

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 understand 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 describe the effects of exercise on their body</p> <p>To know that they are showing self-belief when they persist through difficulty</p>	<p>To move in different ways with control: balance, run, hop, jump, leap and create body shapes</p> <p>To engage in competitive activities against themselves and others</p> <p>To negotiate space successfully, adjusting speed or changing direction to avoid obstacles</p> <p>To use equipment safely with little adult support</p> <p>To demonstrate character building values: self-belief</p>	<p><b>Build upon:</b> To experiment with different ways of moving with increasing control: balance, run, hop, jump, leap and create body shapes</p> <p><b>Prepare for:</b> <i>(Invasion Games)</i> To run, dodge, throw, catch, pass, dribble and kick to a static partner from 5+ metres away and begin to use them in combination (e.g. running and catching)</p> <p>To begin to use basic tactics for attacking and defending</p>
Autumn Indoor	<p><b>Gymnastics:</b> To have an increasing awareness of how to use equipment safely</p> <p>To understand how to move on the floor: balance, hop, skip, leap, jump, forward roll and side roll to knee</p> <p>To understand how to apply good posture for all body shapes.</p> <p>To understand how to straight, 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</p>	<p>To use gymnastics equipment safely with minimal adult guidance</p> <p>To perform basic movement and balance on the floor with control</p> <p>To link floor movement and floor balance skills with flow and control</p> <p>To perform a jump off an object, mount and land safely</p> <p>To travel with increasing confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>To give feedback to others about a strength and improvement of a performance</p>	<p><b>Build upon:</b> To develop movement and balance on the floor, vault, bench and climbing apparatus with some confidence</p> <p><b>Prepare for:</b> To develop movement and balance on the floor, bench, vault and climbing apparatus with confidence</p>
	<p><b>Ball Skills:</b> To recognise the effects of exercise on their body</p>	<p>To use balls and other equipment safely with minimal adult support</p>	<p><b>Build upon:</b> To control a large ball by pushing, catching, dribbling or kicking it in a general direction in</p>

Spring Outdoor	<p>To understand how to control a ball in a general direction</p> <p>To understand when to slow down, speed up or change direction to negotiate space successfully</p> <p>To understand the rules of simple team games, competitive and non-competitive</p> <p>To understand that they sometimes need to help others to make sure everyone is included</p>	<p>To control a large ball by pushing, catching, dribbling or kicking it to a static partner 3-5m away in a range of activities</p> <p>To negotiate space successfully, adjusting speed or changing direction to avoid obstacles</p> <p>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 demonstrate character building values: fairness</p>	<p>a range of activities</p> <p><b>Prepare for:</b> <i>(Strike &amp; Field/ Net &amp; Wall Skills)</i> To catch, throw and strike different sized balls to a large target or static partner 5+ metres away in a range of activities</p>
Spring Indoor	<p><b>Dance:</b> To remember short dance routines (5-8 steps)</p> <p>To have a good understanding of mood and feeling of the song</p> <p>To understand that feedback is talking to others about why the performance was good or needs improvement</p> <p>To use their imagination to create short dance routines</p>	<p>To perform short movement patterns (5-8 steps) in response to a stimulus</p> <p>To link different movements to create simple movement patterns</p> <p>To select appropriate movements and actions that match the stimulus</p> <p>To give feedback to others about a strength and improvement of a performance</p> <p>To begin to demonstrate character-building values: imagination</p>	<p><b>Build Upon:</b> To develop and perform a short dance in response to a stimulus (approx. 5 steps), selecting actions that match the stimulus</p> <p><b>Prepare For:</b> To develop and perform a dance in response to a stimulus (8-12 steps), exploring how to change actions and movements</p>
Summer Outdoor	<p><b>Bat &amp; Racquet Skills:</b> To have an increasing awareness of how to use equipment safely</p> <p>To understand how to catch, throw and strike a small ball</p> <p>To understand the rules of simple team games, competitive and non-competitive</p> <p>To understand that fair play shows honesty</p>	<p>To use balls and other equipment safely with minimal adult support</p> <p>To control a small ball by striking, catching and throwing it from 3-5m away in a range of activities</p> <p>To engage in competitive activities against themselves and others</p> <p>To play team games with simple rules, competitive and non-competitive</p> <p>To demonstrate character building values: honesty</p>	<p><b>Build upon:</b> To control a small ball by striking, catching and throwing it in a general direction in a range of activities</p> <p><b>Prepare for:</b> <i>(Strike &amp; Field/Net &amp; Wall Skills)</i> To catch, throw and strike different sized balls to a static partner 5+ metres away in a range of activities, beginning to use skills in combination</p>

<p>Summer Outdoor</p>	<p><b>Athletics:</b> To understand how to run, jump, hurdle and throw</p> <p>To develop an understanding of the different speeds required for sprinting and long distance running</p> <p>To understand the rules of simple team games, competitive and non-competitive</p> <p>To understand that fair play shows honesty</p>	<p>To develop basic movements for athletics: run, jump, throw and hurdle with competence</p> <p>To engage in competitive activities against themselves and others</p> <p>To play team games with simple rules, competitive and non-competitive</p> <p>To demonstrate character building values: honesty</p>	<p><b>Build upon:</b> To develop basic movements for athletics: run, jump, throw and hurdle with increasing competence</p> <p><b>Prepare for:</b> To run, jump and throw in isolation and begin to use them in combination</p>
---------------------------	--	---	--