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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, stomp  Pincer 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, speed  Pincer grip, clockwise, pushing, sticking, thread, squeeze |

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| **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, stop  March, balance, spin, clap, stretch, freeze, body parts, repeat, jump, skip, gallop |

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| **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, partner  Junk 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, stop  Spirals, 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, travelling  Tools, 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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| **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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| C:\Users\mbrough\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RCR22ZIB\Logo.png | **Year 1** | | |
| **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. |