

**Year Two: Autumn One**

**Topic title: Fundamental Movement Skills**

**Prior learning:**

- Attempt to run at different speeds, showing an awareness of peers and technique.
- Attempt to jump from two feet, and hop with some control, showing an awareness of technique.
- Throw towards a large target, with some success.
- Show some control and balance when travelling at different speeds.
- Show a basic understanding of balance and coordination when changing direction.
- Explore the coordination of different limbs, in fun activities with basic challenges.

**Future learning:**

- Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.
- Show hopping and jumping actions, attempting different take offs and landing, while generally maintaining balance.
- Jump for distance and height with an awareness of technique, balance and coordination.
- Throw a variety of different shape and size balls, or beanbags, at a target or for distance, changing action for accuracy and distance.
- Show coordination of their body with increased consistency in a variety of activities.

**Knowledge:**

- Understand what cardio is.
- Understand how to move quickly through ladders.
- Learn when to be at full speed and when to slow down in a game.
- Learn what reaction speed is.
- Understand how we build strength.
- Learn how to create power when jumping.
- Begin to learn basic muscle groups.
- Be able to identify what muscle groups are working in various activities/ exercises.

**Skills:**

- ∄ Learn how to pace yourself when running long distances.
- ∄ Be able to change stride length.
- ∄ Be able to change jumping technique.
- ∄ Remain in control of their body when jumping.
- ∄ Demonstrate their abilities at balancing their bodies.
- ∄ To move through different speeds.
- ∄ Develop foot speed.
- ∄ Introduce throwing an object to different targets, with one hand & two.
- ∄ Introduce catching, with two hands.
- ∄ Be able to travel at different speeds, in different directions.
- ∄ Learn how to run when changing directions.
- ∄ Be able to describe the components of health-related fitness.
- ∄ Be able to use all body parts to help with jumping.
- ∄ Be able to apply agility skills into games.

**Year Two: Autumn Two**

**Topic title: Gymnastics**

<p>€ <b>Prior learning:</b></p> <ul style="list-style-type: none"> <li>€ Perform balances that make their body stretched, tensed and curled while using creativity.</li> <li>€ For short periods of time, they are able to hold weight on their hands.</li> <li>€ Demonstrate poses and actions that challenge their flexibility.</li> <li>€ Remember, repeat and connect basic actions together.</li> </ul> <p>€ <b>Future learning:</b></p> <ul style="list-style-type: none"> <li>• Complete balances with increasing technique, control and stability.</li> <li>• Be able to hold balances on different body parts for a longer period of time.</li> <li>• Demonstrate increased flexibility and extension in their balances.</li> <li>• Either on the floor or on apparatus to be able to put movements together that flow.</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>€ Learn and remember five key gymnastics body shapes.</li> <li>€ Learn and perform different balances.</li> <li>€ Learn the key points to help us balance.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Perform a stretch jump, star jump, and tuck jump.</li> <li>• Develop our balancing skills.</li> <li>• Learn and perform different balances.</li> <li>• Travel in different ways, using different body parts</li> <li>• Develop dynamic balance.</li> <li>• Develop coordination.</li> <li>• Develop skills on the balance beam.</li> <li>• Work towards a Squat On onto the vault.</li> <li>• Develop jumping and landing skills from different platforms.</li> <li>• Perform a sequence of movements on different pieces of equipment.</li> </ul>
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<p><b>Prior learning:</b></p> <ul style="list-style-type: none"> <li>∄ Choose actions for an idea.</li> <li>∄ Show some sense of dynamic and expressive qualities.</li> <li>∄ Begin to use counts.</li> </ul> <p><b>Future learning:</b></p> <ul style="list-style-type: none"> <li>∄ Copy, remember and perform a dance phrase.</li> <li>∄ Use canon, unison and formation to represent an idea.</li> <li>∄ Use counts to keep in time with a partner and group.</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>∄ Understand what Unison is and dance using repetition.</li> <li>∄ How the children will explore the theme of the Olympics.</li> <li>∄ Know the different sports that appear in the Olympics.</li> <li>∄ Learning to use Cannon.</li> <li>∄ Sports - Exploring different sports that appear in the Olympics.</li> <li>∄ Geography - Exploring the countries the sports originate from and what countries compete in the Olympics.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>∄ Perform a dance using unison and repetition.</li> <li>∄ Working within a team.</li> <li>∄ Perform in cannon.</li> <li>∄ Perform using jumps and travel in dance.</li> </ul>
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**Topic title: Target Games**

**Prior learning:**

Kick a stationary ball towards a stationary target.  
Begin to use simple tactics with guidance.  
Make simple decisions in response to a situation.

**Future learning:**

Dribble the ball with one hand with some control in game situations.  
Kick towards a partner in game situations.  
Use simple tactics individually and within a team.

**Knowledge:**

- € Understand the reasoning behind using the side of their foot to control the ball.
- € Know how to do different throwing techniques over and under the arm.
- € How to improve balance when picking up the ball.
- € Know how to throw objects in different ways depending on the task and the distance it needs to travel.
- € Begin to understand the quicker a hockey stick is swung the further the ball will travel.
- € Increase confidence and understanding of when and how it's best to throw when a target is moving in different directions.

**Skills:**

- € Develop an improved control using the feet, dribbling through and kicking towards different targets.
- € Attempt to kick the ball with different parts of the feet, swinging the leg different lengths back, to change the distance the ball travels depending on where the target is.
- € Attempt to throw the ball low and high to targets at different distances using an underarm throw for shorter targets, and overarm for targets further away.
- € Hit a ball to different targets, over different distances, focusing on using a hockey stick.

**Year Two: Summer One**

**Topic title: Mult skills**

**Prior learning:**

**Knowledge:**

**Skills:**

<ul style="list-style-type: none"> <li>• Attempt to run at different speeds, showing an awareness of peers and technique.</li> <li>• Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</li> <li>• Throw towards a large target, with some success.</li> <li>• Show some control and balance when travelling at different speeds.</li> <li>• Show a basic understanding of balance and coordination when changing direction.</li> <li>• Explore the coordination of different limbs, in fun activities with basic challenges.</li> </ul> <p><b>Future learning:</b></p> <ul style="list-style-type: none"> <li>• Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.</li> <li>• Show hopping and jumping actions, attempting different take offs and landing, while generally maintaining balance.</li> <li>• Jump for distance and height with an awareness of technique, balance and coordination.</li> <li>• Throw a variety of different shape and size balls, or beanbags, at a target or for distance, changing action for accuracy and distance.</li> <li>• Show coordination of their body with increased consistency in a variety of activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how to increase speed over a short distance.</li> <li>• Understand how to avoid attackers in a game situation.</li> <li>• Be able to recognise what type of throws to use in different situations.</li> <li>• Understand how different throwing techniques can create different amounts of power.</li> <li>• Begin to understand what body parts are used when throwing.</li> <li>• Understand the importance of finding a space.</li> <li>• Learn how to quickly move over objects without having to reduce speed.</li> </ul>	<ul style="list-style-type: none"> <li>≠ Be able to show that they have body control when performing different movements.</li> <li>≠ Be able to perform both jumping and hopping without losing body control.</li> <li>≠ Demonstrate changing directions at different speeds.</li> <li>≠ Be able to throw a ball at targets different distances away.</li> </ul>
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**Year Two: Summer Two**

**Topic title: Athletics**

<p><b>Prior learning:</b></p> <ul style="list-style-type: none"> <li>• Attempt to run at different speeds, showing an awareness of peers and technique.</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• Understand when to accelerate speed in a game setting.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate they can run at different speeds.</li> </ul>
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<ul style="list-style-type: none"> <li>• Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</li> <li>• Throw towards a large target, with some success.</li> <li>• Show some control and balance when travelling at different speeds.</li> <li>• Show a basic understanding of balance and coordination when changing direction.</li> <li>• Explore the coordination of different limbs, in fun activities with basic challenges.</li> </ul> <p><b>Future learning:</b></p> <ul style="list-style-type: none"> <li>• Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers.</li> <li>• Show hopping and jumping actions, attempting different take offs and landing, while generally maintaining balance.</li> <li>• Jump for distance and height with an awareness of technique, balance and coordination.</li> <li>• Throw a variety of different shape and size balls, or beanbags, at a target or for distance, changing action for accuracy and distance.</li> <li>• Show coordination of their body with increased consistency in a variety of activities.</li> </ul>	<ul style="list-style-type: none"> <li>• An understanding of the difference between jumping and hopping.</li> <li>• Develop a technique of throwing in different athletics events.</li> <li>• Begin to understand the importance of pacing themselves during long distance running.</li> </ul>	<ul style="list-style-type: none"> <li>• Slow down when approaching different objects.</li> <li>• Increase speed when needing to avoid an attacker.</li> <li>• Jump in different ways, over different distances, while maintaining balance.</li> <li>• Maximise our jumping distance through the use of different body parts.</li> <li>• Attempt to coordinate a bend and extend at the knee to jump, with a swing of the arms, and balance to control the landing.</li> <li>• Throw with increasing accuracy and coordination at targets set at different distances.</li> <li>• Able to throw different objects using different techniques.</li> <li>• Aim towards hoops and successfully throw objects to land inside them.</li> </ul>
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