

# Athletics 2

## Athletic skills2

In Athletics 2 children get to develop their ability to coordinate and link movements and refine their techniques.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>Show a sense of anticipation to begin work</p> <p>React quickly</p> <p>Demonstrate agility, balance and coordination</p>	<p>Jump in a variety of ways</p> <p>Coordinate a run with a jump</p>	<p>Discover and develop different styles of jumping</p> <p>Leap, jump and hop</p>	<p>Jump in a variety of ways competently</p> <p>Add a short run up to my jump</p>	<p>Throw with good technique</p> <p>Throw with a run up</p>	<p>Help a peer improve their performance with good feedback</p> <p>Demonstrate a variety of athletic techniques competently</p>

# Dance

## KS1 : Themes: Animals , Fire of London, Mini Beasts, Pirates, Under the Sea

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	Use my body and create theme related shapes, movements and actions	Use my body to express simple theme related shapes, movements and feelings	Travel safely and creatively in space.  Show different levels when I travel	Communicate effectively with a partner  Use pictures to create shapes, movements and actions	Work with a partner.  Look at pictures and create shapes, movements and actions	Remember and perform a basic sequence of movement when led by a teacher  Identify what good looks like

# Gym

## Year 1 - Gymnastics - Pathways - small & long

### Pathways - small & long

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>How to step in controlled elegant movement.</p> <p>Create a sequence involving sideways, forwards and backward stepping</p>	<p>Push and pull myself along the ground on different parts of my body</p> <p>Form a sequence by travelling in specified pathways</p>	<p>Step and turn gracefully</p> <p>Travel at high levels to trace a pattern on the floor</p>	<p>Jump in different pathways with coordination</p> <p>Perform a sequence in zig zag pathway</p>	<p>Create sequences in curved pathways on the floor and on the apparatus</p> <p>Travel across the floor like a spider</p>	<p>Use different pathways within a sequence .</p> <p>Mount and dismount apparatus using different pathways</p>

## Year 2 - Gymnastics - Spinning, turning & twisting

### Gym

Spinning, turning & twisting

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>Devise a sequence of balances and spins on patches.</p> <p>Twist in flight</p>	<p>Perform a twist and then roll</p> <p>Change my pathway after each roll by spinning</p>	<p>Change the point of contact in balances by leading into the next balance by twisting</p> <p>Twist my body, whilst firstly in motion and then in balance</p> <p>Work at all 3 levels</p>	<p>Twist whilst in inversion</p> <p>Perform counter balances against the apparatus</p>	<p>Work in synchronisation with a partner to perform different balances and twists</p> <p>Work with a partner in counter balance and counter tension.</p>	<p>Mirror the moves of my partner</p> <p>Create a sequence of work with a clear start and controlled twists, spins and turns</p>

# Invasion Games Skills 2

## Invasion Games Skills 2

This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>I can throw over- arm for my partner to catch after one bounce.</p> <p>Catch a ball consistently after one bounce.</p>	<p>Catch a ball consistently on the full</p> <p>To move my opponent around court when playing against them</p>	<p>Track an opponent</p> <p>Intercept a pass</p>	<p>Dodge to beat an opponent.</p> <p>Close the space down that attackers have to work in</p>	<p>Pass the ball consistently with control.</p> <p>Retain possession of the ball.</p>	<p>Compete with some spatial awareness in team games</p> <p>Pass and move decisively</p>

# Net & Wall Game Skills 1

## Net and Wall Game Skills 1

Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date such as volleyball, short tennis and dodgeball.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Send a large ball with some degree of accuracy.	Strike a large ball, with one hand, whilst it is airborne.	Strike and volley a large ball with some degree of accuracy.	Strike a small ball using an open palm and move into position to receive it back.	Strike a small ball with my open palm with some accuracy. Keep a rally going with a partner.	Throw with accuracy and power.
I can.....	Receive a ball by moving swiftly into the right position.	I can play passive and then active rallies by striking over a net with my hand.	Dig a ball by getting underneath it.			Keep my eye on the ball at all times.

# Net & Wall Game Skills 2

## Net and Wall Game Skills 2

This unit focuses on developing children's striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Send and receive a ball with some degree of accuracy.	Strike a ball with some degree of accuracy	Send a ball with increasing accuracy	Develop a good grip and stance	Return a ball after one bounce that has been thrown to me by a partner.	Strike a backhand from my own feed.
I can.....	Move quickly into good positions to catch	Volley a ball by getting in line and underneath it	Keep a short rally going with a partner	Begin to strike with more consistency and accuracy on the forehand	Begin to rally a few shots with more success	Play a game against an opponent using a variety of shots  Move fluently around the court

# TargetGames-2

## Year 1 - Target Games 2

This unit builds on Target games 1 and demands more complex skills and understanding of specific techniques which will hold them in good stead when they come to play a wide range of sports in KS2.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SKILLS</b>	Coordinate the skill of punting a ball consistently	Coordinate the action of punting with either foot	Strike a ball at a target using equipment.	Strike a ball at a target with some degree of force	Choose correctly when it is best to throw underarm and when to throw overarm.	Throw overarm on, 'one bounce' to a friend.
I can.....	Work with a friend and encourage them to punt better.	Punt a ball with increasing accuracy with both feet.	Strike with increasing accuracy	Strike into spaces	Throw a ball overarm with some accuracy at a target	Receive a ball consistently well after one bounce.

# TargetGames-3

## Year 2- Target Games 3

Target3 involve children considering throwing at moving targets and sending throws and strikes at different heights and understanding when we might do that in games.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><b>SKILLS</b></p> <p>I can.....</p>	<p>Throw a ball under-arm with either hand and with some accuracy at a target.</p> <p>Take parts in challenges enthusiastically and taking turns</p>	<p>Kick a ball with some accuracy with both feet.</p> <p>Strike at targets that move.</p>	<p>Roll with good technique with either hand.</p> <p>Roll with some accuracy with either hand.</p>	<p>Punt a ball with some accuracy with both feet.</p> <p>Strike with more control over the height of my punt</p>	<p>Strike a ball with a racket or bat at a target with some degree of force.</p> <p>Strike with a degree of accuracy</p>	<p>Aim with accuracy at a target so it hits on the second bounce.</p> <p>Throw flatter and with more force.</p>

