



		Use agility, balance and co-ordination when performing activities.	Run in a race with a team.  Understand what happens to our breathing during exercise, and why it changes.  Understand the importance of using the arms when running.	Begin to show rhythm  Use space safely, moving carefully with control	Develop anticipation and reaction when working with beanbags or balls.  Catch a ball or beanbag on a bounce.  Catch a ball from a throw.  Develop accurate throwing skills.  Develop accuracy of send.  Stop, trap or catch the ball while on the move.  Play a game, following the rules and demonstrating fair play.	Move to catch or collect a ball  Kick a football using the correct part of the foot  Hit a ball with a bat  Roll a ball or hoop  Follow simple rules	Know how to hop, and how to hop, travel and land safely on two feet.  Know how to throw safely.  Throw in a variety of ways.  Decide which throwing method is best for distance.  Know how to jump from two feet.  Explore which is the best way to jump to cover a distance.
	FROG Lilac						
	Books CC reading						
	CC writing						
	STEM						

	School Award						
	Further Implementation tools						

Year 1 Multi-skills: Move using different pathways, stopping safely.

Multi-skills: Throw a ball underarm

Multi-skills: Catch a large ball with two hands

Multi-skills: Move to catch or collect a ball

Multi-skills: Kick a football using the correct part of the foot

Multi-skills: Hit a ball with a bat

Multi-skills: Roll a ball or hoop

Multi-skills: Follow simple rules

Dance: Copy basic dance actions demonstrated by the teacher

Dance: Put moves together to make a short dance

Dance: Begin to show rhythm

Dance: Use space safely, moving carefully with control

Gymnastics: Begin to show control when travelling and balancing

Gymnastics: Copy sequences and repeat them

Gymnastics: Balance on a large body part

Gymnastics: Perform basic gymnastic actions including rolling, stretching and curling, high and low

Gymnastics: Manage the space safely, showing good awareness of each other, mats and

Year 2 apparatus

Multi-skills: Move fluently, changing direction and speed, avoiding collisions

Multi-skills: Throw and catch a large ball using an underarm throw with accuracy and control

Multi-skills: Throw and catch a tennis ball using an underarm throw with accuracy and control

Multi-skills: Kick a ball accurately to a partner and stop with control

Multi-skills: Hit a ball with a bat with accuracy and control

Multi-skills: Begin to develop simple tactics e.g. best position to be in during a game

Dance: Remember and repeat dance actions demonstrated by the teacher

Dance: Make a sequence by linking moves together

Dance: Change rhythm, speed, level and direction

Dance: Use space safely, moving with control and coordination

Dance: Choose moves to communicate a mood or feeling

Gymnastics: Use different combinations of floor, mat and apparatus, showing control, accuracy and fluency

Gymnastics: Plan and show a sequence of movements and adapt to include apparatus or a partner

Gymnastics: Balance on different points of the body

Gymnastics: Can show contrasts including small/tall, straight/curved, wide/narrow