

## Subject: PE – Get Set 4 PE

### Knowledge & Skills Progression Key Vocabulary

	Nursery	Reception	Year 1	Year 2
<b>Fundamentals</b>	<p><b>Running:</b> know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.</p> <p><b>Balancing:</b> know that I can hold my arms out to help me to balance.</p> <p><b>Jumping:</b> know that bending my knees will help me to land safely.</p> <p><b>Hopping:</b> understand that I use one foot to hop. Skipping: know that if I hop then step that will help me to skip.</p> <p><b>Running:</b> explore running and stopping. Explore changing direction safely.</p> <p><b>Balancing:</b> explore balancing whilst stationary and on the move.</p> <p><b>Jumping:</b> begin to explore take off and landing safely.</p> <p><b>Hopping:</b> explore hopping on both feet.</p> <p><b>Skipping:</b> explore skipping as a travelling action.</p> <p><b>Vocabulary</b>  <b>Nursery:</b> run hop safely direction space stop jump listen  <b>Reception:</b> run hop safely direction space stop balance skip jump</p>	<p><b>Running:</b> understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</p> <p><b>Balancing:</b> know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.</p> <p><b>Jumping:</b> know that landing on the balls of my feet helps me to land with control.</p> <p><b>Hopping:</b> know that I should hop with a soft bent knee.</p> <p><b>Skipping:</b> know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p> <p><b>Running:</b> explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p><b>Balancing:</b> move with some control and balance. Explore stability and landing safely.</p> <p><b>Jumping:</b> demonstrate control in take off and landing when jumping.</p> <p><b>Hopping:</b> begin to explore hopping in different directions.</p> <p><b>Skipping:</b> show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p> <p><b>Vocabulary</b>            Balance fast direction land safely            jump hop</p>	<p><b>Running:</b> know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p><b>Balancing:</b> understand that squeezing my muscles helps me to balance.</p> <p><b>Jumping:</b> know that swinging my arms forwards will help me to jump further.</p> <p><b>Hopping:</b> know that if I look straight ahead it will stop me falling over when I land.</p> <p><b>Skipping:</b> know that I should swing opposite arm to leg to help me balance when skipping without a rope</p> <p><b>Running:</b> demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p><b>Balancing:</b> demonstrate balance when performing movements.</p> <p><b>Jumping:</b> demonstrate jumping for distance, height and in different directions.</p> <p><b>Hopping:</b> demonstrate hopping for distance, height and in different directions.</p> <p><b>Skipping:</b> explore single and double bounce when jumping in a rope.</p> <p><b>Vocabulary</b>            jog speed dodge skip balance sprint</p>	

Dance	<p><b>Actions:</b> understand that I can move my body in different ways to create interesting actions.  <b>Dynamics:</b> understand that I can change my action to show an idea.  <b>Space:</b> know that if I move into space it will help to keep me and others safe.  <b>Performance:</b> know that when watching others I sit quietly and clap at the end.  <b>Strategy:</b> know that if I use lots of space, it helps to make my dance look interesting.</p> <p><b>Actions:</b> explore how my body moves. Copy basic body actions and rhythms.  <b>Dynamics:</b> explore actions in response to music and an idea.  <b>Space:</b> begin to explore pathways and the space around me and in relation to others.  <b>Performance:</b> perform short phrases of movement in front of others.</p> <p><b>Vocabulary</b>  move around space safely shape copy sideways forwards backwards</p>	<p><b>Actions:</b> understand that actions can be sequenced to create a dance.  <b>Dynamics:</b> understand that I can create fast and slow actions to show an idea.  <b>Space:</b> understand that there are different directions and pathways within space.  <b>Relationships:</b> understand that when dancing with a partner it is important to be aware of each other and keep in time.  <b>Performance:</b> know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.  <b>Strategy:</b> know that if I use exaggerated actions it helps the audience to see them clearly.</p> <p><b>Actions:</b> copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.  <b>Dynamics:</b> explore varying speeds to represent an idea.  <b>Space:</b> explore pathways within my performance.  <b>Relationships:</b> begin to explore actions and pathways with a partner.  <b>Performance:</b> perform on my own and with others to an audience.</p> <p><b>Vocabulary</b>  Counts action travel pose move direction forwards backwards speed fast slow level shape</p>	<p><b>Actions:</b> know that sequencing actions in a particular order will help me to tell the story of my dance.  <b>Dynamics:</b> understand that I can change the way I perform actions to show an idea.  <b>Space:</b> know that I can use different directions, pathways and levels in my dance.  <b>Relationships:</b> know that using counts of 8 will help me to stay in time with my partner and the music.  <b>Performance:</b> know that using facial expressions helps to show the mood of my dance.  <b>Strategy:</b> know that if I practice my dance my performance will improve.</p> <p><b>Actions:</b> accurately remember, repeat and link actions to express an idea.  <b>Dynamics:</b> develop an understanding of dynamics.  <b>Space:</b> develop the use of pathways and travelling actions to include levels.  <b>Relationships:</b> explore working with a partner using unison, matching and mirroring.  <b>Performance:</b> develop the use of facial expressions in my performance.</p> <p><b>Vocabulary</b>  Counts direction action travel balance speed timing level mirror shape space pathway</p>
-------	--	---	--

Yoga	<p><b>Balance:</b> know that it is easier to balance using more parts of my body than fewer parts.  <b>Flexibility:</b> know that I can make my body longer by reaching out with my arms and legs.  <b>Strength:</b> understand that I can hold my weight on different parts of my body.  Mindfulness: understand how movement makes me feel.</p> <p><b>Balance:</b> explore shapes in stillness using different parts of my body.  <b>Flexibility:</b> explore shapes and actions to stretch my body.  <b>Strength:</b> explore taking weight on different body parts.  <b>Mindfulness:</b> explore my own feelings in response to an activity or task.</p> <p>NOT A SEPARATE UNIT – INCORPORATED IN FUNDAMENTALS AND GYMNASTICS</p> <p><b>Vocabulary</b>  Nursery: copy over travel backwards space shape rock sideways forwards  Reception: copy over travel around space shape through roll</p>	<p><b>Balance:</b> know that if I focus on something still it will help me to balance.  <b>Flexibility:</b> know that yoga helps to improve flexibility which we need in everyday tasks.  <b>Strength:</b> know that I can use my strength to move slowly and with control.  <b>Mindfulness:</b> understand that yoga can make me feel happy.</p> <p><b>Balance:</b> perform balances and poses making my body tense, stretched and curled.  Flexibility: explore poses and movements that challenge my flexibility.  <b>Strength:</b> explore strength whilst transitioning from one pose to another.  <b>Mindfulness:</b> recognise my own feelings in response to a task or activity</p> <p><b>Vocabulary</b>  space pose slowly listen breath breathe copy balance stretch</p>	<p><b>Balance:</b> understand that I can squeeze my muscles to help me to balance.  <b>Flexibility:</b> know that flexibility helps us to stretch our muscles and increase the movement in our joints.  Strength: know that strength helps us with everyday tasks such as carrying our school bag.  <b>Mindfulness:</b> understand that I can use yoga to make me feel calm</p> <p><b>Balance:</b> remember, copy, and repeat sequences of linked poses.  <b>Flexibility:</b> show increased awareness of extension in poses.  <b>Strength:</b> demonstrate increased control in performing poses.  Mindfulness: explore controlling my focus and sense of calm.</p> <p><b>Vocabulary</b>  focus pose position listen feel breath create choose flow</p>
------	---	--	--

<b>Fitness</b>	<p><b>Agility:</b> know that moving into space away from others helps to keep me safe. Balance: know that I can hold my arms out to help me to balance.</p> <p><b>Co-ordination:</b> know that moving my arms and legs at the same time helps me to walk, run and jump.</p> <p><b>Speed:</b> know that I use big steps to run and small steps to stop.</p> <p><b>Strength:</b> understand that I can hold my weight on different parts of my body.</p> <p><b>Stamina:</b> understand that moving for a long time can make me feel tired.</p> <p><b>Agility:</b> explore changing direction safely.</p> <p><b>Balance:</b> explore balancing whilst stationary and on the move.</p> <p><b>Co-ordination:</b> explore moving different body parts together.</p> <p><b>Speed:</b> explore moving and stopping with control.</p> <p><b>Strength:</b> explore taking weight on different body parts.</p> <p><b>Stamina:</b> explore moving for extended periods of time.</p> <p>NOT A SEPARATE UNIT – INCORPORATED IN FUNDAMENTALS AND GYMNASTICS</p> <p><b>Vocabulary</b>  Nursery: copy over travel backwards space shape rock sideways forwards  Reception: copy over travel around space shape through roll</p>	<p><b>Agility:</b> understand that bending my knees will help me to change direction.</p> <p><b>Balance:</b> know that looking ahead will help me to balance.</p> <p><b>Co-ordination:</b> know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.</p> <p><b>Speed:</b> understand that if I swing my arms it will help me to run faster.</p> <p><b>Strength:</b> understand that exercise helps me to become stronger.</p> <p><b>Stamina:</b> understand that when I move for a long time it can make me feel hot and I breathe faster.</p> <p><b>Agility:</b> change direction whilst running.</p> <p><b>Balance:</b> explore balancing in more challenging activities with some success.</p> <p><b>Co-ordination:</b> explore co-ordination when using equipment.</p> <p><b>Speed:</b> explore running at different speeds.</p> <p><b>Strength:</b> explore exercises using my own body weight.</p> <p><b>Stamina:</b> explore moving for longer periods of time and identify how it makes me feel.</p> <p><b>Vocabulary</b>  exercise mood heart healthy lungs oxygen body</p>	<p><b>Agility:</b> know using small quick steps helps me to change direction.</p> <p><b>Balance:</b> understand that I can squeeze my muscles to help me to balance.</p> <p><b>Co-ordination:</b> understand that some skills require me to move body parts at different times such as skipping.</p> <p><b>Speed:</b> know that I take shorter steps to jog and bigger steps to run.</p> <p><b>Strength:</b> know that strength helps us with everyday tasks such as carrying our school bag.</p> <p><b>Stamina:</b> know that I need to run slower if running for a long period of time.</p> <p><b>Agility:</b> demonstrate improved technique when changing direction on the move.</p> <p><b>Balance:</b> demonstrate increased balance whilst travelling along and over equipment.</p> <p><b>Co-ordination:</b> perform actions with increased control when co-ordinating my body with and without equipment.</p> <p><b>Speed:</b> demonstrate running at different speeds.</p> <p><b>Strength:</b> demonstrate increased control in body weight exercises.</p> <p><b>Stamina:</b> show an ability to work for longer periods of time.</p> <p><b>Vocabulary</b>  Speed pace distance sprint jog steady strong race</p>
----------------	--	--	---

Commented [HD1]:

Gymnastics	<p><b>Shapes:</b> understand that I can make different shapes with my body.  <b>Balances:</b> know that I should be still when holding a balance.  <b>Rolls:</b> know that I can change my body shape to help me to roll.  <b>Jumps:</b> know that bending my knees will help me to land safely.  <b>Strategy:</b> know that if I hold a shape and count to five people will see it clearly.</p> <p><b>Shapes:</b> show contrast with my body including wide/narrow, straight/curved.  <b>Balances:</b> explore shapes in stillness using different parts of my body.  <b>Rolls:</b> explore rocking and rolling.  <b>Jumps:</b> explore jumping safely.</p> <p><b>Vocabulary</b>  Nursery: copy over travel backwards space shape rock sideways forwards  Reception: copy over travel around space shape through roll</p>	<p><b>Shapes:</b> understand that I can improve my shapes by extending parts of my body.  <b>Balances:</b> know that balances should be held for 5 seconds.  <b>Rolls:</b> know that I can use different shapes to roll.  <b>Jumps:</b> know that landing on the balls of my feet helps me to land with control.  <b>Strategy:</b> know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p> <p><b>Shapes:</b> explore basic shapes straight, tuck, straddle, pike.  <b>Balances:</b> perform balances making my body tense, stretched and curled.  <b>Rolls:</b> explore barrel, straight and forward roll progressions.  <b>Jumps:</b> explore shape jumps including jumping off low apparatus.</p> <p><b>Vocabulary</b>  direction speed fast slow shape level action travel balance jump roll point</p>	<p><b>Shapes:</b> know that some shapes link well together.  <b>Balances:</b> understand that squeezing my muscles helps me to balance.  <b>Rolls:</b> understand that there are different teaching points for different rolls.  <b>Jumps:</b> understand that looking forward will help me to land with control.  <b>Strategy:</b> know that if I use shapes that link well together it will help my sequence to flow</p> <p><b>Shapes:</b> explore using shapes in different gymnastic balances.  <b>Balances:</b> remember, repeat and link combinations of gymnastic balances.  <b>Rolls:</b> explore barrel, straight and forward roll and put into sequence work.  <b>Jumps:</b> explore shape jumps and take off combinations.</p> <p><b>Vocabulary</b>  direction straddle pike tuck sequence star level roll link action travel balance jump</p>
------------	--	--	---

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Ball Skills</p>	<p><b>Sending:</b> know to look at the target when sending a ball.  <b>Catching:</b> know to have hands out ready to catch.  <b>Tracking:</b> know to watch the ball as it comes towards me and scoop it with two hands.  <b>Dribbling:</b> know that keeping the ball close will help with control.</p> <p><b>Sending:</b> explore sending an object with hands and feet.  <b>Catching:</b> explore catching to self and with a partner.  <b>Tracking:</b> explore stopping a ball with hands and feet.  <b>Dribbling:</b> explore dropping and catching with two hands and moving a ball with feet.</p> <p><b>Vocabulary</b>  Roll throw team safely space stop kick bounce listen</p>	<p><b>Sending:</b> know to face my body towards my target when rolling and throwing underarm to help me to balance.  <b>Catching:</b> know to watch the ball as it comes towards me.  <b>Tracking:</b> know to move my feet to get in the line with the ball.  <b>Dribbling:</b> know that moving with a ball is called dribbling.</p> <p><b>Sending:</b> roll and throw with some accuracy towards a target.  <b>Catching:</b> begin to catch with two hands. Catch after a bounce.  <b>Tracking:</b> track a ball being sent directly.  <b>Dribbling:</b> explore dribbling with hands and feet.</p> <p><b>Vocabulary</b>  Far roll aim safely throw catch direction send balance</p>	<p><b>Sending:</b> know that stepping with opposite foot to throwing arm will help me to balance.  <b>Catching:</b> know to use wide fingers and pull the ball in to my chest to help to securely catch.  <b>Tracking:</b> know that it is easier to move towards a ball to track it than chase it.  <b>Dribbling:</b> know to keep my head up when dribbling to see space/opponents.</p> <p><b>Sending:</b> roll, throw and kick a ball to hit a target.  <b>Catching:</b> develop catching a range of objects with two hands. Catch with and without a bounce.  <b>Tracking:</b> consistently track and collect a ball being sent directly.  <b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Vocabulary</b>  overarm underarm distance collect dribble target</p>
--	--	---	--

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Invasion Games</p>	<p><b>Sending &amp; receiving:</b> know to look at the target when sending a ball and watch the ball to receive it.</p> <p><b>Dribbling:</b> know that keeping the ball close will help with control.</p> <p><b>Space:</b> know that being in a space gives me room to play.</p> <p><b>Attacking &amp; defending:</b> know that there are different roles in games.</p> <p><b>Tactics:</b> make simple decisions in response to a task.</p> <p><b>Rules:</b> know that rules help us to stay safe.</p> <p><b>Sending &amp; receiving:</b> explore s&amp;r with hands and feet using a variety of equipment.</p> <p><b>Dribbling:</b> explore dropping and catching with two hands and moving a ball with their feet.</p> <p><b>Space:</b> recognise their own space.</p> <p><b>Attacking &amp; defending:</b> explore changing direction and tagging games.</p> <p>NOT A SEPARATE UNIT - FOUND IN GAMES AND BALL SKILLS</p> <p><b>Vocabulary</b> Roll throw team safely space stop kick bounce listen catch tag score</p>	<p><b>Sending &amp; receiving:</b> know to look at my partner before sending the ball.</p> <p><b>Dribbling:</b> know that moving with a ball is called dribbling.</p> <p><b>Space:</b> understand that being in a good space helps us to pass the ball.</p> <p><b>Attacking:</b> know that being able to move away from a partner helps my team to pass me the ball.</p> <p><b>Defending:</b> know that staying with a partner makes it more difficult for them to receive the ball.</p> <p><b>Tactics:</b> know that tactics can help us when playing games.</p> <p><b>Rules:</b> know that rules help us to play fairly</p> <p><b>Sending &amp; receiving:</b> explore s&amp;r with hands and feet to a partner.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet.</p> <p><b>Space:</b> recognise good space when playing games.</p> <p><b>Attacking:</b> explore changing direction to move away from a partner.</p> <p><b>Defending:</b> explore tracking and moving to stay with a partner.</p> <p><b>Vocabulary</b> safely attacker defender dribbling pass space points score team</p>	<p><b>Sending &amp; receiving:</b> know to control the ball before sending it.</p> <p><b>Dribbling:</b> know that keeping my head up will help me to know where defenders are.</p> <p><b>Space:</b> know that moving into space away from defenders helps me to pass and receive a ball.</p> <p><b>Attacking:</b> know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p><b>Defending:</b> know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p><b>Tactics:</b> understand and apply simple tactics for attack and defence.</p> <p><b>Rules:</b> know how to score points and follow simple rules.</p> <p><b>Sending &amp; receiving:</b> developing s&amp;r with increased control.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Space:</b> explore moving into space away from others.</p> <p><b>Attacking:</b> developing moving into space away from defenders.</p> <p><b>Defending:</b> explore staying close to other players to try and stop them getting the ball.</p> <p><b>Vocabulary</b> Possession receive send goal teammate dodge chest pass bounce pass</p>
---	---	---	--

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Net and Wall Games</p>	<p><b>Hitting:</b> know to point my hand/object at my target when hitting a ball.  <b>Feeding and rallying:</b> know to look at the target when sending a ball and watch the ball to receive it.  <b>Footwork:</b> know to use big steps to run and small steps to stop.  <b>Tactics:</b> make simple decisions in response to a task.  <b>Rules:</b> know that rules help us to stay safe.</p> <p><b>Hitting:</b> explore hitting a ball with hands and pushing with a racket.  <b>Feeding and rallying:</b> explore sending and tracking a ball with a partner.  <b>Footwork:</b> explore changing direction, running and stopping.</p> <p>NOT A SEPARATE UNIT – FOUND IN BALL SKILLS AND GAMES</p> <p><b>Vocabulary</b>  Roll throw team safely space stop kick bounce listen catch tag score</p>	<p><b>Hitting:</b> know to use the centre of the racket for control.  <b>Feeding:</b> know to use an underarm throw to feed to a partner.  <b>Rallying:</b> know that throwing/hitting to my partner with not too much power will help them to return the ball.  <b>Footwork:</b> know that using a ready position will help me to move in any direction.  <b>Tactics:</b> know that tactics can help us to be successful when playing games.  <b>Rules:</b> know that rules help us to play fairly.</p> <p><b>Hitting:</b> explore hitting a dropped ball with a racket.  <b>Feeding:</b> throw a ball over a net to land into the court area.  <b>Rallying:</b> explore sending a ball with hands and a racket.  <b>Footwork:</b> use the ready position to move towards a ball.</p> <p><b>Vocabulary</b>  Safely racket ready position net underarm partner space score point</p>	<p><b>Hitting:</b> know to watch the ball as it comes towards me to help me to prepare to hit it.  <b>Feeding:</b> know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.  <b>Rallying:</b> know that sending the ball towards my partner will help me to keep a rally going.  <b>Footwork:</b> know that using a ready position helps me to react quickly and return/catch a ball.  <b>Tactics:</b> understand that applying simple tactics makes it difficult for my opponent.  <b>Rules:</b> know how to score points and follow simple rules.</p> <p><b>Hitting:</b> develop hitting a dropped ball over a net.  <b>Feeding:</b> accurately underarm throw over a net to a partner.  <b>Rallying:</b> explore underarm rallying with a partner catching after one bounce.  <b>Footwork:</b> consistently use the ready position to move towards a ball.</p> <p><b>Vocabulary</b>  receive defend opponent quickly trap return collect against</p>
---	--	--	--

Striking and Fielding	<p><b>Striking:</b> know to point my hand at my target when striking a ball.  <b>Fielding:</b> know to scoop a ball with two hands.  <b>Throwing and catching:</b> know to point my hand at my target when throwing. Know to have hands out ready to catch.  <b>Tactics:</b> make simple decisions in response to a task. Rules: know that rules help us to stay safe.</p> <p><b>Striking:</b> explore sending a ball to a partner.  <b>Fielding:</b> explore tracking and stopping a rolling ball.  <b>Throwing and catching:</b> explore rolling, throwing and catching using a variety of equipment.</p> <p>NOT A SEPARATE UNIT – FOUND IN BALL SKILLS AND GAMES</p> <p><b>Vocabulary</b>  Roll throw team safely space stop kick bounce listen catch tag score</p>	<p><b>Striking:</b> understand that the harder I strike, the further the ball will travel.  <b>Fielding:</b> know that throwing the ball back is quicker than running with it.  <b>Throwing:</b> know which type of throw to use to throw over longer distances.  <b>Catching:</b> know to watch the ball as it comes towards me.  <b>Tactics:</b> know that tactics can help us when playing games.  <b>Rules:</b> know that rules help us to play fairly.</p> <p><b>Striking:</b> explore striking a ball with their hand and equipment.  <b>Fielding:</b> develop tracking and retrieving a ball.  <b>Throwing:</b> explore technique when throwing over and underarm.  Catching: develop co-ordination and technique when catching.</p> <p><b>Vocabulary</b>  throw space score points batter team target bowler hit pass catch fielder send</p>	<p><b>Striking:</b> understand the role of a batter. Know that striking quickly will increase the power.  <b>Fielding:</b> understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.  <b>Throwing:</b> know that stepping with opposite foot to throwing arm will help me to balance.  <b>Catching:</b> know to use wide fingers and pull the ball in to my chest to help me to securely catch.  <b>Tactics:</b> understand and apply simple tactics for attack (batting) and defence (fielding).  <b>Rules:</b> know how to score points and follow simple rules.</p> <p><b>Striking:</b> develop striking a ball with their hand and equipment with some consistency.  <b>Fielding:</b> develop tracking a ball and decision making with the ball.  <b>Throwing:</b> develop co-ordination and technique when throwing over and underarm.  <b>Catching:</b> catch with two hands with some co-ordination and technique.</p> <p><b>Vocabulary</b>  Throw send score runs batter place bowler strike catch fielder backstop wicket keeper</p>
-----------------------	--	--	---

Target Games	<p><b>Throwing:</b> know to point my hand at my target when throwing.  <b>Catching:</b> know to have hands out ready to catch.  <b>Tactics:</b> make simple decisions in response to a task.  Rules: know that rules help us to stay safe.</p> <p><b>Throwing:</b> explore throwing using a variety of equipment.  <b>Catching:</b> explore catching using a variety of equipment.</p> <p>NOT A SEPARATE UNIT - FOUND IN FUNDAMENTALS, BALL SKILLS AND GAMES</p> <p><b>Vocabulary</b>  Roll throw team safely space stop kick bounce listen catch tag score</p>	<p><b>Throwing:</b> know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.  <b>Tactics:</b> know that tactics can help us when playing games.  <b>Rules:</b> know that rules help us to play fairly.</p> <p><b>Throwing overarm:</b> explore technique when throwing overarm towards a target.  <b>Throwing underarm:</b> explore technique when throwing underarm towards a target.</p> <p><b>Vocabulary</b>  far aim team score send points overarm underarm throw distance target</p>	<p><b>Throwing:</b> know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.  <b>Striking:</b> know to finish with my object/hand pointing at my target.  <b>Tactics:</b> understand and apply simple tactics.  <b>Rules:</b> know how to score points and follow simple rules</p> <p><b>Throwing overarm:</b> develop co-ordination and technique when throwing overarm towards a target.  <b>Throwing underarm:</b> develop co-ordination and technique when throwing underarm towards a target.  <b>Striking:</b> develop striking a ball with equipment with some consistency.</p> <p><b>Vocabulary</b>  release strike select accuracy target object opposite ahead distance</p>
Athletics	<p><b>Running:</b> know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.  <b>Jumping:</b> know that bending my knees will help me to land safely.  <b>Throwing:</b> understand that bigger targets are easier to hit.  Rules: know that rules help us to stay safe.</p> <p><b>Running:</b> explore running and stopping safely.  <b>Jumping:</b> explore jumping and hopping safely.  <b>Throwing:</b> explore throwing to a target.</p> <p>NOT A SEPARATE UNIT - FOUND IN FUNDAMENTALS, BALL SKILLS AND GAMES</p> <p><b>Vocabulary</b>  Nursery: run hop safely direction space stop jump listen  Reception: run hop safely direction space stop balance skip jump</p>	<p><b>Running:</b> understand that if I swing my arms it will help me to run faster.  <b>Jumping:</b> know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.  <b>Throwing:</b> know that stepping forward with my opposite foot to hand will help me to throw further.  <b>Rules:</b> know that rules help us to play fairly.</p> <p><b>Running:</b> explore running at different speeds.  <b>Jumping:</b> develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.  <b>Throwing:</b> explore throwing for distance and accuracy</p> <p><b>Vocabulary</b>  fast slow jump aim hop safely travel balance direction bend far improve</p>	<p><b>Running:</b> know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.  <b>Jumping:</b> know that swinging my arms forwards will help me to jump further.  <b>Throwing:</b> know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.  <b>Rules:</b> know how to follow simple rules when working with others.</p> <p><b>Running:</b> develop the sprinting action.  <b>Jumping:</b> develop jumping, hopping and skipping actions. Explore safely jumping for distance and height.  <b>Throwing:</b> develop overarm throwing for distance.</p> <p><b>Vocabulary</b>  Pace direction take off landing height distance speed jog sprint balance swing overarm underarm</p>