

Subject Curriculum Map

Subject: P.E.



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	Vocabulary.
Year 1	<p>Co-ordination/ static balances.</p> <p>They move in a variety of ways,</p>	<p>Co-ordination/ static balances.</p> <p>They move in a variety of ways,</p> <p>They link movements in a simple sequence, although they may require support To do this</p>	<p>Dynamic Balance To Agility: Jumping and Landing/ Static Balance: Seated</p> <p>They link movements in a simple sequence, although they may require support To do this</p> <p>They recognise small and large apparatus and use it with some basic control</p>	<p>Dynamic Balance To Agility: Jumping and Landing/ Static Balance: Seated</p> <p>They recognise small and large apparatus and use it with some basic control</p>	<p>Coordination: Ball Skills/ Counter Balance: With a Partner</p> <p>They take turns with a partner or in a small group</p> <p>They throw and kick a ball, but lack direction.</p>	<p>Coordination: Ball Skills/ Counter Balance: With a Partner</p> <p>Pupils work in pairs and in small groups cooperatively, although they may need support To follow instructions and keep on task.</p>	
	<p><i>Lesson 1 – To explore movements.</i></p> <p><i>Lesson 2 – To express ourselves through movements.</i></p> <p><i>Lesson 3 – To follow simple instructions when moving,</i></p>	<p>Lesson 1 – To explore and apply movements.</p> <p>Lesson 2 – To express preference when exploring movements.</p> <p>Lesson 3 – To explore balance on one leg</p>	<p>Lesson 1 – To explore movement through story.</p> <p>Lesson 2 – To apply movements through repetition.</p> <p>Lesson 3 – To explore dynamic movements</p> <p>Lesson 4 – To explore jumping and landing</p>	<p>Lesson 1 – To explore and apply movements from previous lessons.</p> <p>Lesson 2 – To express myself through movement in a story.</p> <p>Lesson 3 – To jump and land on two feet.</p>	<p>Lesson 1 – To explore static movements and shapes.</p> <p>Lesson 2 – To apply shape movements on commands.</p> <p>Lesson 3 – To perform simple static balances.</p> <p>Lesson 4 - To balance on</p>	<p>Lesson 1 – To explore movements with equipment</p> <p>Lesson 2- To use equipment To explore different parts of the body.</p> <p>Lesson 3 – To add moves inTo a simple sequence with support.</p>	<p>Balance</p> <p>Fast</p> <p>Slow</p> <p>High</p> <p>Low</p> <p>Jump</p> <p>Move</p> <p>Start</p> <p>Stop</p>

	<p><i>Lesson 4 – To move side To side with clear purpose.</i></p> <p><i>Lesson 5 - To move side To side with some control and support.</i></p> <p><i>Lesson 6 – To move side To side with control.</i></p>	<p>Lesson 4 – To balance on one leg when following instructions.</p> <p>Lesson 5 – To explore balancing on one leg with movement.</p> <p>Lesson 6 – To follow instruction To carry out a movement.</p>	<p>Lesson 5 – To jump and land following instructions.</p> <p>Lesson 6 – To follow instructions To carry out movement</p>	<p>Lesson – 4 Jump and land on two feet through movement.</p> <p>Lesson 5 – To jump and move with both feet.</p> <p>Lesson 6 - To jump and move in different directions using both feet.</p>	<p>command with one hand and foot.</p> <p>Lesson 5 – To explore balances with equipment.</p> <p>Lesson 6 – To move equipment with different balances.</p>	<p>Lesson 4 – To explore movements and skills with a partner or group.</p> <p>Lesson 5 – To move with purpose To a partner.</p>	
	<p>They follow simple instructions</p>	<p>They follow simple instructions</p> <p>Pupils' movement patterns are established and they perform single actions.</p>	<p>Pupils' movement patterns are established and they perform single actions.</p> <p>They recognise small and large apparatus</p>	<p>Pupils link two actions in a sequence</p> <p>They explore a variety of movements and show some awareness of space. They understand some basic concepts,</p> <p>They recognise small and large apparatus</p>	<p>Pupils link two actions in a sequence.</p> <p>They recognise and collect, on request, familiar pieces of equipment</p>	<p>They show awareness of cause and effect,</p> <p>Pupils link two actions in a sequence</p> <p>They recognise and collect, on request, familiar pieces of equipment</p>	
	<p><i>Lesson 1 – To explore movements.</i></p>	<p>Lesson 1 – To explore and apply movements.</p>	<p>Lesson 1 – To explore movement through story.</p>	<p>Lesson 1 – To explore and apply movements from previous lessons.</p>	<p>Lesson 1 – To explore static movements and shapes.</p>	<p>Lesson 1 – To explore movements with equipment</p>	

	<p><i>Lesson 2 – To express ourselves through movements.</i></p> <p><i>Lesson 3 – To follow simple instructions when moving,</i></p> <p><i>Lesson 4 – To move side To side with clear purpose.</i></p> <p><i>Lesson 5 - To move side To side with some control and support.</i></p> <p><i>Lesson 6 – To move side To side with control.</i></p>	<p>Lesson 2 – To express preference when exploring movements.</p> <p>Lesson 3 – To explore balance on one leg</p> <p>Lesson 4 – To balance on one leg when following instructions.</p> <p>Lesson 5 – To explore balancing on one leg with movement.</p> <p>Lesson 6 – To follow instruction To carry out a movement.</p>	<p>Lesson 2 – To apply movements through repetition.</p> <p>Lesson 3 – To explore dynamic movements</p> <p>Lesson 4 – To explore jumping and landing</p> <p>Lesson 5 – To jump and land following instructions.</p> <p>Lesson 6 – To follow instructions To carry out movement</p>	<p>Lesson 2 – To express myself through movement in a story.</p> <p>Lesson 3 – To jump and land on two feet.</p> <p>Lesson – 4 Jump and land on two feet through movement.</p> <p>Lesson 5 – To jump and move with both feet.</p> <p>Lesson 6 - To jump and move in different directions using both feet.</p>	<p>Lesson 2 – To apply shape movements on commands.</p> <p>Lesson 3 – To perform simple static balances.</p> <p>Lesson 4 - To balance on command with one hand and foot.</p> <p>Lesson 5 – To explore balances with equipment.</p> <p>Lesson 5 – To move equipment with different balances.</p>	<p>Lesson 2- To use equipment To explore different parts of the body.</p> <p>Lesson 3 – To add moves into a simple sequence with support.</p> <p>Lesson 4 – To explore movements and skills with a partner or group.</p> <p>Lesson 5 – To move with purpose To a partner.</p>	
	<p>They recognise familiar pieces of equipment,</p> <p>They follow simple instructions although they may need the support of symbols or other prompts</p>	<p>They recognise familiar pieces of equipment,</p> <p>They follow simple instructions although they may need the support of symbols or other prompts</p>	<p>They recognise familiar pieces of equipment,</p>	<p>They recognise familiar pieces of equipment,</p> <p>They apply potential solutions systematically To problems</p>	<p>They recognise familiar pieces of equipment,</p> <p>They apply potential solutions systematically To problems</p>	<p>They recognise familiar pieces of equipment,</p>	
	<p>Lesson 1 – To begin To explore movements.</p>	<p>Lesson 1 – To move in a large space.</p>	<p>Lesson 1 – To explore how we move in a space.</p>	<p>Lesson 1 – To watch other move in</p>	<p>Lesson 1 – To explore how our body moves.</p>	<p>Lesson 1 – To begin To move independently.</p>	

	<p>Lesson 2 – To engage in moving with a space.</p> <p>Lesson 3 – To move in a space with others.</p> <p>Lesson 4 – To show awareness of others in a space.</p> <p>Lesson 5 - To engage in copying movements.</p> <p>Lesson 6 – To explore how fast I can move.</p>	<p>Lesson 2 – To can show preference To how I want To move.</p> <p>Lesson 3 To explore balancing as I move.</p> <p>Lesson 4 – To show awareness when imitating movements,</p> <p>Lesson 5 – To engage with movement in a space.</p> <p>Lesson 6 – I can move To music as it plays.</p>	<p>Lesson 2 – To show awareness when copying a movement.</p> <p>Lesson 3 – To begin To move at different speeds.</p> <p>Lesson 4 – To explore jumping off the floor.</p> <p>Lesson 5 – To begin To understand where we jump.</p> <p>Lesson 6 – To copy a movement.</p>	<p>different ways.</p> <p>Lesson 2 – To show awareness of how To move different body parts.</p> <p>Lesson 3 – To explore how high we can jump.</p> <p>Lesson 4 – To engage in following others in a space.</p> <p>Lesson 5 – To explore how our body can move.</p> <p>Lesson 6 – To watch and be aware of how other jump and move.</p>	<p>Lesson 2 – To observe different body shapes we can make.</p> <p>Lesson 3 – To show awareness of balancing as we move.</p> <p>Lesson 4 - To move along the floor with our hands and feet,</p> <p>Lesson 5 – To explore equipment/ apparatus.</p> <p>Lesson 5 – To move across equipment with music.</p>	<p>Lesson 2- To express preference for equipment.</p> <p>Lesson 3 – To participate in a space with others.</p> <p>Lesson 4 – To be aware of other in a space as we move.</p> <p>Lesson 5 – To understand how To manipulate our bodies To move in different ways.</p>	
Year 2	<p>Dynamic Balance: On a Line /Static Balance: Stance</p> <p>Pupils move with some control</p> <p>They follow patterns in their movements.</p>	<p>Dynamic Balance: On a Line /Static Balance: Stance</p> <p>Pupils move with some control and coordination</p> <p>They follow and imitate sequences and patterns in their movements.</p>	<p>Coordination: Sending and Receiving/ Agility: Reaction/Response</p> <p>They share and wait their turn</p> <p>They are aware of space, themselves and others.</p>	<p>Coordination: Sending and Receiving/ Agility: Reaction/Response</p> <p>They share and wait their turn</p> <p>They are aware of space, themselves and others.</p> <p>They use small and large apparatus safely</p>	<p>Agility: Ball Chasing/ Static Balance: Floor Work</p> <p>They share and wait their turn</p> <p>They play simple games</p> <p>They are aware of the changes that happen To their bodies when they are active.</p>	<p>Agility: Ball Chasing/ Static Balance: Floor Work</p> <p>They play simple games and may require support To keep score and follow game rules</p> <p>They recognise the changes that happen To their bodies when they are active.</p>	

	<p>Lesson 1 – To explore movements.</p> <p>Lesson 2 – To follow movement with control.</p> <p>Lesson 3 – To use symbols and sign To follow instructions.</p> <p>Lesson 4 – To follow instructions during a task/song.</p> <p>Lesson 5 – To perform movement with control in an area.</p> <p>Lesson 6 – To perform movements on a line with control.</p>	<p>Lesson 1 – To follow simple instructions when balancing.</p> <p>Lesson 2 – To explore different balances with part of our body.</p> <p>Lesson 3 – To move with purpose using movement when prompted.</p> <p>Lesson 4 – To copy/ mirror movements from an adult.</p> <p>Lesson 5 – To mirror movement from a partner.</p>	<p>Lesson 1 – To explore movement with equipment with a theme.</p> <p>Lesson 2 – To bounce or roll a ball with control.</p> <p>Lesson 3 – To throw and catch with some accuracy.</p> <p>Lesson 4 – To throw and catch towards a target.</p> <p>Lesson 5 – To play a game with support.</p> <p>Lesson 6 – To recognize rules of a game.</p>	<p>Lesson 1 – To catch a large ball with movement.</p> <p>Lesson 2 – To apply catching with movement in a game</p> <p>Lesson 3 – To catch a ball in a variety of sizes with movement.</p> <p>Lesson 4 – To throw with some accuracy.</p> <p>Lesson 5 – To throw with some accuracy towards a target.</p> <p>Lesson 6 – To understand game rules with support.</p>	<p>Lesson 1 – To move with equipment.</p> <p>Lesson 2 – To apply rules and understanding To moving with equipment.</p> <p>Lesson 3 – To start and stop quickly</p> <p>Lesson 4 – To use balance and control when collecting balls.</p> <p>Lesson 5 – To follow rules and instructions with support.</p> <p>Lesson 6 – To roll balls with control.</p>	<p>Lesson 1 – To maintain balance in movement.</p> <p>Lesson 2 – To hold the correct position on request.</p> <p>Lesson 3 – To move through supports with prompts and example.</p> <p>Lesson 4 – To maintain control when moving through positions.</p> <p>Lesson 5 – To work with a partner when supported by an adult.</p> <p>Lesson 6 – To explore movements with partners.</p>	
	<p>They link movements in a simple sequence, although they may require support To do this.</p> <p>They listen To instructions and stop and start with some accuracy</p>	<p>They link movements in a simple sequence, although they may require support To do this.</p> <p>Pupils express themselves through</p>	<p>They recognise small and large apparatus and use it with some basic control.</p> <p>Pupils express themselves through movement patterns</p>	<p>They recognise small and large apparatus and use it with some basic control.</p> <p>They throw and kick a ball, but lack direction.</p>	<p>Their control and coordination skills are developing</p> <p>They work closely in pairs,</p>	<p>They throw and kick a ball, but lack direction.</p> <p>They work closely in pairs, trios or small groups.</p>	

		<p>repetitive and simple sequences</p> <p>They listen To instructions and stop and start with some accuracy</p>		<p>Pupils express themselves through movement patterns</p>			
<p>Lesson 1 – To explore movements.</p> <p>Lesson 2 – To follow movements when supported.</p> <p>Lesson 3 – To follow simple instructions To begin and end movements.</p> <p>Lesson 4 – To participate in song/ movements.</p> <p>Lesson 5 – To perform movement with control in an area.</p> <p>Lesson 6 – To perform movements on a line</p>	<p>Lesson 1 – To follow simple instructions whilst moving.</p> <p>Lesson 2 – To explore different balances through guidance.</p> <p>Lesson 3 – To move with purpose within a space.</p> <p>Lesson 4 – To copy/ mirror basic movements from an adult.</p> <p>Lesson 5 – To mirror movements of simple shapes.</p>	<p>Lesson 1 – To explore movement using equipment/ apparatus.</p> <p>Lesson 2 – To bounce or roll a ball without direction.</p> <p>Lesson 3 – To throw with some accuracy.</p> <p>Lesson 4 – To throw and catch with some accuracy.</p> <p>Lesson 5 – To participate in a game area.</p> <p>Lesson 6 – To recognize that we are playing a game.</p>	<p>Lesson 1 – To catch a large ball from a close distance.</p> <p>Lesson 2 – To apply catching with movement forwards and backwards.</p> <p>Lesson 3 – To catch a ball in a variety of sizes without movement.</p> <p>Lesson 4 – To throw with some accuracy.</p> <p>Lesson 5 – To throw in a targeted direction</p> <p>Lesson 6 – To understand a game has rules.</p>	<p>Lesson 1 – To explore movement in an area with equipment.</p> <p>Lesson 2 – To use equipment and begin To show how we can travel.</p> <p>Lesson 3 – To listen for instructions during movement.</p> <p>Lesson 4 – To maintain balance whilst moving.</p> <p>Lesson 5 – To understand rules are part of a game.</p> <p>Lesson 6 – To roll balls with some direction.</p>	<p>Lesson 1 – To maintain some balance as we move around an area.</p> <p>Lesson 2 – To explore different body positions.</p> <p>Lesson 3 – To mirror some body supports.</p> <p>Lesson 4 –link 2 body movements.</p> <p>Lesson 5 – To understand we can work with partners.</p> <p>Lesson 6 – To explore movements within a group.</p>		
<p>They follow instructions using some support.</p> <p>They explore different</p>	<p>They follow simple instructions although they may need the support of</p>	<p>Pupils throw with support with no focus on direction.</p>	<p>They apply potential solutions systematically To problems</p>	<p>They apply potential solutions systematically To problems</p>	<p>Pupils understand basic movements for throwing and catching large equipment.</p>		

	movements along the floor.	symbols or other prompts They explore different movements along the floor.					
	<p>Lesson 1 – To navigate around a room.</p> <p>Lesson 2 – To imitate movements.</p> <p>Lesson 3 – To show awareness of surroundings.</p> <p>Lesson 4 – To engage in</p> <p>Lesson 5 – To explore movement in an area.</p> <p>Lesson 6 – To take part in moving around a space.</p>	<p>Lesson 1 – be aware of games starting and stopping around me.</p> <p>Lesson 2 – To explore movement at different heights.</p> <p>Lesson 3 – To move within a space.</p> <p>Lesson 4 – To be aware of different body shapes.</p> <p>Lesson 5 – To engage in movement around others.</p>	<p>Lesson 1 – To explore movements.</p> <p>Lesson 2 – To engage with balls and other equipment</p> <p>Lesson 3 – To explore moving with different equipment.</p> <p>Lesson 4 – To be aware of movement around me.</p> <p>Lesson 5 – To participate in an area with peers.</p> <p>Lesson 6 – To be aware of a game.</p>	<p>Lesson 1 – To explore different balls and equipment.</p> <p>Lesson 2 – To access play To build gross motor skills.</p> <p>Lesson 3 – To engage in a space with others.</p> <p>Lesson 4 – To understand actions have reactions (throwing).</p> <p>Lesson 5 – To be aware we can throw and catch.</p> <p>Lesson 6 – To take part in moving around an area with others.</p>	<p>Lesson 1 – To be aware of movement around themselves.</p> <p>Lesson 2 – To show awareness that our body can move in different ways.</p> <p>Lesson 3 – To engage in movement around a space.</p> <p>Lesson 4 – To engage with copying actions.</p> <p>Lesson 5 – To be aware we are part of a game.</p> <p>Lesson 6 – To engage with different equipment.</p>	<p>Lesson 1 – To engage with copying different movements around a space.</p> <p>Lesson 2 – To move freely within a space.</p> <p>Lesson 3 – To copy simple movements.</p> <p>Lesson 4 – To be aware of movements around.</p> <p>Lesson 5 – To understand we can move in different ways.</p> <p>Lesson 6 – To explore movements in an area with others.</p>	
Year 3	Coordination: Footwork/ Static Balance: One Leg	Coordination: Footwork/ Static Balance: One Leg	Dynamic Balance To Agility: Jumping and Landing/ Static Balance: Seated.	Dynamic Balance To Agility: Jumping and Landing/ Static Balance: Seated.	Coordination: Ball Skills/ Counter Balance: With a Partner	Coordination: Ball Skills/ Counter Balance: With a Partner	

	Pupils perform and follow simple movement patterns	Perform basic movements including running, jumping with support and prompt.	Perform basic movements including running, jumping with support and prompt.	Perform basic movements including running, jumping, throwing and catching Developing balance, agility and co-ordination with guidance and support	Perform basic movements including running, throwing and catching with guidance and support Participate in team games, working in pairs. developing basic/ simple tactics for attacking and defending	Perform basic movements including running, throwing and catching with guidance and support Participate in team games, working in pairs. developing basic/ simple tactics for attacking and defending To understand simple game rules with support.	
	Lesson 1 – To explore familiar movement when following instructions. Lesson 2 – To move side To side with control. Lesson 3 – To move in a variety of ways when following guidance. Lesson 4 – To move	Lesson 1 – To follow a partners movement. Lesson 2 – To follow movement with control. Lesson 3 – To static balance with control. Lesson 4 – To balance with a partner.	Lesson 1 – To jump and land using two feet. Lesson 2 – To jump and land in multiple directions with control. Lesson 3 – To jump and land in a marked area. Lesson 4 – To jump and land off equipment.	Lesson 1 – To balance on To follow. Lesson 2 – To follow instructions To move like animals. Lesson 3 – To mirror movements as a group from an adult. Lesson 4 – To mirror partner movements when	Lesson 1 – To move a ball around my body in a variety of ways with control. Lesson 2 – To copy movements with control and accuracy. Lesson 3 – To use ideas To generate own movements with ball Lesson 4 – To	Lesson 1 – To explore balances with a partner. Lesson 2 – To follow movements with a partner To music. Lesson 3 – To balance with partner on low equipment. Lesson 4 – To follow rules and	

	<p>with control from a set point.</p> <p>Lesson 5 – To hop, gallop and skip.</p> <p>Lesson 6 – To hop, gallop and skip in a range of heights and speeds.</p>	<p>Lesson 5 – To balance on an uneven surface.</p> <p>Lesson 6 – To balance using equipment.</p>	<p>Lesson 5 – To follow instructions when jumping and turning.</p> <p>Lesson 6 – To jump with control in multiple directions.</p>	<p>balancing on the floor.</p> <p>Lesson 5 – To pass an item from one side of the body To the other with control.</p> <p>Lesson 6 – To exchange objects with partners through balance.</p>	<p>produce and explore different movement sequences.</p> <p>Lesson 5 – To roll a ball with some control.</p> <p>Lesson 6 – To roll a ball with direction and control.</p>	<p>guidance in a game situation.</p> <p>Lesson 5 – To balance on our knees with a partner.</p> <p>Lesson 6 – To counter balance with a partner with some control.</p>	
	<p>Pupils perform simple movement patterns with support.</p>	<p>Pupil To imitate basic movements with support and guidance when running jumping.</p>	<p>Pupil To imitate basic movements with support and guidance when running jumping.</p>	<p>Pupil To explore previously used movements with support linking them To task and lesson aims.</p>	<p>Pupils To perform basic movements, throwing and catching with some accuracy based on task aims.</p> <p>To understand games have rules and aims.</p>	<p>Pupils To perform basic movements, throwing and catching with some accuracy based on task aims.</p> <p>To understand games have rules and aims.</p>	
	<p>Lesson 1 – To explore familiar movement in a space.</p> <p>Lesson 2 – To move side To side along a line.</p> <p>Lesson 3 – To explore movements in a variety of ways.</p> <p>Lesson 4 – To move from a set point To another.</p> <p>Lesson 5 – To</p>	<p>Lesson 1 – To follow the leader.</p> <p>Lesson 2 – To follow movement patterns.</p> <p>Lesson 3 – To explore static balance.</p> <p>Lesson 4 – To begin To balance with a partner.</p> <p>Lesson 5 – To explore balance on a range of</p>	<p>Lesson 1 – To jump and land with some control.</p> <p>Lesson 2 – To jump and land in multiple directions within a space.</p> <p>Lesson 3 – To jump and land with balance.</p> <p>Lesson 4 – To explore jumping and landing off equipment.</p> <p>Lesson 5 – To follow</p>	<p>Lesson 1 – To follow directed balances.</p> <p>Lesson 2 – To explore movement like an animal.</p> <p>Lesson 3 – To follow basic movements.</p> <p>Lesson 4 – To balance from a seated position.</p> <p>Lesson 5 – To explore movements with equipment.</p>	<p>Lesson 1 – To explore moving a ball around our body.</p> <p>Lesson 2 – To copy movements from a model.</p> <p>Lesson 3 – To explore ideas when moving with a ball.</p> <p>Lesson 4 – To explore different sequences.</p> <p>Lesson 5 – To roll a ball in a desired direction</p>	<p>Lesson 1 – To explore balances.</p> <p>Lesson 2 – To explore movements To music.</p> <p>Lesson 3 – To explore balances on equipment.</p> <p>Lesson 4 – To understand games have rule.</p> <p>Lesson 5 – To balance on our knees.</p>	

	<p>understand how hop, gallop and skip movements differ.</p> <p>Lesson 6 – To move at a range of heights and speeds.</p>	<p>surfaces.</p> <p>Lesson 6 – To balance as we explore different equipment.</p>	<p>basic skills after a demonstration.</p> <p>Lesson 6 – To jump in multiple directions.</p>	<p>Lesson 6 – To exchange objects with a partner.</p>	<p>Lesson 6 – To roll a ball towards a target</p>	<p>Lesson 6 – To explore balances with a partner at different heights.</p>	
	<p>Pupils follow patterns in their movements.</p>	<p>Pupils follow patterns in their movements.</p> <p>Pupil To explore and imitate basic movements with support and guidance when running jumping.</p>	<p>Pupils follow patterns in their movements.</p> <p>Pupil To explore and imitate basic movements with support and guidance when running jumping.</p>	<p>Pupils follow patterns in their movements.</p> <p>They recognise familiar pieces of equipment and its use.</p> <p>They apply potential solutions systematically To problems</p>	<p>Pupils To perform basic movements, throwing and catching with support and guidance on targeting based out game rules and aims.</p>	<p>Pupils To perform basic movements, throwing and catching with support and guidance on targeting based out game rules and aims.</p>	
	<p>Lesson 1 – To explore familiar movement in a space.</p> <p>Lesson 2 – To engage with copying actions.</p> <p>Lesson 3 – To move in an area being aware of others.</p> <p>Lesson 4 – To navigate around an area.</p>	<p>Lesson 1 – To engage in copying actions.</p> <p>Lesson 2 – To explore how I can move differently.</p> <p>Lesson 3 – To be aware of positions our body can take.</p> <p>Lesson 4 – To engage in balancing</p>	<p>Lesson 1 – To explore how high I can jump.</p> <p>Lesson 2 – To be aware we can jump in different ways.</p> <p>Lesson 3 – To move around an area as we explore jumping,</p> <p>Lesson 4 – To be aware of other within a space.</p>	<p>Lesson 1 – To build anticipation, ready, steady, go.</p> <p>Lesson 2 – To understand animals move.</p> <p>Lesson 3 – To engaging in copying movements,</p> <p>Lesson 4 – To be aware our body can hold different shapes.</p>	<p>Lesson 1 – To explore moving with different equipment.</p> <p>Lesson 2 – To engage with copying movements.</p> <p>Lesson 3 – To be aware we can use our body To move different objects.</p> <p>Lesson 4 – To explore how our body parts can move objects.</p>	<p>Lesson 1 – To explore how our body moves.</p> <p>Lesson 2 – To show awareness of music in movement.</p> <p>Lesson 3 – To explore moving on equipment.</p> <p>Lesson 4 – To build anticipation ready, steady, go.</p>	

	<p>Lesson 5 – To understand our body moves in different ways.</p> <p>Lesson 6 – To explore how To move around obstacles.</p>	<p>around a space.</p> <p>Lesson 5 – To explore different apparatus.</p> <p>Lesson 6 – To explore how our body can move.</p>	<p>Lesson 5 – To engage in moving around obstacles.</p> <p>Lesson 6 – To explore how far I can jump.</p>	<p>Lesson 5 – To engage with different equipment.</p> <p>Lesson 6 – To be aware of other moving around.</p>	<p>Lesson 5 – To engage with rolling a ball.</p> <p>Lesson 6 – To show awareness of how To manipulate and move objects.</p>	<p>Lesson 5 – To show awareness of how To move different body parts.</p> <p>Lesson 6 – To explore movement around others.</p>	
<p>Year 4</p> <p>One lesson To one lesson real p.e</p>	<p>Coordination: Sending and Receiving/Agility: Reaction/Response</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities</p>	<p>Dynamic Balance: On a Line/Static Balance: Stance</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities</p>	<p>Agility: Ball Chasing/Static Balance: Floor Work</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities participate in team games, developing simple tactics for attacking and defending</p>	<p>Coordination: Footwork/ Static Balance: One Leg</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities participate in team games, developing simple tactics for attacking and defending</p>	<p>Dynamic Balance To Agility: Jumping and Landing</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities participate in team games</p>	<p>Static Balance: Seated</p> <p>Further develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin To apply these in a range of activities</p>	
	<p>Lesson 1 – To roll a ball with some accuracy</p> <p>Lesson 2 – To collect a ball from a rebound, anticipating its movement.</p> <p>Lesson 3 – To catch</p>	<p>Lesson 1 – To explore forward and backward movements on a line.</p> <p>Lesson 2 – To move forwards and backwards in multiple ways with control.</p>	<p>Lesson 1 – To move and turn with control.</p> <p>Lesson 2 – To roll balls with accuracy towards a target.</p> <p>Lesson 3 – To interact with rolling using different</p>	<p>Lesson 1 – To move in multiple directions with control.</p> <p>Lesson 2 – follow instructions with peers.</p> <p>Lesson 3 – To match equipment</p>	<p>Lesson 1 – To jump and land in multiple directions.</p> <p>Lesson 2 – To develop combinations when jumping.</p> <p>Lesson 3 – To combine jumps</p>	<p>Lesson 1 – To move with fluidity when balancing on a line.</p> <p>Lesson 2 – To explore balance through a circuit.</p> <p>Lesson 3 – To follow rules and</p>	

	<p>and throw a range of balls with some increasing accuracy.</p> <p>Lesson 4 – To follow simple game rules applying skills.</p> <p>Lesson 5 – I can link two movements together during play.</p> <p>Lesson 6 – I can begin To play with others following rules.</p>	<p>Lesson 3 – To follow movement To a song applying skills</p> <p>Lesson 4 – To follow instructions when applying movements.</p> <p>Lesson 5 – To move with purpose when listening To instructions.</p> <p>Lesson 6 – To follow instructions during a game.</p>	<p>body shapes.</p> <p>Lesson 4 – To work with partner To balance in different ways during a game.</p> <p>Lesson 5 – To follow rules of a game listening To instructions.</p> <p>Lesson 6 – To play in small groups giving instructions To our partners.</p>	<p>during a game.</p> <p>Lesson 4 – To balance with control whilst playing a game.</p> <p>Lesson 5 – To work with a peer To mirror movements.</p> <p>Lesson 6 – To develop co-ordination and balance.</p>	<p>when moving with purpose.</p> <p>Lesson 4 – To develop seated balances with control</p> <p>Lesson 5 – To develop seated balances when working with a partner.</p> <p>Lesson 6 – To hold control in a balance when working with equipment.</p>	<p>instructions within a game.</p> <p>Lesson 4 – To apply balances through a circuit.</p> <p>Lesson 5 – To move objects across equipment focusing on balancing.</p> <p>Lesson 6 – To follow game rule through competitive games.</p>	
	<p>To perform basic movements along familiar apparatus.</p>	<p>To perform basic movements along familiar apparatus linking some aspects of movement together.</p>	<p>To perform basic movements following guidance on a range of activities developing throwing through following models and symbol or verbal support.</p>	<p>Pupils develop balance, agility and co-ordination, through exploratory movements.</p>	<p>Pupils develop balance, agility and co-ordination, through exploratory movements, putting two movements in a pattern.</p>	<p>Pupils develop balance, agility and co-ordination, through use of support and symbols To copy and imitate.</p>	
	<p>Lesson 1 – To roll a ball towards an area.</p> <p>Lesson 2 – To collect a ball when bounced.</p> <p>Lesson 3 – To explore catching and throwing with different</p>	<p>Lesson 1 – To explore forward and backward movements in a space.</p> <p>Lesson 2 – To understand we can move forwards and backwards in multiple ways</p>	<p>Lesson 1 – To move and turn within a space.</p> <p>Lesson 2 – To roll balls with accuracy towards a target.</p> <p>Lesson 3 – To interact with different body shapes as we</p>	<p>Lesson 1 – To move in multiple directions within a large space.</p> <p>Lesson 2 – To acknowledge instructions in a group</p> <p>Lesson 3 – To participate within a</p>	<p>Lesson 1 – To jump and land as we move.</p> <p>Lesson 2 – To jump in multiple ways around a space.</p> <p>Lesson 3 – To combine jumps with support.</p>	<p>Lesson 1 – To balance on a line with some control.</p> <p>Lesson 2 – To explore balance through a circuit with support.</p> <p>Lesson 3 – To understand game have rules and</p>	

	<p>equipment.</p> <p>Lesson 4 – To understand games have rules and begin To follow.</p> <p>Lesson 5 – I can link two movements whilst exploring an area.</p> <p>Lesson 6 – I can begin To play with others.</p>	<p>Lesson 3 – To follow movement To a song.</p> <p>Lesson 4 – To follow basic instructions when moving.</p> <p>Lesson 5 – To move in a variety of ways when listening To music.</p> <p>Lesson 6 – To follow instructions when moving.</p>	<p>move.</p> <p>Lesson 4 – To work balance in different ways when supported by a partner.</p> <p>Lesson 5 – To listen and understand instructions.</p> <p>Lesson 6 – To explore play within small groups</p>	<p>game.</p> <p>Lesson 4 – To balance within a space as we participate in a game.</p> <p>Lesson 5 – To mirror movements.</p> <p>Lesson 6 – To explore balance in a variety of ways.</p>	<p>Lesson 4 – To develop seated balances with support.</p> <p>Lesson 5 – To develop balancing with a partner.</p> <p>Lesson 6 – To hold work with equipment To begin To balance in different ways.</p>	<p>begin To follow some simple guidelines.</p> <p>Lesson 4 – To explore balances within a circuit.</p> <p>Lesson 5 – To move our body across equipment.</p> <p>Lesson 6 – To participate in a competitive game.</p>	
	<p>To perform basic movements following guidance on a range of activities</p> <p>They follow simple instructions although they may need the support of symbols or other prompts</p>	<p>To perform basic movements following guidance on a range of activities developing balance, agility and co-ordination, and begin To apply these in the range of activities with some support</p>	<p>To perform basic movements following guidance on a range of activities developing balance, agility and co-ordination, and begin To apply these in the range of activities with some support</p>	<p>To explore how we move through a range of different activities.</p> <p>To show preference To a certain was of moving around the room.</p>	<p>To develop understanding of movements linked To different apparatus and games with support.</p>	<p>They follow simple instructions although they may need the support of symbols or other prompts</p> <p>To develop understanding of movements linked To different apparatus and games with support.</p>	
	<p>Lesson 1 – To show awareness of how To manipulate and move objects.</p> <p>Lesson 2 – To move</p>	<p>Lesson 1 – To explore movements in different directions.</p>	<p>Lesson 1 – To explore how our different body parts move.</p> <p>Lesson 2 – To</p>	<p>Lesson 1 – To explore movements in multiple directions.</p> <p>Lesson 2 –To be</p>	<p>Lesson 1 – To explore how far I can jump.</p> <p>Lesson 2 – To show awareness of others within a space.</p>	<p>Lesson 1 – To explore how fats I can move around a space.</p> <p>Lesson 2 – To</p>	

	<p>around an area engaging with equipment.</p> <p>Lesson 3 – To understand that our body can move different objects.</p> <p>Lesson 4 – To be aware of others within a space.</p> <p>Lesson 5 – To navigate around a space with others.</p> <p>Lesson 6 – To build anticipation ready, steady, go.</p>	<p>Lesson 2 – To show awareness that our body moves in different directions.</p> <p>Lesson 3 – To engage with copying a movement.</p> <p>Lesson 4 – To show awareness of others moving around themselves.</p> <p>Lesson 5 – To explore moving around others.</p> <p>Lesson 6 – To begin To listen To Go.</p>	<p>understand we can manipulate objects with our body To move.</p> <p>Lesson 3 – To show awareness that our body can move in different ways</p> <p>Lesson 4 – To move around a space with others.</p> <p>Lesson 5 – To build anticipation ready, steady, go.</p> <p>Lesson 6 – To engage in play within an area.</p>	<p>aware of games around ourselves.</p> <p>Lesson 3 – To show preference towards equipment.</p> <p>Lesson 4 – To be aware our body moves in different ways.</p> <p>Lesson 5 – To engage with copying actions.</p> <p>Lesson 6 – To explore how To move different body parts.</p>	<p>Lesson 3 – To explore movements around obstacles.</p> <p>Lesson 4 – To show awareness of the shapes our bodies can make.</p> <p>Lesson 5 – To engage with copying movements.</p> <p>Lesson 6 – To explore how To manipulate different equipment with our bodies To make it move.</p>	<p>engage with different apparatus.</p> <p>Lesson 3 – To show awareness of games around themselves.</p> <p>Lesson 4 – To engage in balancing movements To develop gross motor skills.</p> <p>Lesson 5 – To show awareness of movement across different obstacles</p> <p>Lesson 6 – To show awareness that they are part of a game.</p>	
Year 5	<p>Skill – Coordination: Footwork / Cool Down – Static Balance: One Leg</p> <p>To develop control and balanced within a simple routine.</p>	<p>Skill – Dynamic Balance To Agility: Jumping and Landing/ Cool Down – Static Balance: Seated use running, jumping, throwing and catching in isolation and in combination</p>	<p>Skill – Dynamic Balance: On a Line/ Cool Down – Coordination: Ball Skills</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Skill – Coordination: Sending and Receiving/ Cool Down - Counter Balance: With a Partner</p> <p>apply basic principles suitable for attacking and defending</p>	<p>Skill – Agility: Reaction/Response/ Cool Down – Static Balance: Floor Work</p> <p>To develop flexibility, strength, technique, control and balance</p>	<p>Skill – Agility: Ball Chasing/ Cool Down – Static Balance: Stance</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Continue To develop basic</p>	

						movements including running, jumping, throwing and catching	
Lesson 1 – To move with purpose during a game.	Lesson 1 – To move through jumping from one marked location To another.	Lesson 1 – To work with pairs as we move.	Lesson 1 – To work with a partner To move with control.	Lesson 1 – To explore game rules with support.	Lesson 1 – To move objects whilst maintaining control and balance.		
Lesson 2 – To hop, skill and jump in multiple direction with control.	Lesson 2 – To jump in different directions from both feet with control.	Lesson 2 – To move with control along a line.	Lesson 2 – To send and receive a ball with control.	Lesson 2 – To react and respond with accuracy during a game.	Lesson 2 – To chase an object and catch it with control.		
Lesson 3 – To move in multiple directions when following visual instructions.	Lesson 3 – To jump and land in different ways with both feet showing control.	Lesson 3 – To move across equipment with control and balance.	Lesson 3 – To begin To throw with both hand with some accuracy.	Lesson 3 – To react To different sized objects and react accordingly.	Lesson 3 – To be aware of movement around each other during a game.		
Lesson 4 – To move through different heights	Lesson 4 – To explore the different movements and apply them with control.	Lesson 4 – To move through different levels of balancing with control	Lesson 4 – To explore throwing and catching in various ways.	Lesson 4 – To link catching skills with a partner under control.	Lesson 4 – To throw and catch objects in multiple ways with control.		
Lesson 5 – To follow movements with a partner.	Lesson 5 – To jump with control towards a target, progressing in directional movement.	Lesson 5 – To travel across different equipment with control and coordination.	Lesson 5 – To explore sending and receiving with different parts of our body.	Lesson 5 – To throw and catch towards a target with control.	Lesson 5 – To roll with coordination and direction.		
Lesson 6 – To apply balance in a game.	Lesson 6 – To combine multiple	Lesson 6 – To work in a team with support.	Lesson 6 – To work with our partners To move a ball with our bodies maintaining control.	Lesson 6 – To apply skills during a game with rules.	Lesson 6 – To balance whilst moving objects along equipment at faster speeds.		

		jumps with control.					
	To play competitive games, modified where appropriate.	To apply running and jumping when moving around familiar apparatus.	To further develop flexibility through imitated movements and apply though balance. To apply knowledge of throwing and catching time simple competitive games with support.	To further develop flexibility through imitated movements and apply though balance.	Pupils develop balance, agility and co-ordination, and begin To apply these in a range of activities		
	Lesson 1 – To move within a game with support. Lesson 2 – To understand and apply hop, skill and jump. Lesson 3 – To move in different directions around a space. Lesson 4 – To move through different heights Lesson 5 – To follow movements with a partner. Lesson 6 – To apply balance in a game.	Lesson 1 – To move through jumping with some control. Lesson 2 – To jump in different directions, landing with control. Lesson 3 – To jump and land with both feet. Lesson 4 – To explore the different movements and apply them with support. Lesson 5 – To jump with control towards a target.	Lesson 1 – To work with pairs as we move. Lesson 2 – To move along a line, exploring balance. Lesson 3 – To move across equipment with support. Lesson 4 – To move through different heights of balancing Lesson 5 – To travel across different equipment with support. Lesson 6 – To experience being part of a team in a game.	Lesson 1 – To work with a partner with support. Lesson 2 – To send and receive a large ball To aid movement. Lesson 3 – To begin To throw with some accuracy towards a target. Lesson 4 – To explore throwing and catching with support. Lesson 5 – To explore sending and receiving with different parts of our body. Lesson 6 – To work	Lesson 1 – To understand games have rules and begin To follow them with support. Lesson 2 – To react within a game To the surroundings. Lesson 3 – To react To different sized objects with support. Lesson 4 – To participating in catching with a partner. Lesson 5 – To throw and catch towards a target. Lesson 6 – To apply skills with support into a game.	Lesson 1 – To move equipment in a game with support. Lesson 2 – To chase an object within a game. Lesson 3 – To be aware of other as we move around a space. Lesson 4 – To throw and catch different objects. Lesson 5 – To roll with some direction. Lesson 6 – To balance whilst moving along equipment.	

		Lesson 6 – To combine multiple jumps with support in the movements,		with our partners To explore moving a ball in different ways.			
	Play games with rules in exploratory manner. Exploring different playing areas and equipment.	To explore the familiar apparatus using symbols and support To carry out a range of movement patterns.	To throw and catch toward a big target understanding how To throw different size apparatus. To show preference To objects.	To work with a partner with support. To further develop balance when moving around familiar apparatus.	Pupil To explore different balances with support and help using symbols and prompts.	To chase a ball showing preference. To change speed on request through symbols or verbal prompts.	
	Lesson 1 – To engage with movement around a space. Lesson 2 – To explore how our body can move in different ways. Lesson 3 – To be aware of simple start stop instructions. Lesson 4 – To explore how To move my body high and low. Lesson 5 – To engage with copying movements. Lesson 6 – To be aware of other	Lesson 1 – To explore how fast we can move from different points. Lesson 2 – To navigate around a space in different directions. Lesson 3 – To be aware we can jump in different ways. Lesson 4 – To navigate a space as we explore movements. Lesson 5 – To engage with jumping in different	Lesson 1 – To be aware of other around us as we move. Lesson 2 – To explore moving forwards and backwards. Lesson 3 – To show preference when using different equipment. Lesson 4 – To access different equipment as we move through different heights. Lesson 5 – To explore and access different surfaces e.g. uneven/uphill/dow nhill.	Lesson 1 – To explore how To move around obstacles. Lesson 2 – To understand we can manipulate objects To move them fast and slow. Lesson 3 – To explore how To move objects fast and slow. Lesson 4 – To understand we can move objects with different parts of our bodies. Lesson 5 – To engage with others in a space. Lesson 6 – To move around a space	Lesson 1 – To build anticipation, ready, steady, go. Lesson 2 – To understand that their actions cause a reaction and To repeat an activity To initiate this. Lesson 3 – To explore movements with different sized objects. Lesson 4 – To understand that we can manipulate objects To make them move. Lesson 5 – To move a ball in different directions. Lesson 6 – To	Lesson 1 – To be aware we can move objects with our body. Lesson 2 – To engage in a chase game. Lesson 3 – To understand others are moving around us. Lesson 4 – To understand that their actions cause a reaction and To repeat an activity To initiate this. Lesson 5 – To understand we can roll different objects.	

	moving around as we balance.	directions. Lesson 6 – To jump in different directions To develop our gross motor skills.	Lesson 6 – To be aware of others in a space.	showing awareness of others.	understand that other are playing around you.	Lesson 6 – To explore how we can move our body faster.	
Year 6	<p>Coordination: Sending and Receiving/Agility: Reaction/Response</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending</p>	<p>Dynamic Balance: On a Line/Static Balance: Stance</p> <p>compare their performances with previous ones and demonstrate improvement To achieve their personal best.</p>	Swimming	Outdoor adventure	<p>Agility: Ball Chasing/Static Balance: Floor Work</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>Coordination: Footwork/ Static Balance: One Leg</p> <p>develop flexibility, strength, technique, control and balance</p>	
	<p>Lesson 1 – To balance with control whilst maintaining co-ordination.</p> <p>Lesson 2 – To explore different footwork over equipment.</p>	<p>Lesson 1 – To jump with control landing on both feet.</p> <p>Lesson 2 – To jump and land in multiple directions onTo marked areas.</p>	Swimming	Outdoor education	<p>Lesson 1 – To pass and move an object with coordination.</p> <p>Lesson 2 – To move at height with balance</p> <p>Lesson 3 – To mirror movement across</p>	<p>Lesson 1 – To throw and catch with co-ordination</p> <p>Lesson 2 – To follow game rules when throwing and catching.</p> <p>Lesson 3 – To</p>	

	<p>Lesson 3 – To use footwork To move through obstacles.</p> <p>Lesson 4 – To move in multiple directions with control</p> <p>Lesson 5 – To move through different obstacles applying footwork with control.</p> <p>Lesson 6 – To participate in games following rules with support.</p>	<p>Lesson 3 – To follow a sequence.</p> <p>Lesson 4 – To combine different jumps during movement.</p> <p>Lesson 5 – To combine multiple jumps with control.</p> <p>Lesson 6 – To combine jumps during movement games.</p>			<p>different levels.</p> <p>Lesson 4 – To explore movements with different speeds, levels and apparatus.</p> <p>Lesson 5 – To maintain balance whilst moving around a circuit.</p> <p>Lesson 6 – To move an object with control around our body.</p>	<p>throw with accuracy towards a large target.</p> <p>Lesson 4 – To throw various object into an area during a game</p> <p>Lesson 5 – To play a competitive game with peers, when supported To keep score.</p> <p>Lesson 6 – To challenge ourselves To beat own targets.</p>	
	<p>Begin To understand and play games by simple rules.</p>	<p>Develop balance, agility and co-ordination, and begin To apply these in a range of activities</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>To apply knowledge of</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>perform dances using a range of movement patterns</p>	<p>To apply running, jumping To different games with some level of accuracy.</p>	<p>Develop balance, agility and co-ordination, and begin To apply these in a range of activities with some focused application within a routine.</p>	

			throwing and catching time simple competitive games with minimal support.				
	<p>Lesson 1 – To balance with control.</p> <p>Lesson 2 – To explore different movements over equipment.</p> <p>Lesson 3 – To use a range of footwork with support.</p> <p>Lesson 4 – To move in multiple directions across a space.</p> <p>Lesson 5 – To move through different obstacles.</p> <p>Lesson 6 – To understand games have rules and follow instructions with support.</p>	<p>Lesson 1 – To explore jumping off both feet.</p> <p>Lesson 2 – To jump and land in multiple directions onTo marked areas.</p> <p>Lesson 3 – To follow a simple sequence with support.</p> <p>Lesson 4 – To combine different jumps guided by an adult.</p> <p>Lesson 5 – To combine multiple jumps.</p> <p>Lesson 6 – To use different jumps during a game.</p>			<p>Lesson 1 – To pass and move with support.</p> <p>Lesson 2 – To explore different movement at height.</p> <p>Lesson 3 – To follow a movement when guided.</p> <p>Lesson 4 – To explore movements at different speeds.</p> <p>Lesson 5 – To move through a circuit with some control.</p> <p>Lesson 6 – To move an object around our body.</p>	<p>Lesson 1 – To throw and catch with some support.</p> <p>Lesson 2 – To understand games have rules, following them with support.</p> <p>Lesson 3 – To throw with accuracy towards an area.</p> <p>Lesson 4 – To throw with some accuracy in to an area.</p> <p>Lesson 5 – To participate in a competitive game with others.</p> <p>Lesson 6 – To challenge ourselves To beat own targets.</p>	
	Play games with rules in exploratory manner. Exploring different playing	To explore floor balances across the room.	To introduce pupil To water, exploring the feeling and	To further develop understanding of throwing and	To jump and land with some control on to objects.	To develop seated balancing with support of symbols	

	areas and equipment.		different movement. To further develop understanding of throwing and catching towards an object. To understand cause and effect, e.g. knocking down skittles.	catching towards an object. To understand cause and effect, e.g. knocking down skittles.	To explore different heights of jumps understanding the sensory feeling.	To different shapes and movements,	
	<p>Lesson 1 – To show awareness of how To move different body parts.</p> <p>Lesson 2 – To navigate a space in different ways.</p> <p>Lesson 3 – To explore and access different surfaces e.g. uneven/uphill/downhill.</p> <p>Lesson 4 – To engage with copying actions To develop fine and gross motor skills.</p> <p>Lesson 5 – To explore how To move around obstacles.</p> <p>Lesson 6 – To</p>	<p>Lesson 1 – To explore how we can jump.</p> <p>Lesson 2 – To jump off different equipment.</p> <p>Lesson 3 – To engage with copying an action.</p> <p>Lesson 4 – To understand that we can jump in different directions.</p> <p>Lesson 5 – To navigate a space being aware of others.</p> <p>Lesson 6 – To be aware others are playing games around us.</p>	Swimming	Outdoor education	<p>Lesson 1 – To move an object with different parts of our bodies.</p> <p>Lesson 2 – To move along different apparatus.</p> <p>Lesson 3 – To engage in copying actions.</p> <p>Lesson 4 – To explore how we can move our body faster.</p> <p>Lesson 5 – To access play equipment To build gross motor skills.</p> <p>Lesson 6 – To show awareness of how To manipulate and move objects.</p>	<p>Lesson 1 – To understand that their actions cause a reaction and To repeat an activity To initiate this.</p> <p>Lesson 2 – To understand overs are playing games around us.</p> <p>Lesson 3 – To explore how we can move different objects.</p> <p>Lesson 4 – To understand we can move objects with our hands.</p> <p>Lesson 5 – To be aware of others moving around a space.</p> <p>Lesson 6 – To</p>	

	understand others are playing around us.					explore how fast we can move.	
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