

Below outlines the learning focus for each term

Term	Learning Focus		Conceptual Development
	Knowledge	Skills	
Autumn Outdoor	<p><b>Movement Skills:</b> To understand how to dodge, run, balance, hop and jump on the spot and forwards.</p> <p>To develop an understanding of when to slow down, speed up or change direction to negotiate space successfully</p> <p>To develop an increasing awareness of how to use equipment safely</p> <p>To recognise the effects of exercise on their body</p> <p>To know that they are showing self-belief when they keep trying</p>	<p>To experiment with different ways of moving with increasing control: balance, run, hop, jump leap and create body shapes</p> <p>To apply their basic movement skills in a range of activities.</p> <p>To negotiate space successfully, adjusting speed or changing direction</p> <p>To use equipment safely with adult guidance</p> <p>To begin to demonstrate character building values: self-belief</p>	<p><b>Build upon:</b> To experiment with different ways of moving: log roll, balance, hop, jump on the spot and forwards</p> <p><b>Prepare for:</b> To move in different ways with control: balance, run, hop, jump, leap and create body shapes</p>
Autumn Indoor	<p><b>Gymnastics:</b> To understand how to move on the floor: skip, hop, side step, leap, roll</p> <p>To understand how to apply good posture for all body shapes.</p> <p>To understand how to star and tuck jump off a vault by spreading or tucking arms and legs</p> <p>To understand how to safely land with bent knees and out-stretched arms</p> <p>To understand how to give feedback to others on a performance</p>	<p>To use gymnastics equipment safely with adult guidance</p> <p>To perform basic movement and balance on the floor with some control</p> <p>To link floor movement and floor balance skills with flow and control</p> <p>To perform a jump off an object and land appropriately</p> <p>To travel with some confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>To give feedback to others</p>	<p><b>Build upon:</b> To experiment with moving: log roll, balance, simple body shapes, jumping off low objects and landing safely</p> <p><b>Prepare for:</b> To develop movement and balance on the floor, bench, vault and climbing apparatus with increasing confidence</p>
	<p><b>Ball Skills:</b> To recognise the effects of exercise on their body</p> <p>To understand how to control a ball in a general</p>	<p>To use balls and other equipment safely with adult support</p> <p>To control a large ball by pushing, catching, dribbling or</p>	<p><b>Build upon:</b> To control an object by pushing, patting, throwing, catching, dribbling or kicking it in a general direction, in a range of activities</p>

Spring Outdoor	<p>direction</p> <p>To develop an understanding of when to slow down, speed up or change direction to negotiate space successfully</p> <p>To begin to understand the rules of simple team games, competitive and non-competitive</p> <p>To begin to understand that they sometimes need to help others to make sure everyone is included</p>	<p>kicking it in a general direction in a range of activities</p> <p>To negotiate space successfully, adjusting speed or changing direction</p> <p>To begin to play team games with simple rules, competitive and non-competitive</p> <p>To engage in competitive activities against themselves and others</p> <p>To begin to demonstrate character building values: fairness</p>	<p>(some competitive)</p> <p><b>Prepare for:</b> To control a ball by pushing, catching, dribbling or kicking it to a static partner 3-5m away in a range of activities</p>
Spring Indoor	<p><b>Dance:</b> To remember short dance routines</p> <p>To have some understanding of mood and feeling of the song</p> <p>To understand how to give feedback to others</p> <p>To begin to use their imagination to create short dance routines</p>	<p>To link different movements to create simple movement patterns</p> <p>To perform short movement patterns in response to a stimulus</p> <p>To select appropriate movements and actions that match the stimulus</p> <p>To give and listen to feedback about a performance</p> <p>To begin to demonstrate character-building values: imagination</p>	<p><b>Build Upon:</b> To explore and dance to different songs</p> <p><b>Prepare For:</b> To develop and perform a short dance in response to a stimulus (5-8 steps), exploring how to change actions and movements</p>
Summer Outdoor	<p><b>Bat &amp; Racquet Skills:</b> To understand how to catch, throw and strike a small ball</p> <p>To begin to understand the rules of simple team games, competitive and non-competitive</p> <p>To begin to understand that fair play shows honesty</p>	<p>To use balls and other equipment safely with adult support</p> <p>To control a small ball by striking, catching and throwing it in a general direction in a range of activities</p> <p>To engage in competitive activities against themselves and others</p> <p>To begin to play team games with simple rules, competitive and non-competitive</p> <p>To begin to demonstrate character building values: honesty</p>	<p><b>Build upon:</b> To catch, throw, kick, dribble, pass and strike a large ball with some control in a general direction in a range of activities</p> <p><b>Prepare for:</b> To catch, throw and strike a small ball from 3-5m away in a range of activities</p>

<p>Summer Outdoor</p>	<p><b>Athletics:</b> To understand how to run, jump, hurdle and throw</p> <p>To begin to understand that long distance running is slow running and sprinting is fast</p> <p>To begin to understand the rules of simple team games, competitive and non-competitive</p> <p>To begin to understand that fair play shows honesty</p>	<p>To develop basic movements for athletics: run, jump, throw and hurdle</p> <p>To engage in competitive activities against themselves and others</p> <p>To begin to play team games with simple rules, competitive and non-competitive</p> <p>To begin to demonstrate character building values: honesty</p>	<p><b>Build upon:</b> To experiment with running, jumping, throwing and leaping with some control</p> <p><b>Prepare for:</b> To develop basic movements for athletics: run, jump, throw and hurdle with competence</p>
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