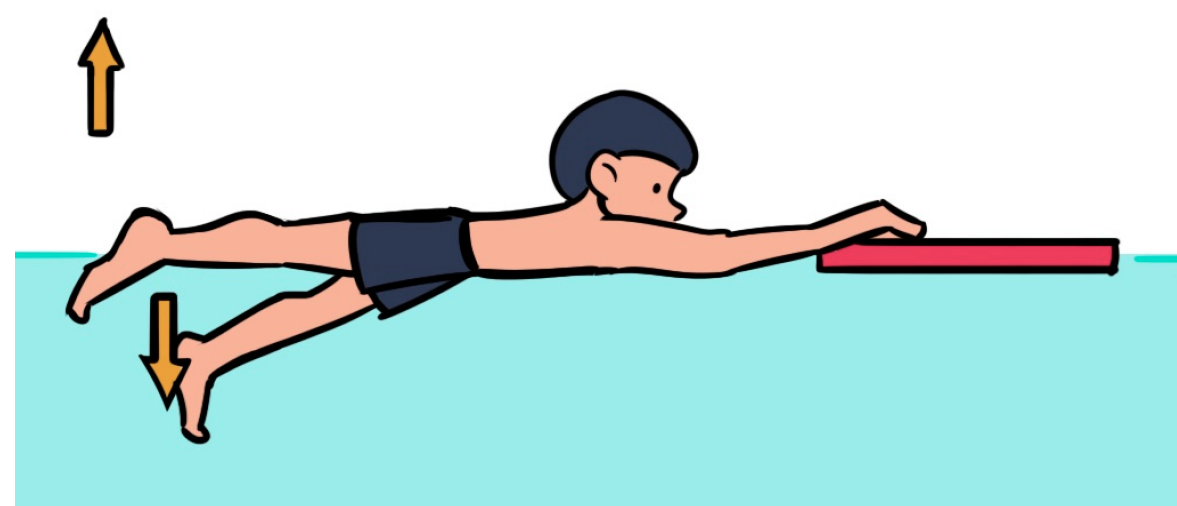
Key Skills: Physical

- Float
- Travel
- Submerge
- Kick with legs
- Pull with arms
- Glide



Key Skills: S.E.T

- Social: Co-operation
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Determination
- Emotional: Challenging myself
- Thinking: Creating actions
- Thinking: Using tactics



Top Tips for Teachers

- Use the time you have travelling to and from the pool to discuss water safety. Find resources from Swim England in the resource bank to support this.
- It is recommended that all pupils wear swimming hats.
- Have a range of buoyancy equipment available for less confident swimmers such as arm discs, swim belts and noodles.
- The Get Set 4 PE swimming plans are written for group sizes of 12. These can be taught for more or less pupils but you will need to be mindful of the equipment required and ratios of adults to pupils.
- The Year 1/2 SOW is written for beginner swimmers, the Y3/4 SOW is written for developing swimmers and the Y5/6 SOW is written for intermediate swimmers. When selecting lesson plans to teach, consider the level of your swimmers not necessarily the age.
- Always check the safety and pool guidelines of the facility you use before teaching.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1 • Safely • Enter • Rules • Front
• Travel • Kicking • Exit • Back

Year 2 ● Pulling ● Breathing ● Unaided
● Gliding ● Floating ● Splash

Teacher Glossary

Pull: the action done by the arms to move through the water.

Glide: When a swimmer coasts with a pause in their stroke or after pushing off from the side.

Where this unit sits

Assessment Criteria

Year 1

- I can explain a pool rule that helps me to stay safe.
- I can float on my front and back.
- I can move and submerge confidently in the water.
- I can swim over a distance of 10m with a buoyancy aid.
- I know and can demonstrate what to do if I fall into water.

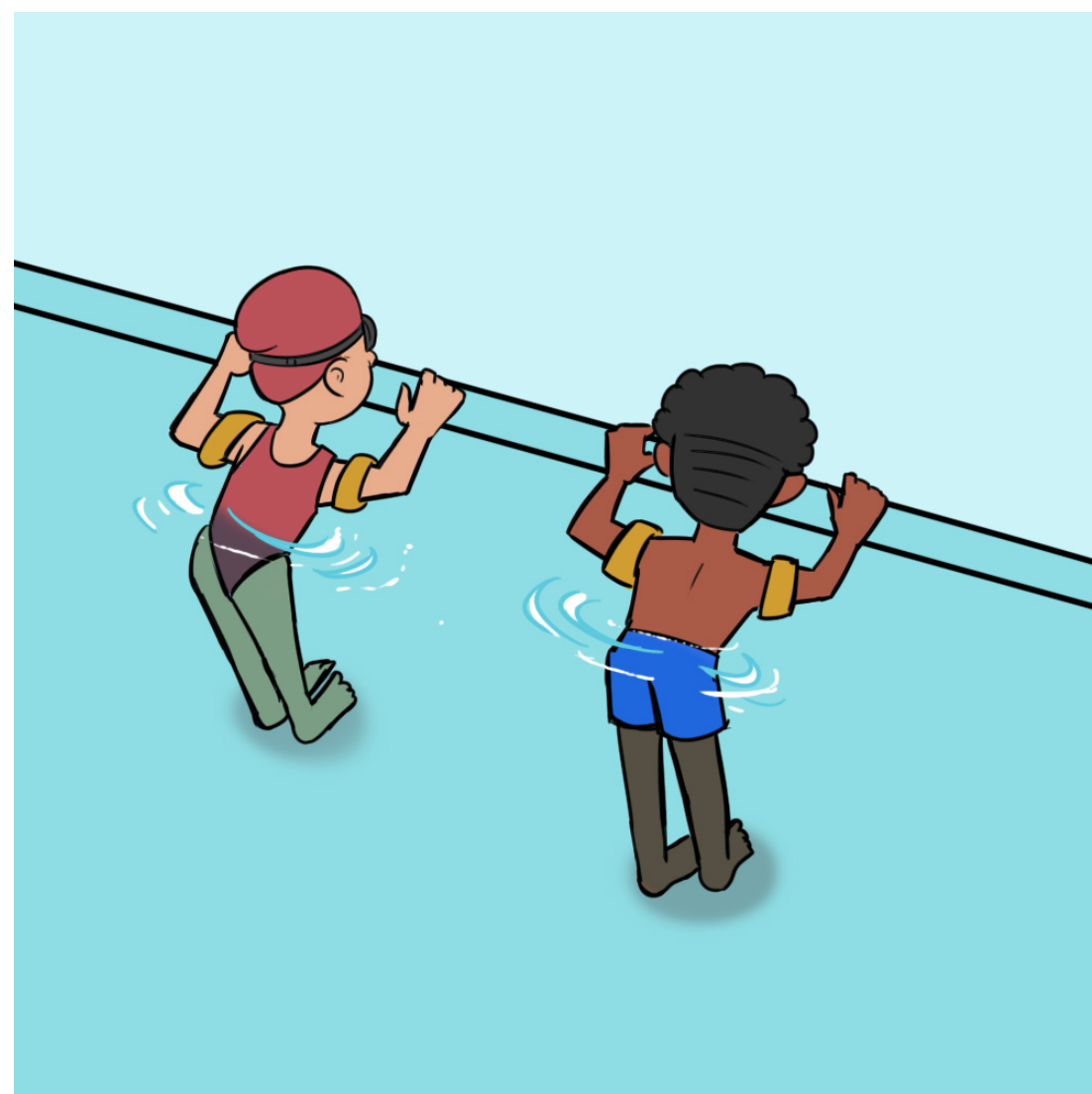
Year 2

- I can begin to use arms and legs together to move effectively across the water.
- I can demonstrate what to do if I fall into water.
- I can float on my front and back.
- I can glide on both front and back.
- I can roll from my front to my back and then regain a standing position.
- I can swim over a distance of 10m unaided.
- I know several pool rules and can explain how they help me to stay safe.

Year 3

- I can swim competently, confidently and proficiently over a distance of at least 25 metres.
- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- I can perform safe self-rescue in different water-based situations.

Progression of Skills Ladder



<p>Strokes</p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p>Year 3</p>	<p>Breathing</p> <p>Begin to explore front crawl breathing technique.</p>	<p>Water Safety</p> <p>Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p>
<p>Strokes</p> <p>Begin to use arms and legs together, more effectively across the water unaided.</p>	<p>Year 2</p>	<p>Breathing</p> <p>Begin to explore breathing in sync with their kicking action.</p>	<p>Water Safety</p> <p>Demonstrate an awareness of water safety and float on their front and on their back.</p>
<p>Strokes</p> <p>Can swim over a 10m distance with a buoyancy aid.</p>	<p>Year 1</p>	<p>Breathing</p> <p>Can submerge confidently in the water.</p>	<p>Water Safety</p> <p>Become aware of water safety and explore floating on their front and back.</p>



Links to the PE National Curriculum

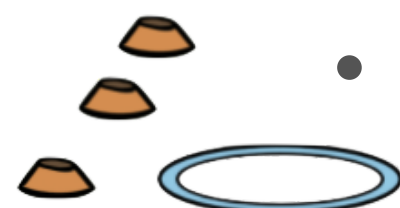
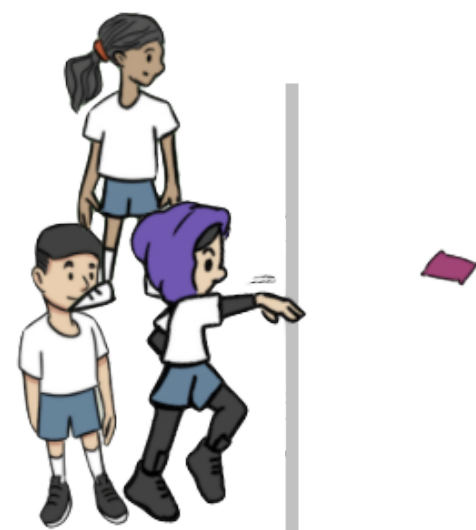
- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Underarm throwing
- Overarm throwing
- Aim
- Hand eye co-ordination

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Leadership
- Emotional: Perseverance
- Emotional: Honesty
- Emotional: Fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



Examples of Target Games

Golf	Boccia	Bowls
New Age Kurling	Dodgeball	Archery

Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1

- Far • Aim • Balance • Throw
- Team • Score • Points • Distance

Year 2

- Overarm • Accurate • Against
- Underarm • Send • Target • Release

Teacher Glossary

Agility: The ability to change direction quickly and easily.

Release: The point at which you let go of an object.

Target: The object that is being aimed for.

Co-ordination: The ability to move two or more body parts at the same time.

Where this unit sits

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Assessment Criteria

Year 1

- I can roll a ball towards a target.
- I can use an underarm throw aiming towards a target.
- I can use an overarm throw aiming towards a target.
- I understand what good technique looks like.
- I can recognise changes in my body when I do exercise.
- I can work co-operatively with a partner.

Year 2

- I can use an underarm throw to hit a target with some success.
- I can use an overarm throw to hit a target with some success.
- I am beginning to select the appropriate throw for the target.
- I understand what good technique looks like and can use key words in the feedback I provide.
- I can describe how my body feels during exercise.
- I can work co-operatively with a partner and a small group.

Year 3

Assessment criteria for Target Games units in Year 3



Progression of Skills Ladder



Other units that progress into this activity:

Games
Ball Skills
Sending & Receiving

<p>Throwing Explore throwing at a moving target.</p>	<p>(Dodgeball) Catching Build the confidence to attempt catching in game situations.</p>	<p>Year 3</p>	<p>Striking Begin to explore striking a ball with sport specific equipment.</p>
<p>Throwing Overarm Develop coordination and technique when throwing overarm at a target.</p>		<p>Year 2</p>	<p>Throwing Underarm Develop coordination and technique when throwing underarm at a target.</p> <p>Striking Develop striking a ball with their hand and equipment with some consistency.</p>
<p>Throwing Overarm Explore technique when throwing overarm towards a target.</p>		<p>Year 1</p>	<p>Throwing Underarm Explore technique when throwing underarm towards a target.</p> <p>Striking Explore striking a ball with their hand and equipment.</p>
<p>Throwing Explore throwing using a variety of equipment.</p>	<p>Catching Explore catching using a variety of equipment.</p>	<p>EYFS</p>	<p>Striking Explore sending a ball to a partner.</p>

Links to the PE National Curriculum

- Pupils should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to participate in team games.

Why team building?

Team building games are a great tool for helping your pupils learn to work together, listen carefully, communicate clearly and think creatively. They also give your pupils the chance to get to know each other, build trust as a class and develop vital life skills.

Top tips for teaching Team Building:

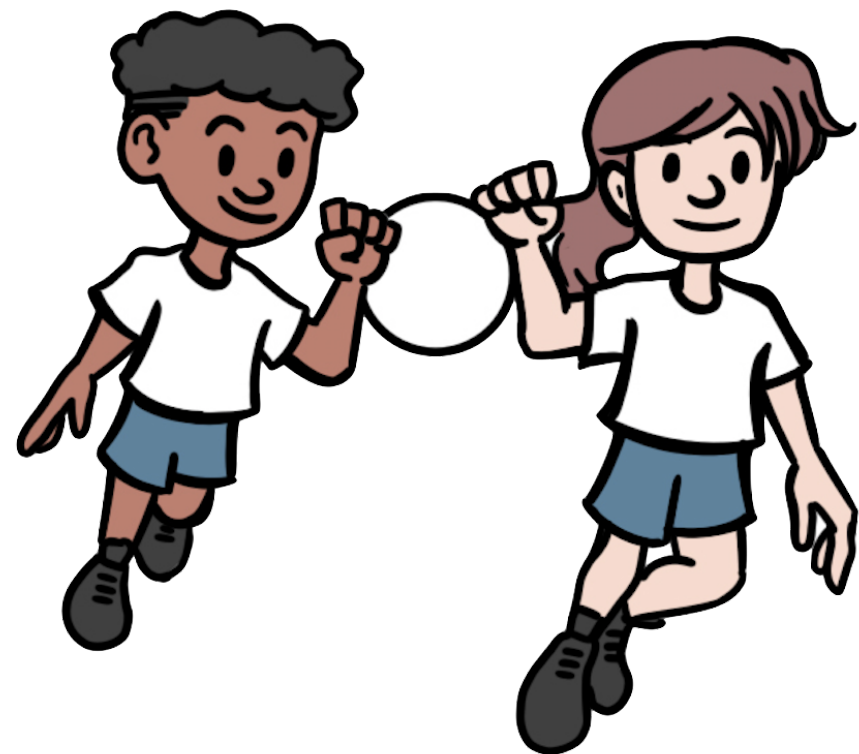
- Encourage your class to think independently whilst working collaboratively.
- Mix up who the children work with. Working with children whom they have different relationships with allows them to develop a new set of social skills.
- Build on the learning in the lessons by identifying when these positive behaviours are used in different situations throughout the school day.

Key Skills: Physical

- Balancing
- Travelling actions

Key Skills: S.E.T

- Social: Communication
- Social: Sharing ideas
- Social: Inclusion
- Social: Encouraging and supporting others
- Emotional: Confidence
- Emotional: Trust
- Emotional: Honesty
- Thinking: Decision making
- Thinking: Using tactics
- Thinking: Providing instructions
- Thinking: Planning
- Thinking: Problem solving



Key Vocabulary:

Encourage pupils to use this language in your lessons.

- Solve
- Teamwork
- Lead
- Direction
- Co-operate
- Instructions
- Share
- Listen
- Safely
- Travel

This unit builds into:

OAA

Outdoor Adventurous Activities

Where this unit sits



Year 2

Assessment Criteria

Year 1

- I can communicate simple instructions.
- I can follow a simple diagram/map.
- I can follow instructions.
- I can listen to others' ideas.
- I can suggest ideas to solve tasks.
- I can work with a partner and a small group.
- I understand the rules of the game.

- I can follow instructions carefully.
- I can say when I was successful at solving challenges.
- I can share my ideas and help to solve tasks.
- I can work co-operatively with a partner and a small group.
- I show honesty and can play fairly.
- I understand how to use, follow and create a simple diagram/map.

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
- Physical: I can move confidently in a range of ways.
- Physical: I can safely negotiate space.
- Physical: I can show good control and co-ordination in small and large movements.
- Physical: I can talk about ways to keep healthy and safe.
- Physical: I know the importance for good health and physical exercise.
- Social: I am sensitive to others' feelings.
- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Progression of Skills Ladder

Other units that progress into this activity are:

Games

Introduction to PE

<p>Problem Solving Begin to plan, and with some success, apply strategies to overcome a challenge.</p>	<p>Navigational Skills Understand how to use, follow and create a simple diagram/map.</p>	<p>Year 2</p>	<p>Communication Work cooperatively with a partner and a small group.</p>	<p>Reflection Verbalise when they were successful and areas that they could improve.</p>
<p>Problem Solving Suggest ideas in response to a task.</p>	<p>Navigational Skills Follow a simple diagram/map.</p>		<p>Year 1</p>	<p>Communication Communicate simple instructions and listen to others.</p>
<p>Problem Solving Explore activities in which they make their own decisions in response to a task.</p>	<p>Navigational Skills Make decisions about where to move in space.</p>	<p>EYFS</p>	<p>Communication Develop their confidence in expressing themselves.</p>	<p>Reflection Begin to identify when they were successful.</p>

Links to the PE National Curriculum

- Pupils should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to participate in team games.

Why team building?

- Team building games are a great tool for helping your pupils learn to work together, listen carefully, communicate clearly and think creatively. They also give your pupils the chance to get to know each other, build trust as a class and develop vital life skills.

Top tips for teaching Team Building:

- Encourage your class to think independently whilst working collaboratively.
- Mix up who the children work with. Working with children whom they have different relationships with allows them to develop a new set of social skills.
- Build on the learning in the lessons by identifying when these positive behaviours are used in different situations throughout the school day.

Key Vocabulary:

Encourage pupils to use this language in your lessons.

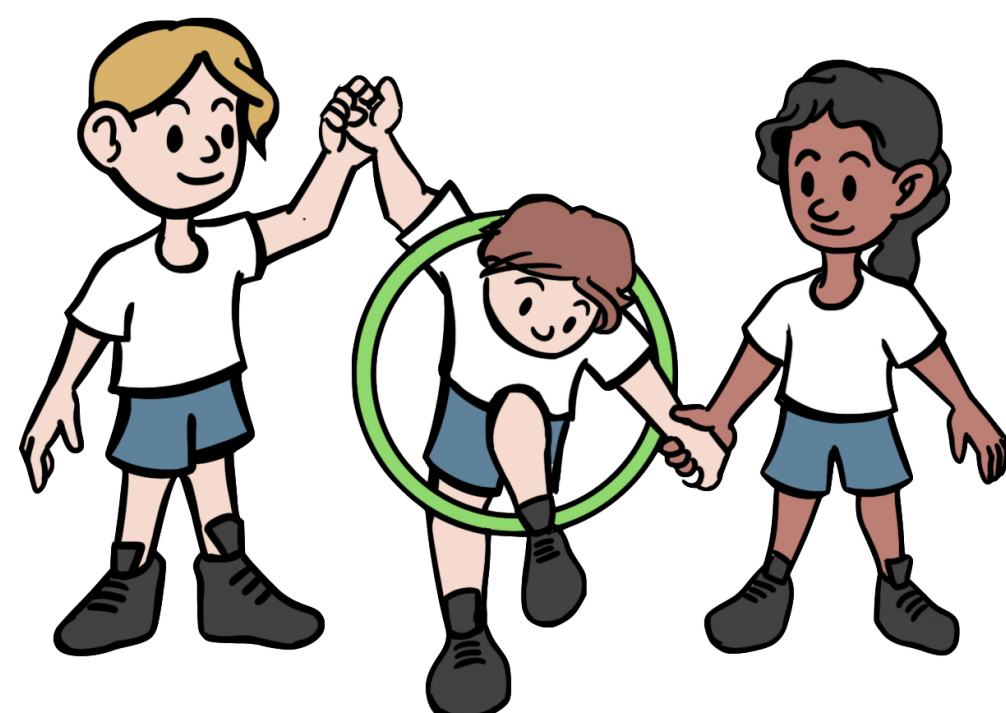
- | | | |
|--------------------|---------------------|----------------------|
| • Solve | • Support | • Map |
| • Direction | • Co-operate | • Successful |
| • Share | • Plan | • Communicate |

Key Skills: Physical

- Travelling actions
- Jumping
- Balancing

Key Skills: S.E.T

- Social: Communication
- Social: Listening
- Social: Leading
- Social: Inclusion
- Emotional: Trust
- Emotional: Honesty and fair play
- Emotional: Acceptance
- Thinking: Planning
- Thinking: Decision making
- Thinking: Problem solving



This unit builds into:

OAA

Outdoor Adventurous Activities

Where this unit sits



Assessment Criteria

Year 1

- I can communicate simple instructions.
- I can follow a simple diagram/map.
- I can follow instructions.
- I can listen to others' ideas.
- I can suggest ideas to solve tasks.
- I can work with a partner and a small group.
- I understand the rules of the game.

Year 2

- I can follow instructions carefully.
- I can say when I was successful at solving challenges.
- I can share my ideas and help to solve tasks.
- I can work co-operatively with a partner and a small group.
- I show honesty and can play fairly.
- I understand how to use, follow and create a simple diagram/map.

Year 3

- I am developing map reading skills.
- I can follow and give instructions.
- I can listen to and am accepting of others' ideas.
- I can plan and attempt to apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges and am beginning to understand why.
- I can work collaboratively with a partner and a small group.

Progression of Skills Ladder

Other units that progress into this activity are:

Games

Introduction to PE

<p>Problem Solving Can plan and implement strategies to solve problems.</p>	<p>Navigational Skills Developing map reading skills.</p>	<p>Year 3</p>	<p>Communication Can follow and give instructions and are accepting of other peoples' ideas.</p>	<p>Reflection Can reflect on when and why they were successful at solving challenges.</p>	
<p>Problem Solving Begin to plan, and with some success, apply strategies to overcome a challenge.</p>	<p>Navigational Skills Understand how to use, follow and create a simple diagram/map.</p>		<p>Year 2</p>	<p>Communication Work cooperatively with a partner and a small group.</p>	<p>Reflection Verbalise when they were successful and areas that they could improve.</p>
<p>Problem Solving Suggest ideas in response to a task.</p>	<p>Navigational Skills Follow a simple diagram/map.</p>		<p>Year 1</p>	<p>Communication Communicate simple instructions and listen to others.</p>	<p>Reflection Identify when they were successful and make basic observations about how to improve.</p>



Links to the PE National Curriculum

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

- Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities.

Top Tips for Teachers

- Repetition helps to reinforce learning. Repeat poses to allow the children to build on their yoga practise.
- Children will find it hard to concentrate for long periods of time. Mix up your teaching and know that children will be able to remain focused for different lengths of time and that that is ok.
- Keep safety in mind and ensure children work at a level they feel comfortable with.
- Use the word "try" so that the children learn to appreciate the process rather than the result.

Key Skills: Physical

- Breathing
- Balance
- Flexibility
- Strength

Key Skills: S.E.T

- Social: Working safely
- Social: Sharing ideas
- Social: Leadership
- Emotional: Calmness
- Emotional: Patience
- Emotional: Understanding
- Thinking: Selecting actions
- Thinking: Creating poses
- Thinking: Focus
- Thinking: Providing feedback



Key Vocabulary:

Encourage pupils to use this language in your lessons.

*Year 2 would use Year 1 and Year 2 vocabulary

Year 1 • Safely • Listen • Copy • Slowly
• Space • Breath • Balance • Feel

Year 2 • Focus • Position • Create
• Pose • Flow • Choose

Teacher Glossary

Mindfulness: The process of purposely bringing one's attention to experiences occurring in the present moment.

Asana: Refers to physical poses and postures.

Pranayama: Refers to breathing techniques. Prana is our life force, our breath.

Namaste: In yoga this means 'the divine in me acknowledges the divine in you' and is a respectful way to start or end a class.

Where this unit sits



Assessment Criteria

EYFS Early Learning Goals

- Physical: I can handle equipment effectively.
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- Social: I play co-operatively, taking turns.
- Emotional: I am confident to try new activities.
- Emotional: I ask for help if needed.
- Thinking: I can talk about my own ideas and use them in response to a task.
- Thinking: I understand and follow rules.

Year 1

- I can recognise changes in my body when I do exercise.
- I can remember and repeat actions, linking poses together.
- I can say what I liked about someone else's flow.
- I can show an awareness of space when travelling.
- I can work with others to create poses.

Year 2

- I am beginning to provide feedback using key words.
- I can copy, remember and repeat yoga flows.
- I can describe how my body feels during exercise.
- I can move from one pose to another thinking about my breath.
- I can use clear shapes when performing poses.
- I can work with others to create simple flows showing some control.

Year 3

- I can copy and link yoga poses together to create a short flow.
- I can describe how yoga makes me feel.
- I can move from one pose to another in time with my breath.
- I can provide feedback using key words.
- I can work with others to create a flow including a number of poses.
- I show some stability when holding my yoga poses.

Progression of Skills Ladder

Other units that progress into this activity are:

Fundamentals
Gymnastics

<p>Balance Demonstrate increased control when in poses and explore control in paired poses.</p>	<p>Flexibility Explore poses and movement in relation to their breath.</p>	<p>Year 3</p>	<p>Strength Explore arm balances with some control.</p>	<p>Mindfulness Develop their ability to stay still and keep their focus.</p>
<p>Balance Remember, copy, and repeat sequences of linked poses.</p>	<p>Flexibility Show increased awareness of extension in poses.</p>		<p>Year 2</p>	<p>Strength Demonstrate increased control in performing poses.</p>
<p>Balance Perform balances and poses making their body tense, stretched and curled.</p>	<p>Flexibility Explore poses and movements that challenge their flexibility.</p>	<p>Year 1</p>	<p>Strength Explore strength whilst transitioning from one pose to another.</p>	<p>Mindfulness Recognise their own feelings in response to a task or activity.</p>
<p>Balance Explore shapes in stillness using different parts of their bodies.</p>	<p>Flexibility Explore shapes and actions to stretch their bodies.</p>	<p>EYFS</p>	<p>Strength Explore taking weight on different body parts.</p>	<p>Mindfulness Explore their own feelings in response to an activity or task.</p>