

Concepts	<b>Resilience</b>	Attempt to problem solve through physical activity e.g. obstacle course	
	<b>Cooperation and Courtesy</b>	Begin to work well in a pair or as part of a group	
	<b>Health (mental and physical)</b>	Discuss a range of different factors that support their overall health and wellbeing	
	<b>Competition</b>	Work towards a physical goal set by the teacher and play sports with peers	
<b>Gymnastics</b>	<b>NC:</b> Developing balance, agility and co-ordination, and begin to apply these in a range of activities		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> </ul>		
<b>Vocabulary</b>	balance, travel, shape, roll, jump		
<b>Recap from F2</b>	<ul style="list-style-type: none"> <li>• Children will crawl, walk, jump, run, hop, roll, skip and climb.</li> <li>• Children will experiment with different ways of moving.</li> <li>• Children will show some basic control and coordination when remaining still.</li> <li>• Children will perform some point balances.</li> <li>• Children will perform different jumps from a standing position.</li> <li>• Children will perform leaps.</li> <li>• Children will perform bridge and front support.</li> <li>• Children will perform some rolls, egg roll, pencil roll, teddy bear, forward roll,</li> </ul>		
<b>Dance</b>	<b>NC:</b> Perform dances using simple movement patterns		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>		
<b>Vocabulary</b>	position, movement, shape		
<b>Recap from F2</b>	<ul style="list-style-type: none"> <li>• Children will perform a freeze frame</li> <li>• Children will copy their partner to make a mirror image</li> <li>• Children will perform in a group</li> <li>• Children will copy a simple phrase and perform a short dance with a planned structure</li> <li>• Children will recognise repeated sounds and sound patterns and match movements to music</li> </ul>		
<b>Games</b>	<b>NC:</b> Participate in team games, developing simple tactics for attacking and defending <b>NC:</b> Master basic movements including running, jumping, throwing and catching		
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> </ul>		
<b>Vocabulary</b>	running, jump, throwing, catching, teamwork		
<b>Recap from F2</b>	<ul style="list-style-type: none"> <li>• Children will jump over objects.</li> <li>• Children will throw and aim with more control.</li> <li>• Children will negotiate obstacles when running.</li> </ul>		

Athletics	NC: Master basic movements including running, jumping, throwing and catching	
Skills	(Athletics skills covered within games as they are combined)	

Swimming Objectives Completed in Key Stage 2.