

## Level expected at the end of EYFS

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

## KS1 National curriculum expectations

- master basic movements including running, jumping, throwing and catching, as well as
- developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Responds in movement to words and music</li> <li>• Creating their own movement</li> <li>• Moving in sequence</li> <li>• Exploring character movements</li> </ul>	<p>Dance 1-Growing</p> <ul style="list-style-type: none"> <li>• Responding to rhythm</li> <li>• Introduction to motifs</li> <li>• Creating motifs</li> <li>• Creating movement sequences</li> <li>• Relationships and performance</li> </ul> <p>Dance 2- Whatever Next</p> <ul style="list-style-type: none"> <li>• Exploring expression</li> <li>• Developing our movements, adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence motif</li> <li>• Exploring relationships within our motifs</li> </ul>	<p>Dance 1 -Explorers</p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs Sequences, relationships and performance</li> </ul> <p>Dance 2-Water</p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing whole group movement Improvisation and physical descriptions</li> <li>• Creating contrasting movement sequences</li> <li>• Sequences, relationships and performance</li> </ul>

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Introduction to high, low, over and under</li> <li>• Introduction to the apparatus</li> <li>• Applying high and low on apparatus</li> </ul> <ul style="list-style-type: none"> <li>• Explore moving and making shapes using different body parts</li> <li>• Explore moving in different directions</li> <li>• Explore big and small ways of moving and making shapes</li> <li>• Moving in pairs</li> <li>• Creating shapes in pairs</li> </ul> <p>Locomotion:</p> <p>Walking and Jumping</p> <ul style="list-style-type: none"> <li>• Explore/develop jumping</li> <li>• Apply jumping into a game</li> <li>• Jumping for distance</li> <li>• Explore jumping high</li> <li>• Explore hopping</li> <li>• Explore/develop walking</li> <li>• Explore walking in different pathways</li> <li>• Sustain walking</li> <li>• Explore marching</li> <li>• Apply walking into a game</li> </ul>	<p>Wide, Narrow, Curled</p> <ul style="list-style-type: none"> <li>• Introduction to wide, narrow and curled</li> <li>• Exploring the difference between wide, narrow and curled</li> <li>• Transitioning between wide, narrow and curled movements</li> <li>• Linking two movements together</li> </ul> <ul style="list-style-type: none"> <li>• Body Parts</li> <li>• Introduction to big/ small body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> </ul>	<p>Linking</p> <ul style="list-style-type: none"> <li>• Developing linking</li> <li>• Linking on apparatus</li> <li>• Jump, roll, balance sequences/on apparatus</li> <li>• Creation of sequences</li> <li>• Completion of sequences and performance</li> </ul> <p>Pathways</p> <ul style="list-style-type: none"> <li>• Explore/develop zigzag pathways/on apparatus</li> <li>• Explore/develop curved pathways/on apparatus</li> <li>• Creation of pathway sequences</li> <li>• Completion of pathways sequences and performance</li> </ul>
<b>Games</b>	<p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> <li>• Explore pushing</li> <li>• Explore rolling</li> <li>• Explore bouncing</li> <li>• Explore bouncing into space</li> </ul>	<p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> <li>• Introduce sending (bouncing) with control</li> <li>• Introduce aiming with accuracy</li> </ul>	<p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> <li>• Develop passing and receiving</li> </ul>

- Combine pushing and rolling
- Combine rolling, pushing and bouncing

Ball Skills Hands 2

- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Rackets' Bats, Balls and Balloons

- Explore pushing/hitting a ball with control
- Explore hitting a balloon/ball with power into space

- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills

Ball Skills Hands 2

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game

Ball Skills Feet

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/

- Combine passing and receiving, keeping possession
- Develop passing and receiving to score a point
- Combine passing and receiving to score a point

Ball Skills Hands 2

Consolidate pupil's application and understanding of underarm throwing

- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent

Develop dribbling/ passing/receiving, keeping possession

- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

Games For Understanding

- Attacking/defending as a team

	<ul style="list-style-type: none"><li>• Explore hitting/pushing (sending) a balloon with accuracy</li><li>• Explore balancing an object on a racket/bat</li></ul>	defending principles into a game <ul style="list-style-type: none"><li>• Consolidate attacking/defending</li></ul>	<ul style="list-style-type: none"><li>• Understanding the transition between defence and attack</li><li>• Create and apply attacking/defensive tactics</li></ul>
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