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Term 1 - Outdoor Adventurous Activities	Term 2 - Fundamental Movements /Games	Term 3 Gymnastics	Term 4 - Dance / Yoga	Term 5 - Problem Solving	Term 6 - Athletics
Aims:  •To organise and match various items, images, colours and symbols.  • To work with a partner to listen, share ideas and question ideas.  • To move confidently and cooperatively in space.  • To copy and repeat various patterns and actions.  • To show an understanding of your own feelings and others.  • To solve more complex tasks using skills learned.  • To work and play cooperatively and take turns.  • To participate in a variety of small group cooperative activities.  • Explore activities making your own decisions in response to a task.  • To begin to identify personal success.	Aims:  •To explore balance and manage your own body, including manipulating small objects.  • To be able to stretch, reach, extend in a variety of ways and positions.  • To be able to control the body and perform specific movements on command.  • To explore a variety of rolling, sliding and slithering.  • To jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet.  • To participate in a variety of small group cooperative activities.  Skills Covered:  •Play parachute games.  •Move small objects using dominant and non-dominant hands.  •Push, hit, dribble.  •Roll, spin, rotate, throw and catch hoops.  •Agility, balance, coordination, running, jumping etc.  •Skip, hop, stand on one leg and hold a pose for a game like musical statues.	Aims:  •To develop confidence in fundamental movements.  • To experience jumping, sliding, rolling, moving over, under and on apparatus.  • To develop coordination and gross motor skills.  • To develop confidence in fundamental movements.  • To learn and refine a variety of shapes, jumps, balances and rolls.  • To link simple balance, jump and travel actions.  • To control my body when performing a sequence of movements.  Skills Covered:  • Coordination  • Balance  • Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll  • Straight jump, tuck jump, Jumping Jack and Half turn jump  • Bunny hop  • Tiptoe, step, jump and hop  • Recognise pathways and direction.  • Points and patches to develop body tension.  • Link basic movements and use start and finish positions.  • Develop take-off and landing position for jumps.  • Transferring and moving small equipment.  • Moving through and under apparatus.  • Copying and repeating actions.	•To be able to recognise that actions can be reproduced in time to music; beat patterns, and different speeds • To perform a wide variety of dance actions, both similar and contrasting. • To copy, repeat and perform simple movement patterns. • To count and move to beats of 8. • To copy and repeat movement patterns. • To work as an individual, in partners, and as a group.  Skills Covered: • Link colours to feelings. • Explore animal movements and levels. • Replicate actions in larger groups. • Sequence work. • Explore leader or follower work. • Learning and repeating actions through circle dance. • Perform to the count of 8. • Copy and repeat 4 actions. • Perform an African dance motif.	Aims:  • To move confidently and cooperatively in space.  • To organise and match various items, images, colours and symbols.  • To work with a partner to listen, share ideas and ask questions.  • To copy and repeat various patterns and actions.  • Show an understanding of your own feelings and others.  • To solve more complex tasks.  • To work and play cooperatively and take turns.  Skills Covered:  • Work as an individual and part of a group to match.  • Travel and follow travel trails as an individual.  • Work cooperatively to form shapes.  • Move along a pathway/trail with a partner.  • Work with a partner to form jumping patterns.  • Respond to visual cues.  • Compete as a team to complete an obstacle relay.	Aims:  •To be able to skip and to use a rope. •To travel with some control and coordination. • To change direction at speed through both choice and instructions. • To be able to stop, start, pause, prepare for and anticipate movement in a variety of situations. • To recognise different actions such as: moving softly, quietly, quickly, powerfully.  Skills Covered: • Practice hop, step, jump sequence. • Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops. • Jump for speed and distance. • Compete as a team to complete an obstacle relay.
Term 1 - Outdoor	Term 2 - Fundamental Movements	Term 3 - Gymnastics	Term 4 - Team games	Term 5 - Net and wall	Term 6 - Invasion Games

Adventurous Activities	/Games	7,	games and games		
Aims:	Aims:	Aims:	Aims:	Aims:	Aims:
<ul> <li>To organise and match</li> </ul>	To explore balance and manage	To develop confidence in	To work and play cooperatively and	To work and play cooperatively and	To work and play cooperatively and take turns.
various items, images, colours	your own body, including	fundamental movements.	take turns.	take turns.	•To catch and throw various equipment accurately,
and symbols.	manipulating small objects.	<ul> <li>To experience jumping, sliding,</li> </ul>	•To catch and throw various equipment	•To catch and throw various	using different body parts.
To work with a partner to	To be able to stretch, reach, extend	rolling, moving over, under and on	accurately, using different body parts.	equipment accurately, using different	To be able to control objects within a space.
listen, share ideas and	in a variety of ways and positions.	apparatus.	To be able to control objects within a	body parts.	<ul> <li>To coordinate body parts such as hand-eye,</li> </ul>
question ideas.	To be able to control the body and	<ul> <li>To develop coordination and gross</li> </ul>	space.	To be able to control objects within	foot-eye over a variety of activities and in different
To move confidently and	perform specific movements on	motor skills.	To coordinate body parts such as	a space.	ways.
cooperatively in space.	command.	To develop confidence in	hand-eye, foot-eye over a variety of	To coordinate body parts such as	To differentiate ways to manoeuvre objects.
To copy and repeat various	<ul> <li>To explore a variety of rolling,</li> </ul>	fundamental movements.	activities and in different ways.	hand-eye, foot-eye over a variety of	To change direction at speed through both choice
patterns and actions.	sliding and slithering.	To learn and refine a variety of	•To differentiate ways to manoeuvre	activities and in different ways.	and instructions.
To show an understanding of	To jump using a variety of take offs	shapes, jumps, balances and rolls.	objects.	•To differentiate ways to manoeuvre	To stop, start, pause, prepare for and anticipate
your own feelings and others.	and landings, moving on and off low	To link simple balance, jump and	To change direction at speed through	objects.	movement in a variety of situations.
•To solve more complex tasks	apparatus using hands and feet.	travel actions.	both choice and instructions.	To change direction at speed	To be able to demonstrate agility-based activities,
using skills learned.	To participate in a variety of small	•To control my body when performing	• To stop, start, pause, prepare for and	through both choice and	moving and controlling objects.
To work and play	group cooperative activities.	a sequence of movements.	anticipate movement in a variety of	instructions.	Participate in a variety of small group cooperative
cooperatively and take turns.			situations.	To stop, start, pause, prepare for	activities.
To participate in a variety of	Skills Covered:	Skills Covered:		and anticipate movement in a variety	
small group cooperative	<ul><li>Play parachute games.</li></ul>	•Coordination		of situations.	Skills Covered:
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activities. •Explore activities making your own decisions in response to a task. •To begin to identify personal success.	<ul> <li>Move small objects using dominant and non-dominant hands.</li> <li>Push, hit, dribble.</li> <li>Roll, spin, rotate, throw and catch hoops.</li> <li>Agility, balance, coordination,</li> </ul>	Balance     Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll     Straight jump, tuck jump, Jumping Jack and Half turn jump     Bunny hop	<ul> <li>To be able to demonstrate agility-based activities, moving and controlling objects.</li> <li>Participate in a variety of small group cooperative activities.</li> </ul>	<ul> <li>To be able to demonstrate agility-based activities, moving and controlling objects.</li> <li>Participate in a variety of small group cooperative activities.</li> </ul>	<ul> <li>Recognise and follow instructions.</li> <li>Perform fast and slow movements.</li> <li>Coordination</li> <li>Jump for speed and distance.</li> <li>Move by inching, crawling and jumping.</li> </ul>
	running, jumping etc. •Skip, hop, stand on one leg and hold a pose for a game like musical statues.	<ul> <li>Tiptoe, step, jump and hop</li> <li>Recognise pathways and direction.</li> <li>Points and patches to develop body tension.</li> <li>Link basic movements and use start and finish positions.</li> <li>Develop take-off and landing position for jumps.</li> <li>Transferring and moving small equipment.</li> <li>Moving through and under apparatus.</li> <li>Copying and repeating actions.</li> </ul>	<ul> <li>Skills Covered:</li> <li>Recognise and follow instructions.</li> <li>Perform fast and slow movements.</li> <li>Coordination</li> <li>Jump for speed and distance.</li> <li>Move by inching, crawling and jumping.</li> </ul>	Skills Covered:  Recognise and follow instructions.  Perform fast and slow movements.  Coordination  Jump for speed and distance.  Move by inching, crawling and jumping.	