

Year 1 (KS1)	Autumn Term	Spring Term	Summer Term
Sport / Exercise	Gymnastics	Games (Invasion)	Hand-Eye Co-ordination
Learning Outcome	<p>Copy and repeat movements with correct technique and under control.</p> <p>Find and use space independently.</p> <p>Be able to link 2 movements together.</p> <p>Perform fundamental movements in different ways, directions and levels.</p>	<p>Begin to work with team members.</p> <p>Begin to look at positions in team games.</p>	<p>Repeatedly catching a ball.</p> <p>Throwing / bowling consistently at a target.</p> <p>Straight and diagonal line dribbling.</p> <p>Improve balance when throwing and catching a ball.</p> <p>Improve hand eye co-ordination when moving.</p>
Assessment Criteria	<p>Improve body co-ordination and agility during movements.</p> <p>Perform 2 movements and link them together.</p> <p>Perform 2 different rolls, jumps or balances.</p>	<p>Improve co-ordination when moving in games.</p> <p>Begin to work alongside other members of the group during games.</p>	<p>To know how to aim at a target.</p> <p>To be able to use the correct technique when throwing & hand shape when catching.</p> <p>To move in to space to catch a ball.</p>
Sport / Exercise	Athletics	Dance	Games (Multi-sports)
Learning Outcome	<p>Travel in various ways including, walking, jogging, sprinting, skipping and jumping.</p> <p>Use various equipment for different types of throwing and jumps.</p>	<p>Working individually and following a set dance routine.</p> <p>Begin to link different movements together.</p> <p>Beginning to move to a rhythm and keep in time with the music.</p>	<p>To catch and throw without pressure.</p> <p>Begin to work in a team.</p> <p>Developing basic team awareness.</p>
Assessment Criteria	<p>Begin to use correct running technique.</p> <p>Begin to throw straight with accuracy, using both underarm and overarm technique.</p> <p>Begin to jump using the correct technique for different events.</p>	<p>Able to perform safe movements with control.</p> <p>Able to show balance and co-ordination.</p> <p>Able to keep in time with the music.</p>	<p>To understand how to win and lose respectfully.</p> <p>Catch a ball when standing still after finding space.</p>

Year 1 (KS1)	Autumn Term	Spring Term	Summer Term
Sport / Exercise	Games (Invasion)	Gymnastics	SAQ
Learning Outcome	Able to work with other team members. Play in set positions during various sports.	Copy and repeat movements with correct technique and under control. Find and use space independently. Be able to link 2 movements together. Perform fundamental movements in different ways, directions and levels.	Starting and stopping. Side stepping. Working in straight lines and also different directions. Developing correct running techniques.
Assessment criteria	Improve co-ordination when playing invasion games. Successfully able to work alongside other members of the group.	Improve body co-ordination and agility during movements. Perform 2 movements and link them together. Perform 2 different rolls, jumps or balances.	Able to coordinate arms and legs when running. Able to use agility ladders and hurdles during exercise, using various techniques.

- In addition to the curriculum map children will increase physical activity and well- being through active lessons and outdoors learning.