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| Objective |  | Key skills | What we will learn | Key concepts  |
| Key knowledge | Key vocabulary |
| **To develop practical skills in order to participate, compete and lead a healthy lifestyle** | Games  | • Use the terms ‘opponent’ and ‘team-mate’.• Use rolling, hitting, running, jumping, catching and kicking skills in combination.• Develop tactics.• Lead others when appropriate. | **Know how to:**Use basic striking, sending and receiving skillsUse throwing and catching skills in a gameThrow with accuracy and catch consistentlyStrike with a racket or bat.Play a game fairly and in a sporting mannerUse fielding skills to play a game.To learn skills for playing striking and fielding games.Position the body to strike a ball.Throw a ball for distance.Practise throwing skills in a circuitUse fielding skills to play a gameTo use hand-eye coordination to control a ball.Catch a variety of objectsVary types of throwKick and move with a ballDevelop catching and dribbling skills | StrikeSend and receiveField Circuit Hand-eye coordinationDribble  | Accuracy Consistency SportsmanshipFair play Control  |
| Dance  | • Copy and remember moves and positions.• Move with careful control and coordination.• Link two or more actions to perform a sequence.• Choose movements to communicate a mood, feeling or idea. | **Know how to:**Use different levels and speeds of movementCompose and perform simple dance phrasesShow contrasts in simple dances with good body shape and positionDevelop a range of dance movements and improve timingLink together dance moves with gestures and changing direction in time to musicWork to music, creating movements that show rhythm and controlChange direction during travelling movesExplore basic body patterns and movements to musicPractice taking off from different positions | Speed Dance phraseBody shapeGestureRhythm Body patterns | Rhythm Pattern CoordinationCommunication ntrast |
| Gymnastics  | • Copy and remember actions.• Move with some control and awareness of space.• Show contrasts (such as small/tall, straight/curved and wide/narrow)• Climb safely on equipment. | **Know how to:**Use movement actions with control and link them together with flowUse gymnastic actions and shapes.Travel safely on benchesCombine movement actions with control, and to link them together with flow.Choose and use simple compositional ideas by creating and performing sequences.Repeat, remember and link combinations of gymnastic actions.Link combinations of movements and shapes with control to make a sequenceTravel by rolling forwards, backwards and sideways, and around on large apparatus. Hold a position whilst balancing on different points of the body.Stretch and curl to develop flexibility.Jump in a variety of ways and land with increasing control and balanceBalance on isolated parts of the body using the floor and hold balance.Use a variety of gymnastic actions to make a sequence | Space Contrast SafetyGymnastic SequenceRolling Travel Hold CompositionStretch Curl JumpBalance | Control Space Contrast Safety Combination Composition Flexibility  |
| Swimming **MAY TAKE PLACE IN KS2 ONLY IN SOME RCSAT SCHOOLS** | •Learn to swim  | **Know how to:**Use one basic stroke, breathing correctly.Control leg movementsSwim unaided up to 25 metresDevelop basic pool safety skills and confidence in waterDevelop travel in vertical or horizontal position and introduce floats.Develop push and glides, any kick action on front and back with or without support aids Develop entry and exit, travel further, float and submergeDevelop balance, link activities and travel further on whole strokeShow breath control | Stroke Travel Push Glide Kick FloatSubmerge Breath  | Confidence Safety Control  |
| Athletics  | • Athletic activities are combined with games in Years 1 and 2.  | **Know how to:**Complete an obstacle course with control and agilityUse varying speeds when runningExplore footwork patterns, arm mobility, and different methods of throwingPractise short distance runningRun with agility and confidenceLearn the best jumping techniques for distanceThrow different objects in a variety of waysHurdle an obstacle and maintain effective running styleRun for distance | Agility Footwork Short /long distanceTechniqueObstacle Hurdle  | Agility Control StaminaFlexibility  |