

## Dance & Gymnastics

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS</b>	<p><b><u>Movement:</u></b></p> <p>To be able to move safely in a space.</p> <p>To begin to follow instructions.</p>	<p>To begin to develop basic movements including running, hopping etc.</p> <p>To demonstrate control with these movements and when stopping.</p>	<p>To begin to use equipment safely.</p> <p>To develop fundamental movements.</p>	<p>To apply knowledge of space with increasing speed, power and force of movements.</p> <p>To demonstrate good listening skills and begin to combine movements together.</p>	<p><b><u>Dance:</u></b></p> <p>To begin to explore movements that relate to words.</p> <p>To link movements together to create a short pattern.</p>	<p>To begin to move with control and co-ordination.</p> <p>To link, copy and repeat actions to create a short sequence.</p>	<p>To experiment with different movements at different levels.</p> <p>To develop performing skills by demonstrating a short routine to the class.</p>
<b>1 Bhangra</b>	<p>To be better at using direction when moving, finding and travelling through space.</p> <p>To be better at understanding why we warm up.</p> <p>To be better at moving to music.</p>	<p>To be better at understanding the term mirroring.</p> <p>To be better at learning beats, timing and strong movements.</p> <p>To be better at working collaboratively.</p>	<p>To be better at refining dance movements and begin to learn expression.</p> <p>To be better at moving and performing formations.</p> <p>To be better at evaluating performance.</p>	<p><b><u>Gymnastics</u></b></p> <p>To explore travelling movements using the space carefully.</p> <p>To be better at combining travelling and jumps together.</p> <p>To be better at creating letters and shapes, using creativity and imagination.</p>	<p>To develop skills to perform basic balances.</p> <p>To be better at balancing whilst travelling and moving.</p>	<p>To be better at moving equipment safely.</p> <p>To understand the fundamental movements to perform basic rolls, and begin to demonstrate some control.</p> <p>To be better at remembering how to start and end a sequence.</p>	<p>To be better at linking movements to create a short routine.</p> <p>To be better at performing to peers.</p> <p>To be better at evaluating performance.</p>
<b>2 Boxercise</b>	<p>Today I will be better at performing basic combat moves, using fundamental dance techniques.</p> <p>To be better at explaining why we warm up.</p> <p>To be better at following the rhythm of the music.</p>	<p>To be better at rhythm and beats, exploring space and direction.</p> <p>To demonstrate an understanding of clear beats and use of strong movements.</p> <p>To be better at working collaboratively.</p>	<p>To be better at physical literacy.</p> <p>To be better at moving and performing formations.</p> <p>To be better at understanding how to perform.</p>	<p><b><u>Gymnastics</u></b></p> <p>To be better at performing basic jumps.</p> <p>To be better at combining travelling and jumps together.</p> <p>To be better at creating letters and shapes, using creativity and imagination.</p>	<p>To be better at performing basic balances.</p> <p>To be better at balancing whilst travelling and moving.</p>	<p>To be better at moving equipment safely.</p> <p>To be better at performing basic rolls, with control.</p> <p>To be better at remembering how to start and end a sequence.</p>	<p>To be better at linking movements to create a short routine.</p> <p>To be better at performing to peers.</p> <p>To be better at evaluating performance.</p>
<b>3 African</b>	<p>To be better at exploring expression using levels and creative techniques.</p> <p>To communicate effectively with peers to gain an understanding about this style of dance.</p>	<p>To be better at creating sequences for performance.</p> <p>To begin to gain a deeper understanding of the STEP principle.</p>	<p>To be better at applying the STEP principle within my routine to challenge myself.</p> <p>To perform to my peers with confidence and evaluate performance.</p>	<p><b><u>Gymnastics</u></b></p> <p>To create interesting point and patch balances with confidence.</p> <p>To develop ability to hold a balance for an extended period of time.</p>	<p>To develop control when performing shape jumps.</p> <p>To be better at linking movements together when creating a sequence.</p>	<p>To develop ability to perform a straight, barrel and forward roll.</p> <p>To be better at evaluating and providing feedback for improvement.</p>	<p>To be better at linking matching and contrasting movements to create a short routine.</p> <p>To develop confidence when performing to peers.</p>
<b>4 Spanish</b>	<p>To communicate effectively with peers to gain an understanding about this style of dance.</p> <p>To apply knowledge of levels and fluidity when creating short sequences of movement.</p>	<p>To begin to gain a deeper understanding of the STEP principle.</p> <p>To begin to choreograph a short routine in the style of dance you are looking at.</p>	<p>To perform to my peers with confidence and evaluate performance.</p> <p>To challenge myself in applying certain parts of the STEP principle that will be effective to the group routine.</p>	<p><b><u>Gymnastics</u></b></p> <p>To gain an understanding of the importance of body tension when balancing with a partner.</p> <p>To work collaboratively to create a flowing sequence of balances.</p>	<p>To develop control when performing rotation jumps.</p> <p>To demonstrate the importance of landing safely when performing a jump.</p>	<p>To develop control and agility when performing a straight, barrel, forward and straddle roll.</p> <p>To be better at evaluating and providing feedback for improvement.</p>	<p>To explore inverted movements and support others in this process.</p> <p>To create a short routine of gymnastic movements in small groups to perform to the rest of the class.</p>
<b>5 Haka</b>	<p>To gain an understanding of the key elements to the given style of dance.</p> <p>To develop expression and creativity when forming a short sequence within the group.</p>	<p>To develop the use of different levels within this style of dance.</p> <p>To begin to choreograph a short routine in the style of dance you are looking at.</p>	<p>To perform to my peers with confidence and evaluate performance.</p> <p>To challenge myself in applying certain parts of the STEP principle that will be effective to the group routine.</p>	<p><b><u>Gymnastics</u></b></p> <p>To be able to perform symmetrical and asymmetrical balances.</p> <p>To demonstrate the understanding of body tension to hold balances for a longer period.</p>	<p>To develop control and agility when performing a straight, forward, straddle and backward roll.</p> <p>To be better at evaluating and providing feedback for improvement.</p>	<p>To begin to explore linking movements and travelling in canon and synchronisation.</p> <p>To communicate effectively to achieve the desired outcome for a group performance.</p>	<p>To develop transitions between inverted movement.</p> <p>To create a short routine of gymnastic movements in small groups to perform to the rest of the class.</p>
<b>6 Street</b>	<p>To be able to perform a range of standing moves linked with this style of dance.</p> <p>To apply expression and creativity when forming a short sequence within the group.</p>	<p>To use different levels within this style of dance looking at standing to floor movements.</p> <p>To choreograph a short routine within a group.</p>	<p>To demonstrate a confidence when performing to my peers.</p> <p>To apply certain parts of the STEP principle that will be effective to the group routine.</p>	<p><b><u>Gymnastics</u></b></p> <p>To develop an understanding of counter-balance and counter-tension with a partner.</p> <p>To demonstrate body tension to hold balances for a longer period.</p>	<p>To be able to link partner balances into a sequence.</p> <p>To be better at evaluating and providing feedback for improvement.</p>	<p>To develop control when performing inverted movements.</p> <p>To create a short routine of gymnastic movements in small groups to perform to the rest of the class.</p>	<p>To apply transitions between previously taught movements to create a flowing routine.</p> <p>To use the equipment safely when generating a routine with a partner.</p>

## Multiskills & Invasion Games

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS</b> <b>Dance /</b> <b>Gymnastics</b>	<b><u>Dance:</u></b> To explore different body parts and how they move. To demonstrate control and creativity within their routines.	To use expression and control with given movements. To combine skills from previous lessons to create a group performance.	<b><u>Gymnastics:</u></b> To copy and create shapes with the body. To begin to think about how to maintain balance in different movements.	To create shapes using apparatus to extend agility and co-ordination. To explore equipment safely and sensibly.	To develop balancing and taking weight off from different body parts. To begin to understand how to hold a balance for longer by tensing parts of the body.	To develop jumping and landing safely. To link together different gymnastics movements to create a short sequence.	To link movements together in a creative way to demonstrate previous learning. To collaborate effectively within a group and participate equally.
<b>1</b> <b>Locomotion</b>	To be better at travelling in different ways, including speed and direction. To be better at listening to others and following instructions.	To be better at travelling, jumping and landing safely. To create a short routine using travelling and jumps.	To explore how the body moves when running at different speeds. I can demonstrate an understanding of what to do to make my body run faster.	To develop skills to change direction and find confidence in a dodging technique. To be better at travelling at different speeds.	To develop and explore jumping, hopping and skipping actions. To gain confidence in a variety of travelling movements.	To develop my skipping ability with an individual rope. To gain an understanding of how movements link to each other.	To apply the fundamental skills from previous lesson to a variety of challenges. To compete in a team and demonstrate good communication.
<b>2</b> <b>Object</b> <b>Control</b>	To explore different ball handling skills. To co-operate and communicate with a partner. To follow instructions carefully.	To be able to roll a ball to hit a target. To understand the effect of power when rolling/throwing a ball. To work effectively within a team.	To develop co-ordination and be able to stop a rolling ball. To gain a better understanding of how best to stop the ball. To develop hand-eye co-ordination.	To develop technique and control when dribbling a ball with your feet. To persevere when trying new skills. To develop an understanding of footwork and how to dribble a ball in different directions.	To develop control and technique when kicking a ball. To develop an understanding of how the position of foot effects direction the ball travels. To communicate well within a team.	To develop hand-eye co-ordination when catching and throwing. To develop technique and an understanding of power and direction. To verbalise to team mates any advise they think will help their partners.	To demonstrate co-ordination and control in a variety of ball skills. To use previous learning to inform my interaction with each activity. To reflect on own performance and understand how to improve.
<b>3</b> <b>Basketball</b>	To develop the attacking skill of dribbling. To develop hand-eye co-ordination when travelling with a ball.	To be able to use protective dribbling against an opponent. To begin to demonstrate quick changes of direction.	To develop the bounce and chest pass. To begin to recognise when to use these types of passes.	To be able to perform a jump, stop and pivot. To be able to develop the ability to lose a defender.	To develop tracking and defending an opponent. To develop communication skills with a team when playing in a game.	To develop the technique for the set shot. To communicate well with team mates when working in a group.	To apply previous learning to competitive games. To begin to develop strategies and tactics to succeed.
<b>4</b> <b>Football</b>	To develop control when dribbling with the ball. To develop co-ordination and agility when travelling with an object.	To be able to dribble the ball confidently under pressure. To demonstrate a defensive understanding and quick changes of direction.	To develop controlled passing to a teammate. To begin to combine different skills to compete against an opponent.	To begin to control the ball with different parts of the body. To begin to use the space in an effective way.	To be able to change direction using the inside and outside of the foot. To develop communication skills with a team when playing in a game.	To develop the technique for shooting at a target. To gain confidence in applying previous skills into a match.	To develop strategies and team working skills when competing against an opponent. To apply communicative and previously taught skills in order to play effectively within a team.
<b>5</b> <b>Netball</b>	To investigate different passes that can deliver different degrees of accuracy. To develop co-ordination and agility when travelling with an object.	To develop passing and moving in the direction of the goal area. To demonstrate a good understanding of the footwork rule.	To be better at creating and finding space when attacking. To begin follow the rules of footwork and handling when competing in a team.	To begin to defend ball side and know when to intercept the ball. To begin to use the space in an effective way.	To develop a shooting technique for power and accuracy. To develop communication skills with a team when playing in a game.	To be able to change direction and get free from a defender. To gain confidence in applying previous skills into a match.	To develop strategies and team working skills when competing against an opponent. To be able to play netball in a competitive format.
<b>6</b> <b>Tag Rugby</b>	To develop ball skills, basic rules and play conditioned games. To demonstrate co-ordination and agility when travelling with an object.	To develop passing backwards in attack and begin to develop footwork. To demonstrate a good understanding of space and begin to use it tactfully.	To demonstrate footwork skills and ability to avoid being tagged. To develop teamwork skills and communicate well with each other.	To begin to develop an understanding of an attacking formation. To demonstrate the use of space in an effective way.	To demonstrate a combination of skills applied to various activities. To begin to develop an understanding for the rules in tag rugby.	To develop travelling at speed in a given direction and change this when required at pace. To develop control over an object and accuracy for passing.	To develop strategies and team working skills when competing against an opponent. To be able to play tag rugby in a competitive format.

## Net & Wall

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS Locomotion / Fundamentals</b>	To develop a good running style and effective method of stopping. To practise movement in different directions and on different	To develop different types of locomotion. To develop rhythmic movement and appropriate body tension.	To walk, jog and run effectively within the given space. To begin to judge distances and develop endurance.	To develop the jumping technique and landing safely. To develop different types of jumps.	To develop the skills of walking, hopping, leaping and jumping and begin to jump for height. To work within a small group to build a sequence of movements.	To combine various skills learnt from previous weeks. To develop co-ordination, agility and control with their body.	
<b>1 Tennis</b>	To develop hand-eye co-ordination. To be better at balancing a ball using a racket.	To be better at reading movement and developing footwork. To develop an understanding how to change direction quickly.	To be better at striking a ball accurately and consistently. To develop hand-eye co-ordination and communication skills.	Today I will be better at footwork and rallies. To be better at working in a team and offering support.	Today I will be better at evaluating and analysis. To give advice to fellow teammates or partners on how to improve technique.		
<b>2 Tennis</b>	To develop hand-eye co-ordination. To be better at balancing a ball using a racket.	To be better at reading movement and developing footwork. To develop an understanding how to change direction quickly.	To be better at striking a ball accurately and consistently. To develop hand-eye co-ordination and communication skills.	Today I will be better at footwork and rallies. To be better at working in a team and offering support.	Today I will be better at evaluating and analysis. To give advice to fellow teammates or partners on how to improve technique.		
<b>3 Tennis</b>	To develop ball control and movement skills. To develop hand-eye co-ordination.	To develop racket and ball control. To begin to develop the ability to control the direction of a ball.	To develop returning the ball using a forehand stroke. To develop hand-eye co-ordination and communication skills.	To be able to rally using the forearm hit. To demonstrate the correct footwork when playing tennis.	To develop a two-handed backhand hit. To gain an understanding of the rules of tennis.	To learn how to score a tennis match. To gain experiencing and develop skills when playing against an opponent.	To work collaboratively with a partner and compete against others. To apply previous knowledge and demonstrate a clear understanding of the rules.
<b>4 Badminton</b>	To develop the forehand and backhand grip. To develop co-ordination between movements and link them together.	To develop the return of a shuttlecock using the forehand and backhand technique. To develop footwork and speed of moving around the area.	To begin to develop skills for working at the net. To develop skills to perform a rally at the net.	To introduce a backhand low and drive serve. To develop the rallying ability with the inclusion of forehand and backhand strokes.	To investigate the use of the backhand/forehand lift for time and strategy. To develop a deeper understanding of the rules of badminton.	To apply different strokes to outwit an opponent. To develop teamwork and collaborative skills.	
<b>5 Tennis</b>	To develop the forehand groundstroke for power and distance. To develop co-ordination between movements and link them together.	To develop returning the ball using the backhand technique. To begin to develop strategies for a doubles game.	To be able to work co-operatively with a partner to form a continuous rally. To begin to consider footwork as a crucial element of tennis.	To explore how to serve underarm and the rules that apply. To develop the rallying ability with the inclusion of forehand and backhand strokes.	To investigate the use of a volley and when this can be used within a game. To develop a deeper understanding of the rules of tennis.	To apply different strokes to outwit an opponent. To gain experience and develop skills when playing against an opponent.	To build team working skills to compete in a doubles match and demonstrate sportsmanship. To apply previous knowledge and demonstrate a clear understanding of the rules.
<b>6 Badminton</b>	To develop the forehand and backhand grip. To develop co-ordination between movements and link them together.	To develop the return of a shuttlecock using the forehand and backhand technique. To develop footwork and speed of moving around the area.	To begin to develop skills for working at the net. To develop skills to perform a rally at the net.	To introduce a backhand low and drive serve. To develop the rallying ability with the inclusion of forehand and backhand strokes.	To investigate the use of the backhand/forehand lift for time and strategy. To develop a deeper understanding of the rules of badminton.	To apply different strokes to outwit an opponent. To develop teamwork and collaborative skills.	

## Team Building & Outdoor Adventurous Activities (OAA)

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS</b> <b>Object Control</b>	To develop co-ordination with objects and different body parts. To demonstrate agility with changing direction when required.	To be able to roll a ball towards a given target. To begin to develop an understanding of power and direction.	To begin to develop accuracy when throwing to a target. To develop power and control over an object.	To develop bouncing and catching a ball. To apply the technique shown to develop catching with control.	To develop dribbling the ball with your feet. To demonstrate control over an object.	To develop accuracy, control and power with the use of an object. To apply and combine previously taught skills to various activities.	
<b>1</b> <b>Invasion Games Skills</b>	To develop dribbling towards a goal. To gain an understanding of what being 'in possession' means.	To develop passing to a teammate with their feet. To begin to understand who to pass to and why in a game situation.	To develop throwing to a teammate. To gain an understanding of how to support a teammate in possession.	To move into space showing an awareness of defenders. To demonstrate the use of skills previously learnt for different situations.	To develop dodging and using it to lose a defender. To show a greater understanding of spatial awareness.	To be able to stay with a player when defending. To demonstrate an understanding of the best route to the goal.	
<b>2</b> <b>Team Building</b>	To develop effective communication and team work. To develop agility and co-ordination.	To create a plan with your group to help solve challenges. To demonstrate effective communication and collaboration.	To build communication skills and level of trust within teammates. To use clear and precise instructions to support my team.	To create strategies and tactics to develop teamwork. To be better at collaborating with a team to reach a desired goal.	To demonstrate problem solving skills during simple and complex situations. To use quick changes in speed and direction to tactically participate in a team game.	To gain a better understanding of map reading and team work. To demonstrate good communication skills to achieve a shared outcome.	
<b>3</b> <b>OAA</b>	To develop co-operative and communication skills. To develop agility and balance during different activities.	To begin to provide instructions to a partner. To develop team working skills.	To develop my ability to give clear instructions and guidance to my team. To be able to work collaboratively.	To develop problem solving skills and planning. To demonstrate effective teamwork during the activities.	To be better at mounting and using climbing equipment. To develop balance, agility and co-ordination.	To develop map reading skills using equipment. To demonstrate collaborative team work and communication skills.	
<b>4</b> <b>OAA</b>	To develop agility and balance during different activities. To demonstrate leadership skills within a team and through effective communication.	To provide clear and concise instructions to a partner. To develop co-ordination and agility through a variety of activities.	To develop the ability to apply previously learnt skills to different activities. To begin to explore different ways of communication, not just verbal.	To apply and develop problem solving skills in creative ways. To demonstrate effective teamwork during the activities.	To mount and use climbing equipment safely. To develop balance, agility and co-ordination.	To develop map reading skills using equipment. To demonstrate collaborative teamwork and communication skills.	
<b>5</b> <b>OAA</b>	To apply agility, balance and co-ordination when working with a partner. To demonstrate good communication skills to complete various activities.	To develop problem solving skills and collaborative working. To apply tactical thinking and building strategies with teammates.	To apply and develop problem solving skills in creative ways. To demonstrate effective communication and begin to show leadership skills.	To mount and use climbing equipment safely. To develop balance, agility and co-ordination.	To develop map reading skills using equipment. To demonstrate collaborative teamwork and communication skills.	To develop orienteering skills using a map of the school. To work collaboratively to problem solve and find solutions to puzzles.	
<b>6</b> <b>OAA</b>	To apply agility, balance and co-ordination when working with a partner. To demonstrate good communication skills to complete various activities.	To develop problem solving skills and collaborative working. To apply tactical thinking and building strategies with teammates.	To apply and develop problem solving skills in creative ways. To demonstrate effective communication and begin to show leadership skills.	To mount and use climbing equipment safely. To develop balance, agility and co-ordination.	To develop map reading skills using equipment. To demonstrate collaborative teamwork and communication skills.	To develop orienteering skills using a map of the school. To work collaboratively to problem solve and find solutions to puzzles.	

## Team Building / Striking & Fielding

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS Games</b>	To develop running at varying speeds and stopping effectively. To begin to work collaboratively within a pair or group.	To develop the underarm throwing technique. To be able to keep score and communicate well with a partner.	To develop speed when changing direction. To begin to understand working as a team to achieve the same goal.	To develop agility when evading opponents. To develop fairness and honesty within a competitive game.	To be better at creating strategies and tactics to develop teamwork. To use my knowledge of fundamental skills to perform at my best.	To develop co-ordination with objects and different body parts. To demonstrate agility with changing direction when required.	
<b>1 Team Building</b>	To be better at creating strategies and tactics to develop teamwork. To use my knowledge of fundamental skills to perform at my best.	To be better at creating strategies and tactics to develop teamwork. To be better at collaborating with a team to reach a desired goal.	To be better at developing effective communication. To demonstrate leadership skills when undertaking physical tasks.	To be better at problem solving during simple and complex situations. To demonstrate quick changes in speed and direction to tactically participate in a team game.	To be better at investigating active activities and developing decision-making skills. To explore various tactics within a team to be successful.	To begin to use simple defence tactics when participating in team games. To demonstrate an ability to follow and create rules in a competitive game.	
<b>2 Kick Rounders</b>	To roll a ball towards a target. To collect a moving ball efficiently.	To track a rolling ball and collect it. To begin to demonstrate an understanding of the fielder's role.	To develop accuracy in underarm throwing and catching. Develop communication skills to achieve success in tasks.	To develop overarm throwing. To develop strategies when playing the game.	To retrieve a ball when fielding. Develop strategies when fielding the ball within a team.	To demonstrate an understanding of all roles including batter, fielder and bowler. To understand how to get a batter out.	To understand how to run around bases to score points. To demonstrate decision making in the roles of fielder, bowler and batter.
<b>3 Rounders</b>	To develop hand-eye co-ordination. To develop throwing and catching skills.	To develop control and consistency with throwing and catching. To gain a better understanding of the roles within a Rounders game.	To develop footwork and ability to change direction quickly. To gain a deeper understanding of the bowler and batter roles.	To develop decision making during a game of Rounders. To communicate well with the team when fielding and batting.	To become better at fielding a ball two-handed. To develop decision-making skills within the game play.	To develop a batting technique and tactics of hitting the ball into space. To apply my knowledge from previous lessons when competing in a game of Rounders.	To demonstrate strong decision making in the roles of fielder, bowler and batter. To develop competitive attributes that can be used in other sports.
<b>4 Cricket</b>	To begin to understand the body shape for bowling correctly. To develop co-ordination in linking movements together.	To develop control and consistency with straight-arm bowling. To begin to develop co-ordination when hitting the ball with a bat.	To begin to develop footwork and ability to change direction quickly between wickets. To develop the bowling action for accuracy.	To begin to develop decision making when batting a ball. To develop tactical thinking when considering a game of cricket.	To develop distance and accuracy when bowling. To develop hand-eye co-ordination when throwing, catching and batting the ball.	To gain an understanding of how runs are scored in cricket. To apply previous learning to develop accuracy in bowling and fielding.	To apply skills that have been previously taught into a match situation. To develop tactical thinking when batting to create advantages for the team.
<b>5 Rounders</b>	To throw and catch with accuracy under pressure. To develop hand-eye co-ordination and control.	To begin to develop the batting technique. To develop hand-eye co-ordination.	To develop decision making when fielding and knowing where to send the ball to stump a batter. To apply my catching and throwing skills in a competitive format of the game.	To develop a variety of fielding techniques and when to use them. To communicate well with the team when fielding and batting.	To develop an understanding of a short barrier and long barrier when fielding. To develop decision-making skills within the game play.	To develop decision making and tactical awareness when playing a competitive game of Rounders. To begin to demonstrate leadership skills in communicating with the team.	To demonstrate strong decision making in the roles of fielder, bowler and batter. To develop competitive attributes that can be used in other sports.
<b>6 Cricket</b>	To demonstrate an understanding for the body shape when bowling. To develop co-ordination in linking movements together.	To demonstrate control and consistency with straight-arm bowling. To develop co-ordination when hitting the ball with a bat.	To develop footwork and ability to change direction quickly between wickets. To develop the bowling action for accuracy.	To develop decision making when batting a ball. To demonstrate tactical thinking when considering a game of cricket.	To use distance and accuracy when bowling. To develop hand-eye co-ordination when throwing, catching and batting the ball.	To demonstrate an understanding of how runs are scored in cricket. To apply previous learning to develop accuracy in bowling and fielding.	To apply skills that have been previously taught into a match situation. To develop tactical thinking when batting to create advantages for the team.

## Athletics

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<b>EYFS</b>	<p>To develop running technique and begin to understand pace.</p> <p>To begin to show spatial awareness when running with others.</p>	<p>To begin to explore jumping and leaping for distance.</p> <p>To combine different movements together.</p>	<p>To develop control and co-ordination with the use of equipment when running.</p> <p>To demonstrate agility and quick reactions when required.</p>	<p>To develop a technique when throwing for distance.</p> <p>To understand the importance of working with equipment safely.</p>	<p>To develop throwing for accuracy.</p> <p>To develop an understanding of my personal best.</p>	<p>To apply a range of previously taught skills to various activities.</p> <p>To begin to demonstrate good sportsmanship when competing in different activities.</p>	
<b>1</b>	<p>To learn to move at different speeds for varying distances.</p> <p>To demonstrate spatial awareness when running with others.</p>	<p>To develop agility and co-ordination</p> <p>To build on the knowledge and ability to change speed and direction.</p>	<p>To explore hopping, jumping and leaping for distance.</p> <p>To identify areas for improvement with technique.</p>	<p>To develop balance when jumping and running over obstacles.</p> <p>To demonstrate support and advice to team mates.</p>	<p>To be better at throwing for distance.</p> <p>To work safely with equipment.</p>	<p>To be better at throwing for accuracy.</p> <p>To be better at reaching and challenging my personal best.</p>	
<b>2</b>	<p>To develop the sprinting action.</p> <p>To demonstrate spatial awareness when running with others.</p>	<p>To develop rhythm and balance in running over obstacles.</p> <p>To evaluate technique of self and others.</p>	<p>To develop jumping for distance.</p> <p>To demonstrate an understanding of a safe landing when jumping.</p>	<p>To develop technique when jumping for height.</p> <p>To explore different take offs to investigate if this helps to jump higher.</p>	<p>To develop throwing for distance.</p> <p>To work safely with equipment.</p>	<p>To demonstrate accuracy when throwing towards a target.</p> <p>To use personal bests to persevere with each task.</p>	
<b>3</b>	<p>To develop the sprinting technique and progress with personal best.</p> <p>To master spatial awareness when running with others.</p>	<p>To familiarise themselves with the changeover for a relay race.</p> <p>To work effectively within a team and demonstrate good communication skills.</p>	<p>To develop jumping for distance from a range of approaches and take off positions.</p> <p>To explore how to land safely from a variety of jumps.</p>	<p>To develop technique when jumping for height and landing safely.</p> <p>To demonstrate an understanding of different take offs and how this helps to jump higher.</p>	<p>To develop throwing for distance and accuracy using a chest push and pull throw.</p> <p>To work safely with equipment.</p>	<p>To apply previous knowledge and skills to various athletic activities.</p> <p>To begin to demonstrate an understanding of sportsmanship during the challenges.</p>	
<b>4</b>	<p>To develop an understanding of stamina, speed and pace in relation to distance.</p> <p>To demonstrate the use of the sprinting technique where required.</p>	<p>To develop communication skills and technique in relays.</p> <p>To demonstrate good co-ordination when performing changeovers.</p>	<p>To develop technique when jumping for distance.</p> <p>To explore how to land safely from a variety of jumps.</p>	<p>To develop technique when jumping for height and landing safely.</p> <p>To demonstrate an understanding of how body shape and position can affect the height of the jump.</p>	<p>To develop power and technique when throwing for distance.</p> <p>To follow instructions carefully and work collaboratively in a group.</p>	<p>To develop their ability to perform in a competitive environment.</p> <p>To begin to demonstrate an understanding of sportsmanship during the challenges.</p>	
<b>5</b>	<p>To be able to apply different speeds over a range of distances.</p> <p>To begin to show stamina through a variety of running activities.</p>	<p>To develop the changeover technique in relays.</p> <p>To apply knowledge of pace and speed within a relay race.</p>	<p>To develop power, control and consistency when jumping for distance.</p> <p>To demonstrate a knowledge of landing jumps safely and beginning with a run up.</p>	<p>To develop technique and co-ordination with the triple jump.</p> <p>To link movements together to provide fluency and speed with the technique.</p>	<p>To develop throwing with force over greater distances.</p> <p>To demonstrate an understanding how the change in body position can help transfer weight.</p>	<p>To compete in a range of athletic events using skills gained over the weeks.</p> <p>To demonstrate sportsmanship during the varying challenges.</p>	
<b>6</b>	<p>To demonstrate an ability to sustain a set pace over given distances.</p> <p>To show an understanding of varying speeds to match different activities.</p>	<p>To develop the changeover technique in relays.</p> <p>To apply knowledge of pace and speed within a relay race.</p>	<p>To develop power, control and consistency when jumping for distance.</p> <p>To demonstrate a knowledge of landing jumps safely and beginning with a run up.</p>	<p>To develop technique and co-ordination with the triple jump.</p> <p>To link movements together to provide fluency and speed with the technique.</p>	<p>To develop throwing with force over greater distances.</p> <p>To demonstrate an understanding how the change in body position can help transfer weight.</p>	<p>To compete in a range of athletic events using skills gained over the weeks.</p> <p>To demonstrate sportsmanship during the varying challenges.</p>	