

Yearly coverage – Y1/2

Movement Skills

FUNDAMENTAL SKILLS TO DEVELOP:

Static Balance
Dynamic Balance
Hopping & Jumping
Running & Dodging

Ball Skills

FUNDAMENTAL SKILLS TO DEVELOP:

Catching (Medium Size Balls)
Kick from the Floor for Accuracy
Kick from the Floor for Power
Foot Dribble
Chest Push for Accuracy

Bat/Racquet Skills

FUNDAMENTAL SKILLS TO DEVELOP:

One/Two Hand Strike for Power
One/Two Hand Strike for Accuracy
Underarm Throw
Overarm Throw for Accuracy
Catching (Small Size Balls)

Gymnastics

FUNDAMENTAL SKILLS TO DEVELOP:

FLOOR SHAPES	FLOOR MOVEMENT
Basic Floor Shapes & Gym Posture	Log Roll
One Foot Balances	Bunny Hop
Front, Back & Side Support	Leap
Crab & Bridge	Side Roll to Knee
	Teddy Bear Roll
APPARATUS	
Mounting the Vault	Mount & Dismount
Straight Jump	Bunny Hop on the Bench
Star Jump	Walking on the Bench
Tuck Jump	

Dance

FUNDAMENTAL SKILLS TO DEVELOP:

Composition: Explore Structure Develop Link	Performance: Physical Skill & Audience Movement Memory
Appreciation: Give Feedback Respond to Feedback	

Athletics

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw
Jump for Distance
Jump for Height
Sprint Run
Long Distance Run
Leap (Hurdles)
Chest Push (Power)

Yearly coverage - Y3/4

Invasion Games

FUNDAMENTAL SKILLS TO DEVELOP:

Running & Dodging (Agility)
Chest Push (Accuracy)
Catch (Medium Size Balls)
Kick from floor (Power & Accuracy)
Foot Dribble

Net/Wall Games

FUNDAMENTAL SKILLS TO DEVELOP:

Underarm Throw
Catch (Small Size Balls)
One/Two Hand Strike for Accuracy

Strike & Field Games

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw for Accuracy
Underarm Throw
Catch (Small Size Balls)
One/Two Hand Strike for Power

Gymnastics

FUNDAMENTAL SKILLS TO DEVELOP:

FLOOR SHAPES	FLOOR MOVEMENT
V-Sit Shoulder Stand Levers One Foot Balances (Y & T) Headstand	Teddy Bear Roll Forward Roll Dive Forward Roll Backward Roll
APPARATUS	
Tuck Jump Straddle Jump Pike Jump Half Turn Straight Jump	V-Sit Basic Floor Shapes on the Bench Variety of Jumps on the Bench

Dance

FUNDAMENTAL SKILLS TO DEVELOP:

<p><u>Composition:</u> Explore Structure Develop Link</p>	<p><u>Performance:</u> Physical Skill & Audience Movement Memory</p>
<p><u>Appreciation:</u> Give Feedback Respond to Feedback</p>	

Athletics

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw
Jump for Distance
Jump for Height
Sprint Run
Long Distance Run
Leap (Hurdles)
Chest Push (Power)

EYFS

Movement Skills

FUNDAMENTAL SKILLS TO DEVELOP:

Static Balance
Dynamic Balance
Hopping & Jumping
Running & Dodging

Ball Skills

FUNDAMENTAL SKILLS TO DEVELOP:

Catching (Medium Size Balls)
Kick from the Floor for Accuracy
Kick from the Floor for Power
Foot Dribble
Chest Push for Accuracy

Bat/Racquet Skills

FUNDAMENTAL SKILLS TO DEVELOP:

One/Two Hand Strike for Power
One/Two Hand Strike for Accuracy
Underarm Throw
Overarm Throw for Accuracy
Catching (Small Size Balls)

Gymnastics

FUNDAMENTAL SKILLS TO DEVELOP:

FLOOR SHAPES	FLOOR MOVEMENT
Basic Floor Shapes & Gym Posture	Log Roll
One Foot Balances	Bunny Hop
	Leap
	Side Roll to Knee
APPARATUS	
Mounting the Vault	Mount & Dismount
Straight Jump	Bunny Hop on the Bench
Star Jump	Walking on the Bench
Tuck Jump	

Dance

FUNDAMENTAL SKILLS TO DEVELOP:

Composition:	Performance:
Explore	Physical Skill &
Structure	Audience
Develop	Movement Memory
Link	
Appreciation:	
Give Feedback	
Respond to Feedback	

Athletics

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw
Jump for Distance
Jump for Height
Sprint Run
Long Distance Run
Leap (Hurdles)
Chest Push (Power)

Yearly coverage – Y5/6

Invasion Games

FUNDAMENTAL SKILLS TO DEVELOP:

Running & Dodging (Agility)
Chest Push (Accuracy)
Catch (Medium Size Balls)
Kick from floor (Power & Accuracy)
Foot Dribble

Net/Wall Games

FUNDAMENTAL SKILLS TO DEVELOP:

Underarm Throw
Catch (Small Size Balls)
One/Two Hand Strike for Accuracy

Strike & Field Games

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw for Accuracy
Underarm Throw
Catch (Small Size Balls)
One/Two Hand Strike for Power

Gymnastics

FUNDAMENTAL SKILLS TO DEVELOP:

FLOOR SHAPES	FLOOR MOVEMENT
Front & Back Support Pair/Trio	Forward Roll
Balances	Diving Forward Roll
Planche & Frog Balance	Backward Roll
Y Balance & T Balance	Cartwheel
Headstand & Handstand	
APPARATUS	
Star & Tuck Jump	Jumps on the Bench
Straddle & Pike Jump	Leaping on the Bench
1/2 Turn & Full Turn Jump	Climbing Up and Down
	Traversing/Sideways
	2 or 3 Point Hold

Dance

FUNDAMENTAL SKILLS TO DEVELOP:

Composition: Explore Structure Develop Link	Performance: Physical Skill & Audience Movement Memory
Appreciation: Give Feedback Respond to Feedback	

Athletics

FUNDAMENTAL SKILLS TO DEVELOP:

Overarm Throw
Jump for Distance
Jump for Height
Sprint Run
Long Distance Run
Leap (Hurdles)
Chest Push (Power)