

Reception

Gymnastics + Balance	Dance	Team co-operation games	Athletics + co-ordination skills	Co-ordination and equipment skills	Striking and Fielding including: throwing, catching and kicking games
<ul style="list-style-type: none"> <li>• Walk naturally along a line with minimum wobble</li> <li>• Repeat backwards</li> <li>• Jump 2 feet to 2 feet forwards, backwards and side to side.</li> <li>• Hopping in a straight line on stronger foot</li> <li>• 1 legged balance for 10 seconds</li> <li>• Either foot</li> <li>• Keep balance for 10 seconds whilst seated:               <ul style="list-style-type: none"> <li>- Both hand and feet touching the floor</li> <li>- 1 hand, 2 feet</li> <li>- 1 foot, 2 hands</li> </ul> </li> <li>• 1 foot, 1 hand</li> <li>• Stand with feet shoulder width apart on the balls of your feet on a line on the floor and hold balance</li> </ul>	<ul style="list-style-type: none"> <li>• Sit facing a partner, toes touching - hold hands and row back and forth</li> <li>• Repeat 1 handed</li> <li>• Work together rocking back, forth and sideways whilst keeping balance</li> <li>• Hold a crawl position on knees with a straight back</li> <li>• On hands and knees, reach round and point to the ceiling</li> <li>• Reach with other hand</li> </ul>	<ul style="list-style-type: none"> <li>• Work in small groups or pairs to complete an activity</li> <li>• Talk to each other to support peers Standing 1m from a partner - partner drops the ball from shoulder height and standing person catches after 2 bounces</li> <li>• Repeat above standing 2m away</li> </ul>	<ul style="list-style-type: none"> <li>• Side step in both directions - no legs crossing and no legs touching in the middle</li> <li>• Gallop with 1 foot in front without crossing over legs</li> <li>• Quoit balancing on head</li> <li>• Standing long jump - 2 feet to 2 feet</li> <li>• Speed bounce</li> <li>• Hurdles</li> <li>• Beanbag target throw</li> <li>• Football dribbling</li> </ul>	<ul style="list-style-type: none"> <li>• Sit on the floor and roll a large ball around your back and over outstretched legs with two hands if need</li> <li>• Complete the same with only 1 hand on ball at a time</li> <li>• Roll a large ball and stop close to a target preferred foot</li> <li>• Roll a large ball against a wall/fence so it rebounds and collect it</li> <li>• Repeat with a small ball</li> <li>• Ride a balance bike</li> </ul>	<ul style="list-style-type: none"> <li>• Roll a ball, run past it and then wait to collect it in a balanced position</li> <li>• Complete the above with a partner rolling the ball</li> <li>• Throw a ball or beanbag into a large target area</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=cRjO1IGwbLo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=cRjO1IGwbLo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=8&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a></li> <li>• <b>Walk the line_ R</b></li> <li>• <b>Safe steps_ R + 1</b></li> </ul>	<p>Arty Physical - Jamie</p>	<ul style="list-style-type: none"> <li>• <b>Monkey chatter_REC, 1 + 2</b> (use hoops and challenge children to travel together)</li> <li>• <b>Team co-operation games</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s">https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=cUy-nGjLWQM&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=9&amp;t=0s">https://www.youtube.com/watch?v=cUy-nGjLWQM&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=9&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (speedbounce)</li> <li>• <b>Agility - traveling_ R, 1, 2 + 3</b> (amend movement cards to suit your objectives for traveling)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=08AlvWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=6">https://www.youtube.com/watch?v=08AlvWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=6</a></li> <li>• <b>Head, shoulders, knees and toes warm up_REC + 1</b></li> <li>• <b>Co-ordination ball skills_REC, 1 + 2</b> (use bean bags for 'navigation')</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s">https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=08AlvWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=7&amp;t=0s">https://www.youtube.com/watch?v=08AlvWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=7&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></li> <li>• <b>Fill the kit bag target game_ R, 1 + 2</b> focus on mat or hoops for targets</li> <li>• <b>Football Tour_ R</b></li> </ul>

			- miss 'space travel' activity)		<ul style="list-style-type: none"><li>• Dress the football fan_ R + (1 as a warm up game)</li><li>• Moles and holes_ R + 1</li></ul>
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Gymnastics + Balance	Dance	Team co-operation games	Athletics + co-ordination skills	Net/wall games and skills	Striking, Fielding and target games including: throwing, catching and kicking
<ul style="list-style-type: none"> <li>• 1 legged balance for 30 seconds</li> <li>• Either foot</li> <li>• Jump 2 feet to 2 feet over a 'barrier'</li> <li>• Controlled hopping using stronger foot</li> <li>• Jump from 2 feet to 2 feet with a quarter turn - both ways.</li> <li>• Keep balance for 10 seconds whilst seated:</li> <li>• 1 foot or 1 hand touching the floor</li> <li>• No hands and no feet</li> <li>• Walk forwards and backwards along a line lifting knees to 90°</li> <li>• Walk forwards and backwards along a line lifting heels to lower back</li> </ul>	<ul style="list-style-type: none"> <li>• Stand face to face holding hands with one foot forward and toes touching - rock back and forth maintaining balance</li> <li>• Stand with feet shoulder width apart on the balls of your feet on a line and hold balance whilst picking up alternate feet and knees 5 times</li> </ul>	<ul style="list-style-type: none"> <li>• Three-legged running</li> <li>• Work with a partner to complete a simple obstacle course</li> <li>• Can support another child by demonstrating or talking to them</li> </ul>	<ul style="list-style-type: none"> <li>• Hopscotch with increasing speed whilst maintaining control</li> <li>• Running - sprinting</li> <li>• Javelin</li> <li>• Vertical jump</li> <li>• Speed bounce</li> <li>• Long jump</li> <li>• Side stepping + pivot</li> </ul>	<ul style="list-style-type: none"> <li>• Roll a ball along between legs down to toes and back up and then round upper body</li> <li>• Repeat standing up</li> <li>• Hop - 1 foot to same foot landing</li> <li>• Skip around the room</li> <li>• Alternate between hopping and skipping upon instruction</li> <li>• Holding a crawl position, place a cone on back and remove with other hand</li> </ul>	<ul style="list-style-type: none"> <li>• Throw a bouncing ball, run past it and then wait to collect it in a balanced position</li> <li>• Catch or trap a moving object with your hand or foot</li> <li>• Standing 3m from a partner - partner drops the ball from shoulder height and standing person catches after 2 bounces</li> <li>• Catch after 1 bounce</li> <li>• Repeat with different shape and sized balls</li> <li>• Roll different sized balls and stop close to a target using either foot</li> <li>• Roll different sized balls so they rebound off a fence/wall and collect - increase distance from wall by 5m at least twice</li> <li>• Throw a ball to a partner at chest height and catch with two hands</li> <li>• Throw a ball into a target area with increasing distance from the target</li> </ul>
<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=cRjO1IGwbLo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=8&amp;t=0s">https://www.youtube.com/watch?v=cRjO1IGwbLo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=8&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a></li> </ul>	Arty Physical - Jamie	<ul style="list-style-type: none"> <li>• <b>Monkey chatter_REC, 1 + 2</b> (place obstacles around the room to avoid or step over)</li> <li>• <b>Team co-operation games</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s">https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=cUy-nGjLWQM&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL">https://www.youtube.com/watch?v=cUy-nGjLWQM&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=08AivWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=6">https://www.youtube.com/watch?v=08AivWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=6</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s">https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=08AivWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=7&amp;t=0s">https://www.youtube.com/watch?v=08AivWfmJlo&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=7&amp;t=0s</a></li> </ul>

<ul style="list-style-type: none"> <li>• <b>Balance static and dynamic_ 1</b> (apart from 'safe steps' which is R + 1)</li> </ul>			<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=TUA9CqMx18k&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s">https://www.youtube.com/watch?v=TUA9CqMx18k&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s</a> (part 1 only, encourage side-stepping and pivot to defend tag)</li> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (speedbounce and forwards and backwards jumps)</li> <li>• <b>Head, shoulders, knees and toes_REC + 1</b> warm up</li> <li>• <b>Agility - traveling_R, 1, 2 + 3</b> (amend movement cards to suit your objectives for traveling - introduce 'space travel' style activity)</li> <li>• <b>Athletics Jumping pack_ 1 + 2</b></li> <li>• <b>Co-ordination ball skills_ REC, 1 + 2</b> (use bean bags or larger foam balls for 'navigation')</li> </ul>		<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></li> <li>• <b>Fill the kit bag target game_R, 1 + 2</b> introduce bucket for target, alter distances</li> <li>• <b>Dress the football fan warm up_ R + 1</b></li> <li>• <b>Moles and holes_ R + 1</b> (create multiple targets, offer different sized boundaries to throw from)</li> <li>• <b>Pass the trophy cool down self-assessment_ 1</b></li> <li>• <b>Target time_ 1, 2 + 3</b> (all targets to be placed on the ground)</li> <li>• <b>Co-ordination Receiving and Trapping_ 1, 2, 3, 4</b> (Use beanbags and resources that are easy to 'trap' or catch)</li> </ul>
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Year 2

Gymnastics + Balance	Dance	Team co-operation games	Athletics + co-ordination skills	Swimming	Striking and Fielding including catching	Throwing + target games
<ul style="list-style-type: none"> <li>• Follow, devise and perform movements and balances in a sequence</li> <li>• 1 legged balance with 5 mini-squats (135°)</li> <li>• Either foot</li> <li>• Walk along a line in a marching action lifting knees to elbows</li> <li>• Walk forwards and backwards along a line lifting heels to lower back using heel to toe landing</li> <li>• Standing on a line, jump 2 feet to 1 foot and freeze on landing without losing balance.</li> <li>• Jump 1 foot to 2 feet</li> <li>• Controlled hopping on either foot</li> <li>• Repeat landing on other foot</li> <li>• Stand with feet shoulder width apart on the balls of your feet on a low beam and hold balance for 10 seconds</li> <li>• Repeat above and pick up alternate feet/knees 5 times</li> </ul>	<ul style="list-style-type: none"> <li>• Stand face to face holding hands (1 hand) with one foot forward and toes touching - rock back and forth maintaining balance</li> <li>• Stand, both toes touching, holding each other's wrist, lean back and forth</li> </ul>	<ul style="list-style-type: none"> <li>- Can they invade other teams' space to obtain an item and return without being caught?</li> <li>- Can they move a ball into opposition half passing between teammates?</li> <li>- Sat balanced with no hands or feet touching the floor, pass an object from one side, swap hands and put down on other side</li> <li>- Repeat opposite way</li> </ul>	<ul style="list-style-type: none"> <li>• Can begin to talk in groups to find solutions to physical tasks</li> <li>• Can identify good practise in others and are able to share this with the group</li> <li>• Can work in small groups to complete physical activities</li> <li>• Reverse crawl position - tummy in air, not back. Hold position for 10 seconds</li> <li>• Hold position, pick up an object, balance on tummy and remove with other hand</li> <li>• Combine side steps with 180° front pivots - alternate pivoting foot</li> <li>• Combine side steps with 180° reverse pivots - alternate pivoting foot</li> <li>• Skip so that knee reaches opposite elbow at 90°</li> <li>• Hop-scotch - 1 foot/2 foot starting on alternating feet</li> <li>• speedbounce</li> </ul>		<ul style="list-style-type: none"> <li>• Partner standing facing with arms outstretched and a tennis balls in each hand</li> <li>• From 1m away - catch the dropped ball after 1 bounce</li> <li>• Repeat with increasing distances or shorter with fewer bounces</li> <li>• Throw a bouncing ball, run past it and then wait to collect it in a balanced position</li> <li>• Roll a ball with either hand and stop close to a target using different body parts</li> <li>• Roll a ball along between legs down to toes and back up and then round upper body using 1 hand - repeat with weaker hand</li> <li>• Complete the above both seated and standing</li> <li>• Catch or trap a moving object including ones that roll with your hand or foot</li> </ul>	<ul style="list-style-type: none"> <li>- Throw a beanbag into largest target hoops at a distance of 5m - increase by ½ each time to increase difficulty</li> <li>- Throw an object into targets set at different heights</li> <li>- Throw small, lightweight balls into netball nets on lowest height setting, different sized target areas or to a partner</li> <li>- Throw a tennis ball in the air and catch with same hand after 1 bounce</li> <li>- Repeat and catch without a bounce</li> <li>- Throw with 1 hand and catch with the other</li> </ul>

<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a> (warm-up game - challenge children to jump to a certain colour spot in fewest number of moves)</li> </ul>	<p>Arty Physical - Jamie</p>	<ul style="list-style-type: none"> <li>• <b>Mars Maze warm up_2 + 3</b></li> <li>• <b>Monkey chatter_REC, 1 + 2</b> (use a piece of square cardboard to hold and carry with a ball placed in the middle - team must move around and keep the ball on the board - add obstacles to avoid or step over)</li> <li>• <b>Team co-operation games</b></li> <li>• Netball in transition lessons</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s">https://www.youtube.com/watch?v=lfra8pSPEhE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=4&amp;t=0s</a> (side stepping and pivoting game)</li> <li>• <a href="https://www.youtube.com/watch?v=TUA9CqMxl8k&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s">https://www.youtube.com/watch?v=TUA9CqMxl8k&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s</a> (encourage side-stepping and pivot to defend tag)</li> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (speedbounce and forwards and backwards jumps, introduce sideways leaps for more able)</li> <li>• <a href="https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s">https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s</a> (use coloured cones/beanbags on floor)</li> <li>• <b>Agility - traveling_R, 1, 2 + 3</b> (amend movement cards to suit your objectives for traveling)</li> <li>• <b>Athletics Jumping pack_1 + 2</b> (hopscotch for planet hopping)</li> <li>•</li> </ul>	<p>Shade school (6 sessions)</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s">https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s</a> (use small plastic rackets for game scenario)</li> <li>• <b>Striking and fielding track and return_ 2, 3 + 4</b></li> <li>• <b>Co-ordination ball skills_REC, 1 + 2</b> (use different sized balls for 'navigation')</li> <li>• <b>Co-ordination Receiving and Trapping_ 1, 2, 3, 4</b> (Use beanbags and larger balls that are easy to 'trap' or catch)</li> <li>• Cricket Asylum (6 sessions)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s">https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s</a> (Part two, work in pairs, retrieve ball and throw to a partner. Repeat. Part 3 optional)</li> <li>• <a href="https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s">https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=5&amp;t=0s</a> (Focus on throwing into different sized targets and from differing distances)</li> </ul> <p><b>Extension to previous</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=dxnX2W3LcDY&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=12&amp;t=0s">https://www.youtube.com/watch?v=dxnX2W3LcDY&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=12&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s</a> (Use footballs to hit the target)</li> <li>• <a href="https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=tQO0kwC-mmI&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s">https://www.youtube.com/watch?v=tQO0kwC-mmI&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s</a> (underarm from different distances and bounce throw from nearest marker)</li> <li>• <b>Fill the kit bag target game_R, 1 + 2</b> (Targets at height)</li> <li>• <b>Target time_ 1, 2 + 3</b> (targets to be placed at varying heights and distances)</li> </ul>
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Gymnastics + balance	Dance	Team co-operation/ Invasion games	Athletics	Swimming	Reaction games/skills	Striking and Fielding/target games including throwing and catching
<ul style="list-style-type: none"> <li>• Hold a high plank position for 10 seconds</li> <li>• Whilst in high plank position, move a hand or foot and repeat to travel</li> <li>• Follow a pathway using high plank movement</li> <li>• Stand with feet shoulder width apart on the balls of your feet on a low beam and hold balance whilst a partner applies a small force</li> <li>• Standing on a line, feet shoulder width apart, chest pass to and from a partner</li> <li>• Jump 2 feet to 2 feet with 180° turn - both ways</li> <li>• Complete a power jump (tucked jump) and keep balance on landing</li> </ul>	<ul style="list-style-type: none"> <li>• Lunge along a line bring heel from lower back to out in front at a stretch</li> <li>• Lunge walking along a narrow platform</li> <li>• Stand on 1 leg for 30 seconds with eyes closed</li> <li>• Five 1 legged squat (90°)</li> <li>• Five 1 legged calf raises</li> <li>• Stand, both toes touching, holding each other's wrist, lean back and forth with eyes closed</li> <li>• Stand on 1 leg, toes touching, hold hands and lean back and forth</li> </ul>	<ul style="list-style-type: none"> <li>• Can talk to others and make suggestions to help support their learning</li> <li>• Can work in groups and begin to self- and peer assess</li> <li>• Sat balanced with no hands or feet touching the floor, pass an object from one side to other using 1 hand</li> <li>• Stretched arms and legs into a long shape whilst sat balanced - hold for 5 seconds</li> <li>• Standing, move the ball around one leg 16 times - repeat other direction</li> <li>• Take ball around back at tummy height 16 times</li> </ul>	<ul style="list-style-type: none"> <li>• Hop-scotch backwards - 1 foot/2 foot alternating</li> <li>• Hop-scotch by changing hopping foot on each landing</li> <li>• Repeat above backwards</li> </ul>		<ul style="list-style-type: none"> <li>• Partner standing facing with arms outstretched and a tennis balls in each hand</li> <li>• From 1m away, catch the dropped ball whilst balancing on 1 leg</li> <li>• Repeat from further away and with different ball types</li> <li>• Roll a ball, run past it, let it run through legs, chase again and then collect</li> <li>• Throw a bouncing ball, run past it, let it run through legs, chase again and then collect in a balanced position</li> <li>• Repeat with decreasing ball sizes</li> </ul>	<ul style="list-style-type: none"> <li>• Strike a large ball along the ground against a wall/fence 5 times without a pause</li> <li>• Strike to rebound off a wall/fence with alternate hands 5 times in a row</li> <li>• Kick the ball against a wall 5 times</li> <li>• Throw a ball to a partner using bounce or chest pass</li> <li>• Catch or trap a larger ball with your hand or foot</li> </ul>
<p>- <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a> (warm-up game - challenge children to jump to a certain colour spot in fewest number)</p>	<p>Arty Physical - Jamie</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=TUA9CqMxl8k&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s">https://www.youtube.com/watch?v=TUA9CqMxl8k&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=16&amp;t=0s</a> (Focus mainly on game part 3 - encourage side-stepping and pivot to defend tag)</li> <li>• <b>Mars Maze warm</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (speedbounce and forwards and backwards jumps, introduce sideways leaps for all)</li> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a></li> </ul>		<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=lvysZYSZFNY&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s">https://www.youtube.com/watch?v=lvysZYSZFNY&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s</a> (Activity 1 and 2)</li> <li>• <a href="https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s">https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s">https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s</a> (for part two, work in pairs, retrieve the ball and throw to a partner. Repeat. Don't have to complete part 3)</li> </ul>

<p>of moves or follow a set path)</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s">https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s</a></li> </ul>		<p>up_2 + 3</p> <ul style="list-style-type: none"> <li>• <b>Invasion Games Throwing Skills_3, 4, 5 + 6</b> (bounce and chest pass. Reduce number of passes in 'Passing Perfection')</li> <li>• <b>Team co-operation games</b></li> </ul>	<p><a href="https://www.youtube.com/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s">om/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s</a> (hopscotch to retrieve objects)</p> <ul style="list-style-type: none"> <li>• <b>Agility - traveling_R, 1, 2 + 3</b> (amend movement cards to suit your objectives for traveling - warm up)</li> <li>• <b>Athletics Jumping pack_1, 2 + 3</b> (different jump type for each planet on <b>planet hopping</b> e.g - hop, skip, 2-feet to 1 foot, 2-feet to 2-feet, squat jump)</li> <li>• Sprinting</li> <li>• Throwing</li> <li>• High jump</li> <li>• Long Jump</li> <li>• Speed Bounce</li> </ul>		<p>(use coloured cones/beanbags on floor)</p> <ul style="list-style-type: none"> <li>• <b>Net and Wall games Ready Position_3 + 4</b> 'Ready, steady, go' <b>3, 4, 5 + 6</b> (use bean bags for ready, steady, go'</li> <li>• <b>Roll and Ride_ R, 1, 2 + 3</b> (focus on more complex controls and letting it run through legs before stopping the ball)</li> <li>• <b>Ball control_ 2 + 3</b></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s</a> (Use tennis balls to hit the target - cones to be next to each other)</li> <li>• <a href="https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s">https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s</a> (use small plastic rackets for game scenario)</li> <li>• <a href="https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=tQ00kwC-mm1&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s">https://www.youtube.com/watch?v=tQ00kwC-mm1&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s</a> (underarm from different distances and bounce throw from different markers - progress to overarm throw for more able)</li> <li>• <b>Striking and fielding track and return_ 2, 3 + 4</b></li> <li>• <b>Target time_ 1, 2 + 3</b> (targets to be at varying heights and distances. Use obstacles to throw past for more able)</li> <li>• <b>Co-ordination Receiving and Trapping_ 1, 2, 3, 4</b> (Use netballs to 'trap' or catch)</li> </ul>
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Gymnastics + Balance	Dance	Team co-operation games/Invasion Games	Athletics	Swimming	Reaction games/skills	Striking and Fielding/target games including throwing and catching
<ul style="list-style-type: none"> <li>• Standing on a line, feet shoulder width apart, raise knee to opposite elbow 5 times</li> <li>• Complete a power jump (tucked jump) with a 180° turn - both ways</li> <li>• 2 feet to 2 feet jump forwards, backwards and sideways on a line, keeping balance</li> <li>• 1 legged balance on uneven surface</li> <li>• Uneven surface with eyes closed</li> <li>• Holding a high plank position, travel along a pathway and use hands to move objects out of the way whilst maintaining high plank balance</li> <li>• Hold a reverse plank position - tummy to ceiling</li> </ul>	<ul style="list-style-type: none"> <li>• Lunge walk along a line bring knee to elbow before lunging forwards</li> <li>• Repeat with eyes closed</li> <li>• Standing facing partner, hold balance whilst holding partner's opposite leg</li> <li>• Repeat with eyes closed</li> <li>• Stand on 1 leg, toes touching, hold hands and lean back and forth with eyes closed</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to offer demonstrative and verbal support to peers without prompts from an adult</li> <li>• Improve team performance by supporting needs of their team</li> <li>• Sit with knees bent whilst passing object at arm's length away from one side to other</li> <li>• Repeat without swapping hands in middle</li> <li>• Standing pass the ball around alternate legs 16 times</li> <li>• Repeat with 1 hand around one leg and then other hand around other leg - figure 8 movement</li> </ul>	<ul style="list-style-type: none"> <li>• Zig-zag side step patterns forwards - 2 forwards left and continue 2 forwards right and repeat</li> <li>• Repeat backwards</li> <li>• Increase speed and control of above movements</li> </ul>		<ul style="list-style-type: none"> <li>• Kick a ball against a wall/fence with alternate feet</li> <li>• Facing a partner with a tennis ball each, roll the balls to each other so that they pass in the middle and you collect with other hand - repeat</li> <li>• React to a signal to retrieve an object - compete against a time or other child</li> </ul>	<ul style="list-style-type: none"> <li>• Roll a ball, run in front of it and stop the ball with knee sideways as a long barrier (cricket style fielding)</li> <li>• Repeat with decreasing ball sizes</li> <li>• Hold balance on the line whilst catching a ball at knee or above head height</li> <li>• Partner standing facing with arms outstretched and a tennis balls in each hand</li> <li>• From 1m away, catch dropped ball with hand across the body</li> <li>• Repeat with other ball types</li> <li>• Catch or trap varying sized balls with your hand or foot</li> </ul>
<p>- <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a> (warm-up game - challenge children to jump to a certain colour spot in fewest number of moves or follow a</p>	<p>Arty Physical - Jamie</p>	<p>- <b>Invasion Games Throwing Skills_3, 4, 5 + 6</b> (introduce shoulder passing. Reduce number of passes in 'Passing Perfection')</p> <p>- <b>Team co-operation games</b></p>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a></li> <li>• <a href="https://www.youtube.com/watch?v=tT5cjM3mTk&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s">https://www.youtube.com/watch?v=tT5cjM3mTk&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s</a> (zigzag pattern to retrieve objects)</li> <li>• Sprinting</li> </ul>		<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s">https://www.youtube.com/watch?v=laNjXnB-79U&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=11&amp;t=0s</a> (Focus on part 3 - extend activity to working in 3s - two people react to retrieve the ball and then throw to the 3<sup>rd</sup> child)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s</a> (Use tennis balls to hit the target - cones to be spaced out)</li> <li>• Beanbag/ball throwing</li> <li>• <a href="https://www.youtube.com">https://www.youtube.com</a></li> </ul>

<p>set path - introduce obstacles they can't go over)</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s">https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s</a></li> </ul>			<ul style="list-style-type: none"> <li>• Javelin</li> <li>• Standing High jump</li> <li>• Long Jump</li> <li>• Speed Bounce</li> <li>• Cross Country</li> <li>• Multi-Sports</li> </ul>		<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=IvySZYSZFNy&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s">https://www.youtube.com/watch?v=IvySZYSZFNy&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s</a></li> <li>• <a href="https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s">https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s</a> (use coloured cones with tennis ball, collect tennis ball and turn and throw at a target number)</li> <li>• <b>Invasion games intercepting_4, 5 + 6</b></li> <li>• <b>Net and Wall games Ready Position_3 + 4</b> 'Ready, steady, go' 3, 4, 5 + 6 (use bean bags for ready, steady, go and introduce using a form ball that will bounce/move slowly)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s">https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s</a> (use small tennis rackets for game scenario - swingball afterwards)</li> <li>• <a href="https://www.youtube.com/watch?v=NDZhgfrmoGA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmoGA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a> <a href="https://www.youtube.com/watch?v=tQ00kwC-mmI&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s">https://www.youtube.com/watch?v=tQ00kwC-mmI&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s</a> (underarm, bounce and progress to overarm throws for all)</li> <li>• <b>Striking and fielding track and return_3 + 4 and 4, 5 + 6</b> for 'rapid retrieve'</li> <li>• <b>Co-ordination Receiving and Trapping_1, 2, 3, 4</b> (Use different sized balls and odd shaped balls for more able)</li> </ul>
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Gymnastics + balance	Dance	Team co-operation/invasion games	Athletics	Swimming	Reaction games/skills	Striking and Fielding/target throwing games	Warm-up skills
<ul style="list-style-type: none"> <li>- Holding hands with a partner, step onto a bench with feet side by side and lean back, holding balance</li> <li>- Whilst holding a low plank position (elbows) transfer a tennis ball over your back from one side to the other</li> <li>- Whilst holding a reverse plank, transfer an object on and off tummy from 1 side to the other</li> <li>- Sit in a 'V' position and hold whilst passing object at arms length from one side to other</li> <li>- Repeat without swapping hands in middle</li> <li>- Travel using high plank position with increasing distances between movements</li> </ul>	<ul style="list-style-type: none"> <li>- Remain balanced whilst sidestepping along a line</li> <li>- Repeat with front and backwards pivots</li> <li>- Create a sequence using controlled spins to represent orbiting</li> <li>- Change body shape from small, closed to large, expanded to represent the explosions in space</li> </ul>	<ul style="list-style-type: none"> <li>- Work in teams to identify tactics and more effective/efficient ways of completing physical tasks</li> <li>- Communicate appropriately for the benefit of peers</li> <li>- Take the ball around legs in a figure 8 pattern and round your back between each one - repeat 10 times</li> <li>- Hold ball between legs - 1 hand in front and 1 behind - swap hand positions and catching ball after 1 bounce - repeat with no bounce</li> <li>- Work as a team to reach the other side of the area using 3 drop down spots for 2 people</li> <li>- Untangle team holding hands</li> </ul>	<ul style="list-style-type: none"> <li>- 1 foot to 1 foot jump and freeze on landing</li> <li>- Hop on 1 foot, lifting knee to chest and landing, keeping balance</li> <li>- Repeat for other foot</li> <li>- Throw a javelin and hammer with control so that the object travels in a straight line</li> <li>- Understand how angles of throwing affects distance</li> <li>- Hold correct body shape when sprinting</li> <li>- Understand the difference between sprinting and distance running</li> <li>- Controlled movement to bend knee and reach - vertical jump</li> <li>- Standing long jump</li> </ul>	<ul style="list-style-type: none"> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>• Facing away from partner with their arms outstretched and a tennis balls in each hand - from 1m away respond to a call to turn and catch dropped ball after 1 bounce</li> <li>• 2m away etc</li> <li>• Tap a ball with palm to each other with one bounce in between</li> <li>• Repeat over a bench</li> </ul>	<ul style="list-style-type: none"> <li>• Standing on a line, feet shoulder width apart, catch a small ball thrown to body and slightly away</li> <li>• Stay balanced whilst throwing and catching 2 balls alternately with both hands</li> <li>• Strike a ball back to your partner with a racket</li> <li>• Roll a ball, run in front of it and then stop ball with 1 arm whilst holding a press-up position</li> <li>• Facing a partner with a tennis ball each, throw to each other, alternating throwing and catching hands</li> <li>• Cross-over throws</li> </ul>	<ul style="list-style-type: none"> <li>- 10 squat to calf raises</li> <li>- Squat to calf raises with eyes closed</li> <li>- 3 step zig-zag patterns with a crossover swerve when you change lead leg and direction - cross legs over as direction changes</li> <li>- With a knee raise across body</li> <li>- Heel lift behind during change</li> </ul>
<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=22&amp;t=0s</a> (warm-up game - challenge children to jump</li> </ul>		<ul style="list-style-type: none"> <li>- Invasion Games Throwing Skills_3, 4, 5 + 6 (introduce one to five, score activity)</li> <li>- Team co-</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (different tracks of</li> </ul>		<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=gRRnI3vB1WI&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=14&amp;t=0s">https://www.youtube.com/watch?v=gRRnI3vB1WI&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=14&amp;t=0s</a> (use coloured cones</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s">https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=10&amp;t=0s</a> (Use tennis balls or netballs to hit the</li> </ul>	

<p>to a certain colour spot in fewest number of moves or follow a set path, obstacles they can't go over and hurdles that they can)</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s">https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s</a></li> </ul>		<p><b>operation games</b></p> <ul style="list-style-type: none"> <li>- 'Defend the hoop' - without and then with opposition</li> <li>- 'Steal the cones' - whilst balancing item on racket/ dribbling a football</li> <li>- Rock, paper, scissors, catch</li> </ul>	<p>differing levels of difficulty)</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s">https://www.youtube.com/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s</a> (hopping)</li> <li>- Sprinting</li> <li>- Throwing</li> <li>- High jump</li> <li>- Long Jump</li> <li>- Speed Bounce</li> </ul>		<p>and 4 different objects, sort objects by type or match to cone colour)</p> <ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=IvySZYSZFNY&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s">https://www.youtube.com/watch?v=IvySZYSZFNY&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=3&amp;t=0s</a></li> <li>- <a href="https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s">https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s</a> (use coloured cones with tennis ball, collect tennis ball and turn and throw at a target number)</li> <li>- <b>Invasion games intercepting_4, 5 + 6</b></li> <li>- <b>Net and Wall games Ready Position_5 + 6</b> 'Ready, steady, go' 3, 4, 5 + 6 (use slow moving/ bouncing balls and progress to netballs)</li> <li>- Handball</li> <li>- Bounce tennis</li> </ul>	<p>target - cones to be spaced out and introduce using different throwing techniques to hit the target - overarm, bounce, roll etc)</p> <ul style="list-style-type: none"> <li>- Throw to stations 1-5 activity</li> <li>- Cricket skills throwing and catching out of game context</li> <li>- Kwik Cricket/ Rounders cricket</li> <li>- Javelin into hoop game</li> <li>- <a href="https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s">https://www.youtube.com/watch?v=g4aNXE3i7AE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=17&amp;t=0s</a> (children may choose to use a use small tennis racket or rounders bat for game scenario)</li> <li>- <a href="https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgfrmogA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></li> <li>- <a href="https://www.youtube.com/watch?v=tQ00kwC-mmI&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s">https://www.youtube.com/watch?v=tQ00kwC-mmI&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s</a> (throw at target from different angles - throw at cricket stumps from head on)</li> <li>- <b>Striking and fielding track and return_4, 5 + 6</b></li> </ul>	
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Gymnastics + Balance	Dance	Team co-operation/Invasion games	Athletics	Swimming	Reaction games/skills	Striking and Fielding/target throwing games	Warm-up skills
<ul style="list-style-type: none"> <li>• Pick up cones from 12,3,6,9 (clock face) - 1 legged and replace cones</li> <li>• Knees bent, arms/ hands not touching the floor, pass objects from in front, behind or side whilst holding balance</li> <li>• With eyes closed</li> <li>• With gentle push from a partner</li> <li>• On a line and then a low beam</li> <li>• Jump 2 feet to 2 feet with 180° turn</li> <li>• 2 feet to 2 feet power jump (tucked jump) with 180° turn</li> <li>• Standing upright, jump to lunge position, then back again - repeat other foot</li> <li>• Travel a path using high plank position by following the most efficient route</li> </ul>	<ul style="list-style-type: none"> <li>• Holding hands with a partner, step onto a bench with feet side by side and lean back, holding balance - switch places whilst maintaining a counter balance with straight arms</li> </ul>	<ul style="list-style-type: none"> <li>• Performs roles in activities designed for maximum benefit of their team</li> <li>• Communicates clearly and effectively to improve performance of themselves and others</li> <li>• Whilst holding a reverse plank, transfer a tennis ball on and off tummy from 1 side to the other</li> <li>• 1 foot plank, transfer an object over back from one side to other, repeat with other foot</li> <li>• Working with a partner, keep 2 tennis balls throwing in a circuit to each other - move onto 3 balls</li> <li>• Simultaneously throw a tennis ball and kick a football to a partner 10 times</li> </ul>	<ul style="list-style-type: none"> <li>• Throw javelin after a short run up whilst maintaining correct body form</li> <li>• Understand how to pace self appropriately for races of varying distances</li> <li>• Complete triple jump using correct form and order</li> </ul>		<ul style="list-style-type: none"> <li>• Standing facing a partner - partner throws a ball over your head, standing person to turn and catch it after 1 bounce</li> <li>• With back to a partner, partner throws a ball over your head, standing person to turn and catch it after 1 bounce</li> <li>• Facing away from partner with their arms outstretched and a tennis balls in each hand</li> <li>• From 1m away, respond to sound of the dropped ball to turn and catch after 1 bounce</li> <li>• 2m away etc</li> </ul>	<ul style="list-style-type: none"> <li>• Standing on a low beam, feet shoulder width apart strike a ball back to your partner with a racket</li> <li>• Return a strike of a ball from across your body (backhand)</li> <li>• Low beam, catch a tennis ball across your body</li> <li>• Throw a ball from in front, over your head and catch behind back. Throw from behind back and catch in front - repeat 10 times in a row</li> <li>• Hold ball between legs with hands in front, throw and catch ball with hands through legs from behind</li> </ul>	<ul style="list-style-type: none"> <li>• 10 squat to calf raises on uneven surface</li> <li>• Squat to calf raises with eyes closed on uneven surface</li> <li>• Standing sideways, move along a line by stepping across your body</li> <li>• Repeat with stepping behind standing foot</li> <li>• Repeat with eyes closed</li> <li>• 3 step side step zig-zags with alternating knee lifts during change of directions</li> <li>• 3 step side step zig zags backwards with knee raise or body swerve during change of direction</li> <li>• Squat jumps</li> </ul>
<p>- <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PL">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PL</a></p>		<p>- Defend the Hoop_6</p>	<p>- Multi-sports - Sports Day</p>		<p>- <a href="https://www.youtube.com/watch?v=gRRnI3vB1WI&amp;list=PLYGRalu">https://www.youtube.com/watch?v=gRRnI3vB1WI&amp;list=PLYGRalu</a></p>	<p>- <a href="https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTojV3">https://www.youtube.com/watch?v=GxN9cYj6eX8&amp;list=PLYGRaluWWTojV3</a></p>	<p>- <a href="https://www.youtube.com/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWTojV3">https://www.youtube.com/watch?v=tT5cjM3m_Tk&amp;list=PLYGRaluWWTojV3</a></p>

<p><a href="https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s">https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s</a></p> <p>(warm-up game - challenge children to jump to a certain colour spot in fewest number of moves or follow a set path, obstacles they can't go over and hurdles that they can)</p> <p>- <a href="https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s">https://www.youtube.com/watch?v=jSP-fWmk36A&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18&amp;t=0s</a></p>		<ul style="list-style-type: none"> <li>- <b>Team co-operation games</b></li> <li>- Tug of war</li> <li>- Robinwood</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18">https://www.youtube.com/watch?v=1p4uz6uxbo8&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=18</a> (different tracks of differing levels of difficulty)</li> <li>- Sprinting</li> <li>- Throwing</li> <li>- High jump</li> <li>- Long Jump</li> <li>- Speed Bounce</li> </ul>		<p><a href="https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s">https://www.youtube.com/watch?v=D_KaDUryDes&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=20&amp;t=0s</a> (link to skills above, at the sound of a number call, turn and catch the ball after one bounce and throw at the target number)</p> <ul style="list-style-type: none"> <li>- <b>Invasion games intercepting_4, 5 + 6</b></li> <li>- <b>Net and Wall games Ready Position_5 + 6</b></li> </ul> <p>'Ready, steady, go' 3, 4, 5 + 6 (use netballs and progress to tennis balls or play facing away as partner throws a beanbag, turn upon sound of it hitting floor and see how long it takes to retrieve)</p> <p>-</p>	<p><a href="https://www.youtube.com/watch?v=NDZhgrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s">https://www.youtube.com/watch?v=NDZhgrmogA&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=13&amp;t=0s</a></p> <p><a href="https://www.youtube.com/watch?v=tQ00kwC-mml&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s">https://www.youtube.com/watch?v=tQ00kwC-mml&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=21&amp;t=0s</a> (complete all stages and introduce throwing diagonally at the wall or target - throw at cricket stumps from different angles)</p> <ul style="list-style-type: none"> <li>- <b>Striking and fielding track and return_4, 5 + 6</b></li> </ul>	<p><a href="https://www.youtube.com/watch?v=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s">t=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24&amp;t=0s</a> (different method of travelling for each object including squat jumps)</p>
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