

## KS1



### National curriculum aims:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### Spring 1 - Net and Wall (Tennis)

- To be able to perform a forehand technique.
- To be able to use a back hand technique to push the ball forwards in a static position.
- To be able to demonstrate the correct technique when holding on to a racket.
- To be able to demonstrate and under arm serve correctly.

### Spring 1 – Dance

- To be able to learn and copy movements.
- To be able to understand how timing is important.
- To be able to reflect on their own performance.
- Include a canon, spin, step ball change.
- **Canon-** One movement after another

#### **Step ball change:**

<https://www.youtube.com/watch?v=erFqCWxtwTo>

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### Spring 2- Sending and Receiving

- To be able to dribble using a wide range of equipment, etc.- bat, hockey stick etc.
- To be able to receive a ball from a partner.
- To be able to pass correctly and accurately using a wider range of body parts.
- Able to shoot at a target using a kicking technique
- Able to accurately pass a ball using a kicking technique.

### Spring 2- Gymnastics

- To be able to use the equipment safely.
- Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll
- To be able to land safely when jumping off objects.
- To be able to perform a full turn with a correct technique on to a mat.
- To do a straight jump and tuck jump
- To be able to perform a half turn jump and safely land on the mat.