

Autumn 1	EYFS Nursery	EYFS Reception	Year 1	Year 2
Lesson One Statements taken from progression of skills documents	<p><b>Fundamental movement skills</b></p> <p>Jump forward a small distance</p> <p>Squat with steadiness</p> <p>Land with two feet when jumping a small distance</p>	<p><b>Fundamental movement skills</b></p> <p>Run and stop, showing some control of direction and stopping.</p> <p>Jump with bent knees, avoiding falling over.</p> <p>Throw different balls and beanbags into space, aiming for large targets but expecting minimal success.</p> <p>Balance in a stationary position, and while moving.</p> <p>Explore the coordination of different limbs, in a free play environment.</p>	<p><b>Fundamental movement skills</b></p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p> <p>Throw towards a large target, with some success.</p> <p>Show some control and balance when travelling at different speeds.</p> <p>Show a basic understanding of balance and coordination when changing direction.</p> <p>Explore the coordination of different limbs, in fun activities with basic challenges.</p>	<p><b>Fundamental movement skills</b></p> <p>Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.</p> <p>Connect running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.</p> <p>Show some understanding of different throws.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and coordination when changing direction.</p> <p>Demonstrate coordination with increased control, with and without equipment.</p>
Lesson 1	WALT Can jump forward a small distance	Lesson 1 WALT travel at different speeds.	WALT learn how to pace yourself when running long distances.	WALT change stride length.
Lesson 2	WALT Can jump forward a small distance	Lesson 2 WALT understand how to be spatially aware.	<p>WALT remain in control of their body when jumping.</p> <p>Attempt to jump from two feet with some control, showing an awareness of technique.</p>	<p>WALT change jumping technique.</p> <p>Show jumping movements with some balance and control, demonstrating an awareness of technique.</p>

Lesson 3	WALT Squat with steadiness	Lesson 3 WALT develop coordination of the arms, eyes & legs, but not all at the same time.	WALT understand how to move quickly through ladders.  Explore the coordination of different limbs, in fun activities with basic challenges.	WALT demonstrate how to move quickly through ladders.  Demonstrate coordination with increased control, with and without equipment.
Lesson 4	WALT Squat with steadiness	Lesson 4 WALT perform simple balancing techniques whilst using equipment	WALT balance on one foot and explore different ways to maintain balance during physical activities.  Attempt to jump from two feet, and hop with some control, showing an awareness of technique.	WALT balance on one foot and explore different ways to maintain balance during physical activities.  Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.
Lesson 5	WALT Balance on one foot	Lesson 5 WALT understand when to use different speeds in games to give you an advantage.	WALT develop the speed of their feet.  Attempt to run at different speeds, showing an awareness of peers & technique.	WALT vary their speeds in different situations.  Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.
Lesson 6	WALT Balance on one foot	Lesson 6 WALT perform the underarm and overarm throw.	WALT throw & catch over different distances.  Throw towards a large target, with some success.	WALT throw & catch over different distances.  Show some understanding of different throws.

Autumn 1	Year 1	Year 2
Lesson Two Statements taken from progression of skills documents	<p><b>Multi Skills</b></p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p> <p>Throw towards a large target, with some success.</p> <p>Show some control and balance when travelling at different speeds.</p> <p>Show a basic understanding of balance and coordination when changing direction.</p> <p>Explore the coordination of different limbs, in fun activities with basic challenges.</p>	<p><b>Multi sports Term 1</b></p> <p>Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.</p> <p>Connect running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.</p> <p>Show some understanding of different throws.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and coordination when changing direction.</p> <p>Demonstrate coordination with increased control, with and without equipment</p>
Lesson 1	<p>Multi Skills</p> <p>WALT perform different movements with control over a set distance.</p>	<p>Rugby</p> <p>WALT understand how to pass a ball to targets different distances away.</p> <p>WALT understand what must be done to score a try.</p>
Lesson 2	<p>Multi Skills</p> <p>WALT change the type of throw performed depending how far the ball needs to be thrown.</p> <p>Throw towards a large target, with some success.</p>	<p>Rugby</p> <p>WALT understand how to kick a ball to different targets with varying success.</p> <p>WALT understand the required body positions to make a tackle, without progressing to attempting the tackle.</p>
Lesson 3	<p>Multi Skills</p> <p>Cricket</p> <p>WALT learn how to bowl correctly towards a target.</p> <p>Throw towards a large target, with some success.</p> <p>WALT learn how to correctly hold a cricket bat.</p>	<p>Basketball</p> <p>WALT perform various passes.</p> <p>WALT learn dribbling rules.</p>
Lesson 4	<p>Multi Skills</p> <p>WALT understand the importance of finding a space.</p> <p>WALT learn different evasion techniques that can be used in a game.</p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p>	<p>Basketball</p> <p>Be able to accurately shoot at an adapted net.</p> <p>Be able to perform all three passes.</p>

Lesson 5	Multi Skills Rugby WALT learn how to correctly receive a rugby ball. WALT understand how to perform a shot put throw correctly. Throw towards a large target, with some success.	Hockey  Be able to follow basic safety rules. Learn how to pass correctly.
Lesson 6	Multi Skills Kwik cricket WALT learn how to stand correctly when batting the ball. WALT understand basic rules and tactics for kwik cricket.	Hockey  WALT dribble while keeping control of the ball. WALT shoot at the net.

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Lesson One Statements taken from progression of skills documents	<b>Multi skills</b> Jump forward a small distance Squat with steadiness Land with two when jumping a small distance	<b>Multi skills</b> Run and stop, showing some control of direction and stopping. Jump with bent knees, avoiding falling over. Throw different balls and beanbags into space, aiming for large targets but expecting minimal success. Balance in a stationary position, and while moving. Explore the coordination of different limbs, in a free play environment. a free play environment.	<b>Multi sports Term 1</b> Attempt to run at different speeds, showing an awareness of peers & technique. Show a basic understanding of balance and coordination when changing direction. Explore the coordination of different limbs, in fun activities with basic challenges.	<b>Target games</b> Dribble a ball with two hands on the move. Dribble a ball with some success, stopping it when required. Throw towards a target using varying techniques with some success. Show balance when kicking towards a target. Move to track a ball and stop it using feet with limited success. Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring. Use simple tactics.
Lesson 1	WALT follow a start and stop signal	Lesson 1 WALT Practice basic running and jumping skills.	Football WALT be able to kick a ball accurately. WALT dribble correctly.	WALT develop an improved control using the feet, dribbling through & kicking towards different targets. Dribble a ball with two hands on the move. Dribble a ball with some success, stopping it when required. Move to track a ball and stop it using feet with limited success.
Lesson 2	WALT follow a start and stop signal	Lesson 2 WALT introductory throwing and catching techniques.	Football WALT learn how to successfully defend the other team. WALT shoot the ball from a stationary position.	WALT develop an improved throwing technique, practicing over & under arm to targets at different distances. Throw towards a target using varying techniques with some success.
Lesson 3	WALT begin to explore introductory throwing and catching techniques.	Lesson 3 WALT Continue refining running and jumping abilities.	Football	WALT continue the development of throwing different shaped objects,

			WALT shoot the ball from a stationary position.	different distances, both overarm & underarm.  Throw towards a target using varying techniques with some success.
Lesson 4	WALT begin to explore introductory throwing and catching techniques.  Lesson 4 WALT continue refining running and jumping abilities.	Lesson 4 WALT Develop throwing and catching skills with increased complexity.	(lesson 3 planning) Netball  Learn to pass in different ways. Keep possession of the ball.	WALT improve the throwing technique, from a stationary position, to a stationary target, with a focus on accuracy over distance. Throw a towards a target using varying techniques with some success.
Lesson 5	WALT Kick a stationary ball with either foot	Lesson 5 WALT deepen running and jumping experiences.	(lesson 4 planning) Netball  Be able to shoot at a goal.	WALT Hit a ball to different targets, over different distances, focusing on using a hockey stick. Run, stop and change direction with balance and control.
Lesson 6	WALT Kick a stationary ball with either foot	Lesson 6 WALT apply throwing and catching skills in various context	Netball WALT understand why pivoting is important	WALT develop throwing techniques, with more focus on moving targets instead of stationary. Throw towards a target using varying techniques with some success.

Autumn 2	Year 1	Year 2
Lesson Two Statements taken from progression of skills documents	<p><b>Functional fitness</b></p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p> <p>Throw towards a large target, with some success.</p> <p>Show some control and balance when travelling at different speeds.</p> <p>Show a basic understanding of balance and coordination when changing direction.</p> <p>Explore the coordination of different limbs, in fun activities with basic challenges.</p>	<p><b>Cooperation</b></p>
Lesson 1	<p>WALT travel at different speeds, in different directions.</p> <p>Show some control and balance when travelling at different speeds.</p>	<p>WALT Identify situations where cooperation is required during physical activities.</p>
Lesson 2	<p>WALT Introduce strength &amp; power into competitive activities.</p> <p>Show an initial understanding of how to use different body parts to help with jumping.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p>	<p>WALT Take turns when participating in team-based exercises.</p>
Lesson 3	<p>WALT Develop an understanding of pacing.</p>	<p>WALT Demonstrate the ability to work together to achieve a common goal.</p>
Lesson 4	<p>WALT Develop an understanding of what reaction speed is.</p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p>	<p>WALT Encourage and uplift teammates during physical challenges.</p>
Lesson 5	<p>WALT Understand how we build strength.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p>	<p>WALT Participate in activities that showcase the strengths of each team member.</p>
Lesson 6	<p>WALT understand the benefits of high intensity activities.</p>	<p>WALT Demonstrate effective teamwork through passing, strategising, and working towards a common goal.</p>

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Lesson One Statements taken from progression of skills documents	<b>Gymnastics</b> Balance on one foot  Roll, crawl, walk  Shift body weight to improve stability  Move or balance on a different surface	<b>Gymnastics</b> Perform different shapes showing a basic level of stillness using various parts of their bodies. Begin to take weight on different body parts. Understand which movements stretch different parts of their bodies. Link different action and movement together.	<b>Gymnastics</b> Perform balances that makes their body stretched, tensed and curled while using creativity. For short periods of time be able to hold weight on their hands. Demonstrate poses and actions that challenge their flexibility. Remember, repeat and connect basic actions together.	<b>Dance - The Olympics</b> Copy, remember and repeat a series of actions. Select from a wider range of actions in relation to a stimulus. Use pathways, levels, shapes, directions, speeds and timing with guidance.  Use mirroring and unison when completing actions with a partner. Show a character through actions, dynamics and expression. Use counts with help to stay in time with the music.
Lesson 1	WALT find, and stay in a space.	Lesson 1 WALT stay in a space.	Lesson 1 WALT find, and stay in a space. WALT learn and remember 3 key body shapes. Perform balances that makes their body stretched, tensed and curled while using creativity.	WALT dance in unison. Use mirroring and unison when completing actions with a partner.  WALT dance using repetition Copy, remember and repeat a series of actions.
Lesson 2	WALT find, and stay in a space.	Lesson 2 WALT recap last week's shapes and jumps	Lesson 2 WALT learn balances on one leg in different positions.	WALT use cannon  WALT dance at different speeds Use pathways, levels, shapes, directions, speeds and timing with guidance.
Lesson 3	WALT recap Jumps up into the air	Lesson 3 WALT travel in different	Lesson 3	WALT jump in our dance



	with both feet leaving the floor	ways using different body parts and levels.	WALT travel in different ways using different body parts and levels. Demonstrate poses and actions that challenge their flexibility.	WALT travel  Select from a wider range of actions in relation to a stimulus.
Lesson 4	WALT recap Jumps up into the air with both feet leaving the floor	Lesson 4 WALT travel in different ways using different body parts and levels.	Lesson 4 WALT know how to travel safely along a Beam. WALT to dismount a beam safely. Demonstrate poses and actions that challenge their flexibility.	WALT create freeze frames. WALT work with timings.
Lesson 5	WALT apply all the new skills we have learnt over the previous sessions	Lesson 5 WALT safely perform different vault skills.	Lesson 5 WALT safely perform different vault skills. Demonstrate poses and actions that challenge their flexibility.	WALT dance in formations WALT use direction
Lesson 6	WALT apply all the new skills we have learnt	Lesson 6 WALT apply all the new skills we have learnt over the previous sessions into completing different obstacle courses.	Lesson 6 WALT apply all the new skills we have learnt over the previous sessions into completing different obstacle courses. Remember, repeat and connect basic actions together.	WALT create ending positions for the dance routine. WALT learn how to evaluate our own work and the work of our peers.

Spring 1	Year 1	Year 2
<p>Lesson two Statements taken from progression of skills documents</p>	<p><b>Multi sports Term 2</b>  Drop and catch a ball after one bounce on the move.  Throw towards a target with some varying techniques, and limited success.  Kick a stationary ball towards a stationary target.  Run, stop and change direction with some balance and control.  Recognise space in relation to others.  Begin to use simple tactics with guidance.</p>	<p><b>Multi skills</b>  Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.  Connect running and jumping movements with some control and balance.  Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.  Show some understanding of different throws.  Show control and balance when travelling at different speeds.  Demonstrate balance and coordination when changing direction.  Demonstrate coordination with increased control, with and without equipment.</p>
<p>Lesson 1</p>	<p>Rugby  WALT Begin to understand how to pass a ball to targets different distances away.  Throw towards a target with some varying techniques, and limited success.</p>	<p>Multi Skills  WALT perform different movements with control over a set distance.</p>
<p>Lesson 2</p>	<p>Rugby  WALT Begin to understand how to kick a ball to different targets with varying success.  Kick a stationary ball towards a stationary target.</p>	<p>Multi Skills  WALT understand how to avoid and move away from attackers in a game.  Show some understanding of different throws.</p>
<p>Lesson 3</p>	<p>Basketball  WALT  Be able to perform various passes.  Drop and catch a ball after one bounce on the move.</p>	<p>Multi Skills  Cricket  WALT demonstrate how to bowl correctly towards a target.  Show some understanding of different throws.  WALT demonstrate how to correctly hold a cricket bat.</p>
<p>Lesson 4</p>	<p>Basketball  WALT Be able to accurately shoot at an adapted net.  Be able to perform all three passes.</p>	<p>Multi Skills  WALT demonstrate the importance of finding a space.  WALT demonstrate different evasion techniques that can be used in a game.  Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.</p>
<p>Lesson 5</p>	<p>Hockey</p>	<p>Multi Skills</p>

	<p>WALT Learn how to pass correctly.          Throw towards a target with some varying techniques, and limited success.</p>	<p>Rugby          WALT demonstrate how to correctly receive a rugby ball.          WALT demonstrate how to perform a shot put throw correctly.          Show some understanding of different throws.</p>
Lesson 6	<p>Hockey          WALT Be able to dribble while keeping control of the ball.          Drop and catch a ball after one bounce on the move.</p>	<p>Multi Skills          Kwik cricket          WALT demonstrate how to stand correctly when batting the ball.          WALT demonstrate basic rules and tactics for kwik cricket.</p>

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Lesson one Statements taken from progression of skills documents	<p><b>Dance</b></p> <p>Tap out repeated rhythm</p> <p>Add action or dance to nursery rhymes</p> <p>Use different parts of the body to explore space and movement</p>	<p><b>Dance - Animals</b></p> <p>Copy basic body actions and rhythms.</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Travel in different pathways using the space around them.</p> <p>Begin to use dynamics and expression with guidance.</p> <p>Begin to count to music.</p>	<p><b>GYMNASTICS</b></p> <p>Perform balances that makes their body stretched, tensed and curled while using creativity.</p> <p>For short periods of time be able to hold weight on their hands.</p> <p>Demonstrate poses and actions that challenge their flexibility.</p> <p>Remember, repeat and connect basic actions together.</p>	<p><b>GYMNASTICS</b></p> <p>Be able to perform balances on different body parts with some balance and control.</p> <p>Using apparatus to be able to hold body weight on different body parts.</p> <p>Show an improvement of extension and flexibility in actions.</p> <p>Copy, remember, repeat and plan linking basic actions while showing some control and technique.</p>
Lesson 1	WALT Collaborate with others	Lesson 1 WALT understand using different levels within movement	<p>Lesson 1</p> <p>WALT find, and stay in a space.</p> <p>WALT learn and remember 3 key body shapes.</p> <p>Perform balances that makes their body stretched, tensed and curled while using creativity.</p>	<p>Lesson 1</p> <p>WALT find, and stay in a space.</p> <p>WALT remember 3 key body shapes.</p> <p>Be able to perform balances on different body parts with some balance and control.</p>
Lesson 2	WALT Collaborate with others	Lesson 2 WALT learn and understand the meaning of a cannon.	Lesson 2 WALT learn balances on one leg in different positions.	Lesson 2 WALT perform balances in different positions. Using apparatus to be able to hold body weight on different body parts.
Lesson 3	WALT Move in different ways	Lesson 3 WALT understand and perform different travelling	Lesson 3 WALT travel in different ways using different body parts and	Lesson 3 WALT travel in different ways using different body parts and

		techniques across the space.	levels. Demonstrate poses and actions that challenge their flexibility.	levels. Show an improvement of extension and flexibility in actions.
Lesson 4	WALT Move in different ways	Lesson 4 WALT work in small groups to create animal shapes.	Lesson 4 WALT know how to travel safely along a Beam. WALT to dismount a beam safely. Demonstrate poses and actions that challenge their flexibility.	Lesson 4 WALT know how to travel safely along a Beam. WALT to dismount a beam safely. Show an improvement of extension and flexibility in actions.
Lesson 5	WALT Use and respond to vocabulary that describes movement and directionality	Lesson 5 WALT understand what the work dynamics mean and how it applies to dance.	Lesson 5 WALT safely perform different vault skills. Demonstrate poses and actions that challenge their flexibility.	Lesson 5 WALT safely perform different vault skills. Show an improvement of extension and flexibility in actions.
Lesson 6	WALT Use and respond to vocabulary that describes movement and directionality	Lesson 6 WALT understand what body isolations are.	Lesson 6 WALT apply all the new skills we have learnt over the previous sessions into completing different obstacle courses. Remember, repeat and connect basic actions together.	Lesson 6 WALT apply all the new skills we have learnt over the previous sessions into completing different obstacle courses. Copy, remember, repeat and plan linking basic actions while showing some control and technique.

Spring 2	Year 1	Year 2
<p>Lesson two Statements taken from progression of skills documents</p>	<p><b>Dance - Island Life</b> Copy, remember and repeat actions. Choose actions for an idea. Use changes of direction, speed and levels with guidance. Show some sense of dynamic &amp; expressive qualities. Begin to use counts.</p>	<p><b>Functional Fitness</b> Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique. Connect running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique. Show some understanding of different throws. Show control and balance when travelling at different speeds. Demonstrate balance and coordination when changing direction. Demonstrate coordination with increased control, with and without equipment.</p>
<p>Lesson 1</p>	<p>WALT understand the meaning of the word unison and how it is used in dance. WALT understand what different levels are. Use changes of direction, speed and levels with guidance.</p>	<p>WALT learn how to run when changing directions. Show control and balance when travelling at different speeds. Demonstrate balance and coordination when changing direction.</p>
<p>Lesson 2</p>	<p>WALT copy and dance movements in a Sequence. Copy, remember and repeat actions. WALT understand the meaning of the word cannon and how it is used in dance.</p>	<p>WALT show an initial understanding of how to use different body parts to help with jumping. Show jumping movements with some balance and control, demonstrating an awareness of technique.</p>
<p>Lesson 3</p>	<p>WALT be able to copy dance movements that are being used as part of the dance routine. WALT be able to remember the dance sequence that is taught within this lesson. Copy, remember and repeat actions</p>	<p>WALT improve cardiovascular endurance through long distance running.</p>
<p>Lesson 4</p>	<p>WALT understand what the word formation means and how it can be applied to both dance and other specific sports. WALT add onto the group routine using the skill that has been previously learnt.</p>	<p>WALT apply agility techniques into games to improve success. Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.</p>

Lesson 5	<p>WALT understand what travelling movements are as well as when and why they are used.</p> <p>WALT think creatively within groups.</p> <p>WALT perform confidently in groups to the rest of the class.</p>	<p>WALT learn how to create power when jumping.</p> <p>Show jumping movements with some balance and control, demonstrating an awareness of technique.</p>
Lesson 6	<p>WALT confidently perform in small groups to a small audience</p> <p>WALT add new material to the routines in order to complete them</p>	<p>WALT Push the muscular endurance of our bodies through high intensity activities.</p>

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Lesson One Statements taken from progression of skills documents	<b>Cooperation</b>	<b>Cooperation</b>	<b>Cooperation</b>	<b>Cooperation</b>
Lesson 1	WALT Collaborates with others to manage and move large items	Lesson 1 WALT understand the concept of cooperation and its importance in working together.	WALT Recognise the benefits of working together as a team.	WALT Identify situations where cooperation is required during physical activities.
Lesson 2	WALT Collaborates with others to manage and move large items	Lesson 2 WALT develop teamwork skills through play-based activities.	WALT Listen actively to instructions during group activities.	WALT Take turns when participating in team-based exercises.
Lesson 3	WALT Pat / hit / kick a ball	Lesson 3 WALT engage in group challenges that require cooperation and problem-solving.	WALT Understand how effective communication contributes to cooperation.  Participate in activities that require clear communication within a team.	WALT Demonstrate the ability to work together to achieve a common goal.
Lesson 4	WALT Pat / hit / kick a ball	Lesson 4 WALT focus on effective communication and active listening within a cooperative context.	WALT Recognise the importance of supporting teammates.	WALT Encourage and uplift teammates during physical challenges.
Lesson 5	WALT Land with two feet	Lesson 5 WALT foster trust and collaboration through partner and small group activities.	WALT Understand that every team member's ideas and efforts are valuable.	WALT Participate in activities that showcase the strengths of each team member.
Lesson 6	WALT Land with two feet	Lesson 6 WALT apply cooperation skills in various play and learning scenarios.	WALT Experience cooperation in team sports like football, basketball etc.	WALT Demonstrate effective teamwork through passing, strategising, and working towards a common goal.



Summer 1	Year 1	Year 2
<p>Lesson Two Statements taken from progression of skills documents</p>	<p><b>Target Games</b>  Drop and catch a ball after one bounce on the move.  Move a ball using different parts of the foot.  Throw towards a target with some varying techniques, and limited success.  Kick a stationary ball towards a stationary target.  Run, stop and change direction with some balance and control.  Recognise space in relation to others.  Begin to use simple tactics with guidance.</p>	<p><b>Striking and Fielding</b>  Dribble a ball with two hands on the move.  Dibble a ball with some success, stopping it when required.  Throw and roll towards a target using varying techniques with some success.  Show balance when kicking towards a target.  Catch an object passed to them, with and without a bounce.  Move to track a ball and stop it using feet with limited success.  Strike a ball using a racket. Run, stop and change direction with balance and control.  Move to space to help score goals or limit others scoring.</p>
<p>Lesson 1</p>	<p>WALT develop an improved control using the feet, dribbling through &amp; kicking towards different targets.</p> <p>Move a ball using different parts of the foot.  Kick a stationary ball towards a stationary target.</p>	<p>WALT know the rules for Cricket.  WALT Demonstrate bowling overarm, using the rocking star technique.</p>
<p>Lesson 2</p>	<p>WALT develop an improved throwing technique, practicing over &amp; under arm to targets at different distances.</p> <p>Throw towards a target with some varying techniques, and limited success.</p>	<p>WALT know the rules for Rounders.  WALT Demonstrate running between the bases before the fielders move the ball to bases.</p>
<p>Lesson 3</p>	<p>WALT continue the development of throwing different shaped objects, different distances, both overarm &amp; underarm.</p> <p>Throw towards a target with some varying techniques, and limited success.</p>	<p>WALT Demonstrate the rules, and use that understanding to improve success in the game.  WALT Demonstrate the kicking technique of the ball, aiming to put the ball in space &amp; increase the running time before a fielder retrieves the ball.</p>
<p>Lesson 4</p>	<p>WALT improve the throwing technique, from a stationary position, to a stationary target, with a focus on accuracy over distance.</p> <p>Throw towards a target with some varying techniques, and limited success.</p>	<p>WALT Demonstrate the rules for cricket to increase chance of success.  WALT Demonstrate batting, focusing on hitting accurately over distance.</p>

Lesson 5	WALT Hit a ball to different targets, over different distances, focusing on using a hockey stick. Run, stop and change direction with some balance and control.	WALT Expand on the rounders knowledge previously learnt with success. WALT Demonstrate fielding, throwing the ball from base to base to try stump the batting team out.
Lesson 6	WALT continue to develop throwing techniques, with more focus on moving targets instead of stationary. Throw towards a target with some varying techniques, and limited success.	WALT Expand on the rounders knowledge previously learnt. Practice fielding, throwing the ball from base to base to try stump the batting team out.

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Lesson One Statements taken from progression of skills documents	<p style="text-align: center;"><b>Target games</b></p> <p>Kick a stationary ball with either foot</p> <p>Grasp, release with two hands to throw and catch a large ball or bean bag</p> <p>Throw a ball with increasing force</p> <p>Pat/hit/ kick a ball</p>	<p style="text-align: center;"><b>Target games</b></p> <p>Collect &amp; control a ball with two hands.</p> <p>Move a ball with feet, with minimal control.</p> <p>Throw and roll a variety of beanbags and larger balls to space.</p> <p>Throw a beanbag with minimal direction or control.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Run and stop when instructed, with minimal balance or control.</p> <p>Travel around an area showing limited awareness of others.</p> <p>Make simple decisions in response to a situation.</p>	<p><b>STRIKING AND FIELDING</b></p> <p>Drop and catch a ball after one bounce on the move.</p> <p>Move a ball using different parts of the foot.</p> <p>Throw and roll towards a target with some varying techniques, and limited success.</p> <p>Kick a stationary ball towards a stationary target.</p> <p>Catch a beanbag and a medium-sized ball, with varying levels of success.</p> <p>Run, stop and change direction with some balance and control.</p> <p>Recognise space in relation to others.</p> <p>Begin to use simple tactics with guidance.</p>	<p><b>MULTI SPORTS 2</b></p> <p>Dribble a ball with two hands on the move.</p> <p>Dribble a ball with some success, stopping it when required.</p> <p>Throw towards a target using varying techniques with some success.</p> <p>Run, stop and change direction with balance and control.</p> <p>Move to space to help score goals or limit others scoring.</p> <p>Use simple tactics.</p>
Lesson 1	WALT Throw a ball with increasing force	Lesson 1 WALT understand the concept of target games and develop basic aiming skills.	WALT Develop an initial understanding of the rules for Danish Longball. WALT Practice the evasion techniques needed to avoid the ball and get back to the base to win points.	Rugby WALT Begin to understand what must be done to score a try.
Lesson 2	WALT Throw a ball with increasing force	Lesson 2 WALT improve aiming and accuracy in target games.	WALT Develop an initial understanding of the rules for Cricket.	Rugby WALT Begin to understand the

			WALT Practice bowling overarm, using the rocking star technique.	required body positions to make a tackle, without progressing to attempting the tackle.
Lesson 3	WALT Catch a large ball by using two hands and chest to trap it	Lesson 3 WALT increase the distance from which the target is approached.	WALT Develop an initial understanding of the rules for Rounders. WALT Practice running between the bases before the fielders move the ball to bases.	Basketball WALT Learn dribbling rules.  Dribble a ball with two hands on the move. Dribble a ball with some success, stopping it when required.
Lesson 4	WALT Catch a large ball by using two hands and chest to trap it	Lesson 4 WALT practice aiming while in motion during target games.	WALT Progress the understanding of the rules, and try to use that understanding to improve success in the game.  WALT Practice the kicking technique of the ball, aiming to put the ball in space & increase the running time before a fielder retrieves the ball.	Basketball WALT Be able to perform all three passes.
Lesson 5	WALT Throw a ball with increasing force	Lesson 5 WALT aim at targets placed at varying heights.	WALT Progress knowledge of the rules for cricket to increase chance of success.  WALT Practice batting, focusing on hitting accurately over distance.	Hockey WALT Learn how to pass correctly.  Throw towards a target using varying techniques with some success.
Lesson 6	WALT Throw a ball with increasing force	Lesson 6 WALT apply all learned skills in target games with added challenges.	WALT Expand on the rounders knowledge previously learnt.  WALT Practice fielding, throwing the ball from base to base to try stump the batting team out.	Hockey WALT Be able to shoot at the net.  Throw towards a target using varying techniques with some success.

Summer 2	Year 1	Year 2
Lesson Two Statements taken from progression of skills documents	<p><b>ATHLETICS</b></p> <p>Attempt to run at different speeds, showing an awareness of peers &amp; technique.</p> <p>Attempt to jump from two feet, and hop with some control, showing an awareness of technique.</p> <p>Throw towards a large target, with some success.</p> <p>Show some control and balance when travelling at different speeds.</p> <p>Show a basic understanding of balance and coordination when changing direction.</p> <p>Explore the coordination of different limbs, in fun activities with basic challenges.</p>	<p><b>ATHLETICS</b></p> <p>Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.</p> <p>Connect running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.</p> <p>Show some understanding of different throws.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and coordination when changing direction.</p> <p>Demonstrate coordination with increased control, with and without equipment.</p>
Lesson 1	WALT demonstrate they can run at different speeds.	WALT understand when to accelerate speed in a game setting.
Lesson 2	WALT Jump in different ways, over different distances, while maintaining balance.	WALT maximise our jumping distance through the use of different body parts.
Lesson 3	WALT Develop technique of throwing in different athletics events.	WALT throw with increasing accuracy and coordination at targets set at different distances.
Lesson 4	WALT Begin to understand the importance of pacing themselves during long distance running.	WALT discuss personal bests and the importance of improving their individual performance.
Lesson 5	WALT Be able to show the speed difference when doing a short sprint and a long distance run.	WALT successfully throw a bean bag into hoops at different distances.
Lesson 6	<p>WALT To use different techniques, speeds and efforts to meet challenges set for running, jumping and throwing.</p> <p>Explore the coordination of different limbs, in fun activities with basic challenges.</p>	<p>WALT To use different techniques, speeds and efforts to meet challenges set for running, jumping and throwing.</p> <p>Demonstrate coordination with increased control, with and without equipment.</p>

