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| C:\Users\mbrough\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RCR22ZIB\Logo.png | **Nursery** |
| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn****Topic A – All about me****Topic B – Journeys** | Run, jump, roll, march, throw, catch, kick, stop,grip, cut, pinch, | Gross Motor* Listening
* Balancing
* Sharing
* Kicking
* Running
* Rolling
* Skipping

Fine motor* Cutting
* Drawing
* Threading
* Manipulating shapes

  | * I am beginning to demonstrate balance.
* I am beginning to negotiate space safely.
* I am beginning to take turns with others.
* I can explore movement skills.
* I can make guided choices.
* I follow instructions with support.
* I understand the rules of the game.
* I am able to hold a pencil with the pincer grip
* I am able to cut using scissors
* I am able to make shapes using different media
 |
| **Spring****Topic A – Dinosaurs****Topic B – Growing and Changing** | Run, jump, roll, march, throw, catch, kick, stop, stompPincer grip, clockwise, pushing, sticking, thread |
| **Summer** **Topic A – Animals and their babies****Topic B – Heroes and Adventurers** | Run, jump, roll, march, throw, catch, kick, stop, stomp, hop, crawl, speedPincer grip, clockwise, pushing, sticking, thread, squeeze |

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| C:\Users\mbrough\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RCR22ZIB\Logo.png | **Nursery Dance****Nursery have dance sessions each week for the year** |
| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn****Topic A – All about me****Topic B – Journeys** | Space, Copy, repeat, Listen, Watch, choose, share, slow, Fast, stop | * Listening
* Copying / following a leader
* Looking
* Waiting/Taking turns
* Finding a space/ Spatial awareness
* Sharing
* Making a line
* Using a prop safely
 | * I can follow instructions and copy and repeat actions
* I can join in safely and respect others in the class
* I can choose a space and understand the importance of having space to complete the activity
* I can listen to the teacher and begin to communicate ideas
* I can explore different body parts and how they move
* I can follow a teacher led warm up
* I can choose a prop and dance with it
* I feel proud when I have joined in
 |
| **Spring****Topic A – Dinosaurs****Topic B – Growing and Changing** | March, balance, spin, clap, stretch, freeze, body parts, repeat, jump |
| **Summer** **Topic A – Animals and their babies****Topic B – Heroes and Adventurers** | Space, Copy, repeat, Listen, Watch, choose, share, slow, Fast, stopMarch, balance, spin, clap, stretch, freeze, body parts, repeat, jump, skip, gallop |

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| C:\Users\mbrough\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RCR22ZIB\Logo.png | **Reception** |
| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn****Topic A – All about me****Topic B – Transport: Past and Present** | Avoid, backwards, forward, freeze, safe, sideways, space, stop, partnerJunk modelling, features, maps, pressure, Pincer grip, clockwise, pushing, sticking, thread, squeeze | * Run
* Jump
* Hop
* Skip
* Balance
* Crawl
* Negotiating small tools
 | * I can demonstrate balance.
* I can make independent choices.
* I can negotiate space safely with consideration for myself and others.
* I follow instructions involving several ideas or actions.
* I play co-operatively and take turns with others.
* I use movement skills with developing balance and co-ordination.
* I am able to cut paper
* I am able to manipulate play dough
* I am able to trace
 |
| **Spring****Topic A – Space****Topic B – Growing and Changing** | Catch, path, score, direction, rules, space, partner, safely, stopSpirals, rubbing, pitpette, accurate, cutlery, Pincer grip, clockwise, pressure, thread, squeeze | * Run
* Jump
* Hop
* Skip
* Roll
* Throw
* Negotiating small tools
 | * I can make independent choices.
* I can negotiate space safely with consideration for myself and others.
* I follow instructions involving several ideas or actions.
* I play co-operatively and take turns with others.
* I understand the rules and can explain why it is important to follow them.
* I use movement skills with developing balance and co-ordination.
* I am able to draw and paint
* I am able to use pipettes and tweezers
* I can do a leaf rubbing
* I have pencil control
 |
| **Summer** **Topic A – Kings and Queens****Topic B – Stories from the past** | Run, over, under, obstacle, catch, travellingTools, weaving, sewing, accuracy, tracing, Pincer grip, clockwise, pushing, pressure thread, squeeze | * Run
* Jump
* Hop
* Skip
* Jumping over obstacles
* Skipping over a rope
* Travelling over and under obstacles
* Throwing
* Catching
* Negotiating small tools
 | GLD:* Negotiate space and obstacles safely, with consideration for themselves and others;
* Demonstrate strength, balance and coordination when playing;
* Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
* Hold a pencil effectively in preparation for fluent writing
* using the tripod grip in almost all cases;
* Use a range of small tools, including scissors, paint brushes and cutlery;
* Begin to show accuracy and care when drawing.
 |

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| C:\Users\mbrough\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RCR22ZIB\Logo.png | **Reception- Dance** **Autumn Term** |
| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn****Topic A – All about me****Topic B – Transport: Past and Present** | Travelling actions, Galloping, skipping, running, hopping, Mirroring, Learning and copying a group dance | * Listening/Following instructions
* Following a leader/ being the leader
* Watching each other
* Waiting/ Taking turns
* Increasing
* Spatial awareness
* Sharing
* Working with a partner
* Making a line/circle
* Using a prop safely
 | * I can Copy Steps and Actions with some control and co-ordination
* I can link individual and whole body movements together
* I can watch others work and be respectful
* I can choose actions
* I can move in my own space
* I feel confident performing my dance
* I can work well with a partner
* I can choose ideas linked with a theme
 |

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| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn (Whole term)****Gymnastics** | Action, balance, control, direction, level, roll, jump, level, point, practice rolls, shape, speed, squeeze, star, straight, travel | * Travelling actions
* Shapes
* Balances
* Shape jumps
* Barrel roll
* Straight roll
* Forward roll
 | * I am confident to perform in front of others
* I can link simple actions together to create a sequence.
* I can make my body tense, relaxed, stretched and curled.
* I can recognise changes in my body when I do exercise.
* I can remember and repeat actions and shapes.
* I can say what I liked about someone else's performance.
* I can use apparatus safely and wait for my turn.
 |
| **Autumn 1****Fundamentals**  | Bend, direction, dodge, fast, hop, jog, jump, land, ready position, skip, challenge, swing | * Balance
* Jump
* Hop
* Run
* Speed
* Agility
* Dodge
* Skip
* Co-ordination
 | * I am beginning to provide feedback using key words.
* I am proud of my work and confident to perform in front of others.
* I can perform the basic gymnastic actions with some control and balance.
* I can plan and repeat simple sequences of actions.
* I can use directions and levels to make my work look interesting.
* I can use shapes when performing other skills.
* I can work safely with others and apparatus.
 |
| **Autumn 2****Ball skills** | Catch, control, dribble, ready position, roll, safely, score, space, soft, swing, target, track, underarm | * Dribble with hands
* Roll
* Throw
* Catch
* Dribble with feet
* track
 | * I am beginning to catch with two hands.
* I am beginning to dribble a ball with my hands and feet.
* I am beginning to understand simple tactics.
* I can roll and throw with some accuracy towards a target.
* I can say when someone was successful.
* I can track a ball that is coming towards me
* I can work co-operatively with a partner.
 |
| **Spring (Whole Term)****Dance** | Travel, balance, spin, gallop, skip, run, march, mirror, unison, direction, canon, Improvisation | * Travelling actions
* Galloping, skipping, turning
* Balancing
* Mirroring
* Canon
* Unison
* Direction
* Improvisation
 | * I Can copy and explore basic body patterns and movements
* I can remember simple dance steps and perform them in a controlled manner
* I can choose actions and link them with sounds and music
* I can choose actions linked to a theme
* I can perform teacher-led warm ups and understand the importance of warming our bodies up and keeping healthy
* I am beginning to understand Mirroring, canon, unison and direction.
* I can perform in front of others and am able to give feedback on others work.
* I am able to improvise dance steps to music
 |
| **Spring 1****Invasion Games** | Attacker, defender, dodge, goal, marking, points, score, space | * Dribble
* Throw
* Catch
* Kick
* Receive
* Run
* Change speed
* Change direction
 | * I am beginning to dribble a ball with my hands and feet
* I can change direction to move away from a defender
* I can recognise space when playing games
* I can send and receive a ball with hands and feet
* I can use simple rules to play fairly
* I move to stay with another player when defending
* I recognised changes in my body when I do exercise
* I understand when I am a defender and when I am an attacker
 |
|  **Spring 2****Striking Games** | Batter, batting, bowl, bowler, fielder, fielding, hit, out, ready position, track, underarm, overarm | * Underarm throw
* Overarm throw
* Catch
* Track
* Bat
 | * I can catch a beanbag and a medium-sized ball.
* I can hit a ball using my hand.
* I can roll a ball towards a target.
* I can track a ball that is coming towards me.
* I know how to score points.
* I understand the rules and I am beginning to use these to play honestly and fairly
* I understand when I am successful.
 |
| **Summer 1****Yoga** | Balance, breath, copy, feel, focus, listen, pose, slowly, stretch | * Balance
* Flexibility
* Strength
* Co-ordination
 | * I can recognise how yoga makes me both feel physically and mentally.
* I can remember and repeat actions, linking poses together.
* I can say what I liked about someone else's flow.
* I can show an awareness of space when travelling.
* I can work with others to create poses.
 |
| **Summer 1****Sending and Receiving** | Catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm | * Roll
* Throw
* Catch
* Track
* Kick
* Receive with feet
* Send with racket
 | * I am beginning to send and receive a ball with my feet.
* I can catch a ball with some success.
* I can recognise changes in my body when I do exercise.
* I can roll a ball towards a target.
* I can throw a ball to a partner.
* I can track a ball that is coming towards me.
* I can work co-operatively with a partner.
 |
| **Summer 2****Team building** | Challenge, co-operate, instruction, lead, listen, plan, share, talk | * Balance
* Co-ordination
* Run
* Jump
* Hit
 | * I can communicate simple instructions.
* I can follow instructions.
* I can follow path and lead others.
* I can listen to others' ideas.
* I can suggest ideas to solve tasks.
* I can work with a partner and a small group.
* I understand the rules of the game.
 |
| **Summer 2****Athletics** | Balance, bend, control. Direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk | * Run
* Balance
* Agility
* Co-ordination
* Hop
* Jump
* Leap
* throw
 |  * I am able to throw towards a target.
* I am beginning to show balance and co-ordination when changing direction.
* I am developing overarm throwing.
* I can recognise changes in my body when I do exercise.
* I can run at different speeds.
* I can work with others and make safe choices.
* I try my best.
* I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.
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| **Vocabulary** | **Skills** | **Key End Points** |
| **Autumn (Whole term)****Gymnastics** | Balance, direction, level, link, pathway, pike, roll, sequence, shape, speed, star, straddle, tuck | * Shapes
* Balances
* Travelling actions
* Shape jumps
* Barrel roll
* Straight roll
* Forward roll
 | * I am beginning to provide feedback using key words.
* I am proud of my work and confident to perform in front of others.
* I can perform the basic gymnastic actions with some control and balance.
* I can plan and repeat simple sequences of actions.
* I can use directions and levels to make my work look interesting.
* I can use shapes when performing other skills.
* I can work safely with others and apparatus.
 |
| **Autumn 1****Fundamentals**  | Balance, dodge, hop, hurdle, jump, land, run, skip, speed, sprint, swing, take off, weight | * Run
* Speed
* Agility
* Dodge
* Balance
* Jump
* Hop
* Skip
 | * I am beginning to provide feedback using key words.
* I am beginning to turn and jump in an individual skipping rope.
* I can describe how my body feels during exercise.
* I can show balance when changing direction.
* I can show hopping, skipping and jumping movements with some balance and control.
* I can work co-operatively with a partner and a small group.
* I show balance and co-ordination when running at different speeds.
 |
| **Autumn 2****Ball skills** | Bounce, catch, collect, control, dribble, kick, prepare, receive, release, roll, target, touch, underarm | * Roll
* Track
* Dribble with feet
* Kick
* Throw
* Catch
* Dribble with hands
 | * I am beginning to provide feedback using key words.
* I am beginning to understand and use simple tactics.
* I can dribble a ball with my hands and feet with some control.
* I can roll and throw a ball to hit a target.
* I can send and receive a ball using both kicking and throwing and catching skills.
* I can track a ball and collect it.
* I can work co-operatively with a partner and a small group
 |
| **Spring 1****Yoga** | Breath, choose, create, flexibility, flow. Focus, perform, pose, strength | * Balance
* Flexibility
* Strength
* Co-ordination
 | * I am beginning to provide feedback using key words.
* I can copy, remember and repeat yoga flows.
* I can describe how my body feels during exercise.
* I can move from one pose to another thinking about my breath.
* I can use clear shapes when performing poses.
* I can work with others to create simple flows showing some control.
 |
| **Spring1****Invasion Games** | Attack, defend, defender, goalkeeper, send, mark, opponent, possession, receive, score, shoot, tactic, teammate | * Dribble
* Throw
* Catch
* Kick
* Receive
* Run
* Change speed
* Change direction
 | * I can describe how my body feels during exercise
* I can dodge and find space away from the other team
* I can move with a ball towards goal
* I can sometimes dribble a ball with my hands and feet
* I can stay with another player to try and win the ball
* I know how to score points and can remember the score
* I know who is on my team and I can attempt to send the ball to them
 |
| **Spring 2****Team building** | Challenge, co-operate, instruction, lead, listen, plan, share, talk  | * Balance
* Co-ordination
* Run
* Jump
* Hit
 | * I can follow instructions carefully.
* I can say when I was successful at solving challenges.
* I can share my ideas and help to solve tasks.
* I can work co-operatively with a partner and a small group.
* I show honesty and can play fairly.
* I understand how to use, follow and create a simple diagram/map.
 |
| **Spring 2****Striking and Fielding Games** | Backstop, batter, batting, bowler, collect, fielder, fielding, hit, out, rules, runs, stump, tactics, teammate, track | * Underarm throw
* Overarm throw
* Catch
* Track
* Bowl
* Bat
 | * I am beginning to provide feedback using key words
* I am developing underarm and overarm throwing skills.
* I can hit a ball using equipment with some consistency.
* I can track a ball and collect it.
* I can use simple tactics.
* I know how to score points and can remember the score.
* I understand the rules of the game and can use these to play fairly in a small group.
 |
| **Summer (Whole Term)****Dance** | Co-ordination, control, dynamics, levels, Motif, Sequence, Direction, Unison, Canon, Mirroring, travel, elevate | * Motif
* Dynamics
* Sequences
* Mirroring
* Unison
* Canon
* Direction
* Levels
* Improvise
 | * I can perform with control and coordination
* I am able to remember sequences and perform them with a partner and in a group.
* I can respond to stimuli
* I am able to link a variety of dance actions together to create a sequence
* I can work co-operatively in a group, putting forward ideas as well as listening to others
* I can use dance methods including dynamics, canon, levels and direction to improve my sequence
* I understand the importance of warm up and can choose appropriate warm up exercises.
* I can improvise freely and confidently to different music.

I am beginning to evaluate my own and others work. |
| **Summer 1****Athletics** | Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw | * Run
* Jump for distance
* Jump for height
* Throw for distance
* Throw for accuracy
 | * I can describe how my body feels during exercise.
* I can identify good technique.
* I can jump and land with control.
* I can use an overarm throw to help me to throw for distance.
* I can work with others, taking turns and sharing ideas.
* I show balance and co-ordination when running at different speeds.
* I try my best.
 |
| **Summer 2****Sending and Receiving** | Catch, distance kick, ready position, receive, roll, send, target, throw, track | * Roll
* Track
* Catch
* Receive with feet
* Kick
* Send and receive with a racket
 | * I am beginning to provide feedback using key words.
* I am beginning to trap and cushion a ball that is coming towards me.
* I can accurately throw and kick a ball to a partner.
* I can catch a ball passed to me, with and without a bounce.
* I can roll a ball to hit a target.
* I can track a ball and stop it using my hands and feet.
* I can work co-operatively with a partner and a small group.
* I can work safely to send a ball towards a partner using a piece of equipment.
 |