

Autumn 1 The World through our Senses	Autumn 2 Celebrations	Spring 1 Whatever the Weather	Spring 2 Toys	Summer 1 Amazing Architects	Summer 2 Flowers and Insects
<p><u>Fundamentals</u></p> <ul style="list-style-type: none"> To explore balancing and to be able to move with control. To explore balance, stability and landing safely. To explore jumping, hopping, and skipping actions. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> To develop control and co-ordination when dribbling a ball with your hands. To explore dribbling and rolling skills developing control and accuracy. To explore catching with two hands. To explore throwing with accuracy towards a target. 	<p><u>Sending and Receiving</u></p> <ul style="list-style-type: none"> To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. <p><u>Dance</u></p> <ul style="list-style-type: none"> To explore travelling actions. To show changes in expression, level and shape. To use a pathway when travelling. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To explore key skills on apparatus showing quality, control and balance. <p><u>Fitness</u></p> <ul style="list-style-type: none"> To understand how to run for longer periods of time without stopping. To develop co-ordination through hula hoop skills. To develop individual skipping. To develop 'ABC,' agility, balance and co-ordination. 	<p><u>Invasion</u></p> <ul style="list-style-type: none"> To move into space showing an awareness of defenders. To develop passing to a teammate with your feet. To develop dribbling towards a goal. <p><u>Yoga</u></p> <ul style="list-style-type: none"> To develop strength and co-ordination in yoga poses. To show balance, control and co-ordination in yoga poses. 	<p><u>Net and Wall</u></p> <ul style="list-style-type: none"> To defend space, using the ready position. To develop control when handling a racket. To develop sending a ball using a racket. To develop hitting over a net. <p><u>Team Building</u></p> <ul style="list-style-type: none"> To explore and develop teamwork skills. To develop communication skills. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To learn to move at different speeds for varying distances. To develop a foundation for balance and stability. To develop agility and coordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance and accuracy. <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> To develop accuracy in underarm throwing and consistency in catching. To develop overarm throwing. To develop striking a ball with my hand and equipment