

Early Years								
Core task	LO Week 1	LO Week 2	LO Week 3	LO Week 4	LO Week 5	LO Week 6	LO Week 7	LO Week 8
<b>FUNDAMENTAL MOVEMENT SKILLS – PE Starter Unit</b>								
	To be able to run in different directions with control	To be able to jump forwards from 2 feet to 2 feet	To be able to hop on either foot with control	To gallop using preferred leg	To be able to skip over a rope	To gain height when jumping		
<b>FUNDAMENTAL INVADERS – Captain Flynn &amp; The Pirate Dinosaurs</b>								
	To slide a bean bag towards a target	To roll a ball towards a target	To bounce and catch a ball with 2 hands	To throw underarm to a target	To catch a ball with 2 hands	To control a ball with dominant foot	To move a ball towards a target	To be able to move the rugby ball with 2 hands
<b>FUNDAMENTALS S&amp;F - Strikers</b>								
	To retrieve a bean bag using hands using hands	To be able to roll a ball towards targets To stop a moving ball along the floor	To throw a small ball underarm to a target	To be able to catch a ball with 2 hands	To strike a ball along the floor using your hand	To hand strike a ball towards a target	To demonstrate good control when moving the ball with hands	To work cooperatively with a partner to keep score
<b>INDOOR FITNESS</b>								
	To follow & copy a partners actions	To listen and follow instructions	To be able to skip with control (no rope)	To perform exercises with control	To exercise continuously for 3 minutes	To perform exercises safely		
<b>GYMNASTICS – Fireman Sam</b>								
	To follow instructions safely To be able to perform 5 basic shapes with control	To hold large and small shapes whilst balancing	To demonstrate a safe (chair) landing from a jump	To perform a straight jump with control from a bench	To travel sideways using a roll	To transfer weight from hands to feet (bunny hop)	To link 2 skills on floor	To know how to use apparatus safely
<b>DANCE – Flash Dances</b>								
	Children to demonstrate they can follow directions and each other	To cooperate with a partner when moving	To show movements that represent animals	To show both scared and strong expressions and actions	To move with control at different speeds showing a change of direction	To be able to remember and repeat a pattern	To use actions to express feelings in a dance	

## Year 1

Core task	LO Week 1	LO Week 2	LO Week 3	LO Week 4	LO Week 5	LO Week 6	LO Week 7	LO Week 8
<b>FUNDAMENTAL MOVEMENT SKILLS – Farmyard Fun</b>								
	To be able to run and change directions quickly with control	To be able to jump for distance with control	To be able to hop in different directions with control	To gallop with rhythm & control in different directions	To skip in different directions with control	To gain power to get height in jump	To challenge & improve skills	
<b>FUNDAMENTAL INVADERS – Jake &amp; The Netherland Pirates</b>								
	To slide a bean bag towards a target	To describe a partner's rolling action	To dribble a ball with control	To throw accurately underarm to a target	To catch a ball with 2 hands consistently from close distance	To control a moving ball with dominant foot	To move a ball towards a target with control	To be able to control the rugby ball on move
<b>STRIKING &amp; FIELDING - Strikers</b>								
	To retrieve an object using hands	To be able to roll a ball towards targets To stop a moving ball along the floor	To throw a small ball underarm to a target	To be able to catch a ball with 2 hands	To strike a ball along the floor using your hand with control	To hand strike a ball towards a target from 5-10m	To demonstrate good control when moving the ball with hands	To work cooperatively with a partner to keep score
<b>NET WALL – NETTERS Toystory</b>								
	To control & send a bean bag	To send & receive a rolling ball	To bounce a ball to target	To bounce a ball to a moving target	To be able to catch a moving ball	To change direction quickly to stop/catch a ball	To be able to "hand hit" the ball to my partner	To be able to control a ball with a racket (not hitting)
<b>ATHLETICS – Amazing Active Athletes</b>								
	To be able to move with control at speed	To be able to vary the speed of running	To be able to land with control when jumping	To demonstrate how to jump over objects	To be able to throw objects to gain distance	To be able to throw objects towards a target	To follow instructions to complete an athletics circuit To work with a partner to record a score	
<b>INDOOR FITNESS</b>								
	To copy & refine a partner's moves	To know what the heart does and what exercises help it	To perform basic rope skills	To name muscles being exercised	To keep moving for 5 minutes	To perform core exercises safely and with control		
<b>GYMNASTICS – Lego Marvel Superheroes</b>								
	To be able to perform 8 basic shapes with control	To be still whilst holding balances on different body parts	To perform 2 jumps with control	To describe a partner's jumps	To develop skills for a forward roll	To transfer weight from hands to feet using the bench	To perform 3 different skills on low apparatus	To link 3 or more skills on a variety of apparatus
<b>DANCE - Toys</b>								
	To be able to follow instructions To be able to perform controlled movement actions	To be able to turn and move in time with a tambourine	To move from high to low with control	To be able to take off and land with control	To link 3 similar moves together with a partner	To be able to start and stop, with control, in time to the tambourine		

Year 2								
Core task	LO Week 1	LO Week 2	LO Week 3	LO Week 4	LO Week 5	LO Week 6	LO Week 7	LO Week 8
<b>FUNDAMENTAL MOVEMENT SKILLS – Fun at the Zoo</b>								
	To be able to run and change directions quickly with control	To be able to jump for distance with control	To be able to hop in different directions with control	To gallop in different directions at speed	To skip with a rope	To gain power to get height in jump	To challenge & improve skills	
<b>FUNDAMENTAL INVADERS – Peter Pan</b>								
	To be able to change direction at speed with control	To be able to move a ball with hands on the move	To pass the ball with 2 hands to a partner	To control a moving ball with dominant foot	To move a ball towards a target with control	To be able to control the rugby ball with 2 hands	To develop a game that improves a skill.	To work with partner to follow rules and score points
<b>STRIKING &amp; FIELDING - Strikers</b>								
	To be able to roll & stop a ball with control	To throw underarm with control to a target	To be able to throw a ball underarm to a partner	To catch a ball with 2 hands from short distance	To hit/strike a ball with a hand to a partner	To hit a ball using a bat/ racket	To show can use a simple scoring system	To work as a small group to play a game
<b>ATHLETICS – Amazing Active Athletes</b>								
	To be able to run quickly towards a target	To demonstrate a controlled change of speed when running	To perform a combination of jumps with control	To demonstrate different ways of leaving floor to gain height	To be able to throw objects using different styles to gain distance	To demonstrate ability to throw an object to a target	To follow instructions to complete an athletics circuit To score activities accurately	
<b>INDOOR FITNESS</b>								
	To copy & refine a partner's moves	To know what the heart does and what exercises help it	To perform basic rope skills	To name muscles being exercised	To keep moving for 5 minutes	To perform core exercises safely and with control		
<b>GYMNASTICS – Lego DC Superheroes</b>								
	To be able to link 4 shapes smoothly	To demonstrate a change in speed smoothly linking 3 balances	To jump for height and perform a shape in the air	To perform a tuck jump with control	To perform rolls that move in a circular motion	To transfer weight from hands to feet using the bench	To create a sequence on the low apparatus which includes 4 different skills	To create a sequence on the higher apparatus which includes 4 different skills
<b>DANCE - Superheroes</b>								
	To be able to copy a partner's actions To remember and repeat a short motif	To move confidently around the space demonstrating superhero actions	To be able to move in time with a partner & music To move from low to high and high to low with control	To gain height in the air and land on either foot with control	To be able to maintain exercise to a music with high tempo  To turn with a partner at different speeds	To show emotion through facial and whole body gestures		