

Curriculum Objectives
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>

Vocabulary			
Skip	Move lightly, stepping from one foot to the other with a hop or bounce	Jog	Run at a steady, gentle, pace.
Run	Move at a speed faster than a walk, never having both or all the feet on the ground at the same time.	Body Position	Determined by movement needed for activity
Underarm	Throw an object with the throwing hand passing by the hip.	Overarm	Throw an object with the throwing hand passing by the ear.
Sprint	Run at full speed for a short distance	Hip to Lip	Pump arms from hip to lips

Links Across the Curriculum
<p>Maths—counting and adding scores.</p> <p>English—vocabulary. Specific words and phrases used.</p> <p>Science—functions of the body (respiratory system, cardio-vascular system, function of the skeletal system, muscles). See progression map.</p> <p>PSHE—team work, social skills,, leadership, health and wellbeing.</p>

Lessons Sequence
<ol style="list-style-type: none"> <li>To understand one or more effective ways to run.</li> <li>To begin to demonstrate an effective running technique.</li> </ol>
<ol style="list-style-type: none"> <li>To understand one or more effective ways to catch.</li> <li>To begin to demonstrate an effective catching technique.</li> </ol>
<ol style="list-style-type: none"> <li>To understand one or more effective ways to underarm throw.</li> <li>To begin to demonstrate an effective underarm throwing technique.</li> </ol>
<ol style="list-style-type: none"> <li>To understand one or more effective ways to overarm throw.</li> <li>To begin to demonstrate an effective overarm throwing technique.</li> </ol>
<ol style="list-style-type: none"> <li>To begin to understand one or more effective ways of rolling.</li> <li>To begin to demonstrate an effective rolling technique.</li> </ol>
<ol style="list-style-type: none"> <li>To begin to understand one or more effective ways of passing and receiving.</li> <li>To begin to demonstrate effective passing and receiving techniques.</li> </ol>

Substantive Knowledge / Key Knowledge
To explore running using different body parts and different techniques and begin to understand how to run efficiently.
To explore catching and different techniques and begin to understand how to catch efficiently.
To explore underarm throwing and different techniques and begin to understand how to underarm throw efficiently.
To explore overarm throwing and different techniques and begin to understand how to overarm throw efficiently.
To explore rolling and different techniques and begin to understand how to roll efficiently.
To explore passing and receiving and different techniques and begin to understand how to pass and receive efficiently.

Disciplinary Knowledge / Skills
Pupils can move into spaces avoiding other pupils.
Pupils can adjust their speed and change direction to avoid other pupils.
Pupils can catch an object.
Pupils can adjust their hands to catch an object thrown at different heights and speeds.
Pupils can throw an object using an underarm technique.
Pupils can underarm throw an object towards targets of differing sizes.
Pupils can throw an object using an overarm technique.
Pupils can overarm throw an object towards targets of differing sizes.
Pupils can roll a ball .
Pupils can roll a ball towards targets of differing sizes.
Pupils can pass and receive an object.
Pupils can pass and receive an object in different ways.

## Themes

<i>Sending</i>	Pupils are to begin to demonstrate passing or throwing an object towards a target.
<i>Rolling</i>	Pupil are to begin to demonstrate pushing an object towards a target using their hands
<i>Running</i>	Pupils are begin to demonstrate that they can keep their head up, pump their arms, land on the balls of their feet, change direction and vary their speed when running.
<i>Receiving</i>	Pupils are to begin to demonstrate that they can catch or control an object which is either thrown or passed to them.
<i>Evaluation</i>	To express what they have learnt and what they've done well.

Outcome	Character Traits	Stickability	WOW
Children to learn the fundamental movement skills.	Confidence Ambitious	Experience	Experience Equipment

## Diversity in the Curriculum

[Katarina Johnson-Thompson](#)



Katarina Mary Johnson-Thompson (born 9 January 1993) is an English athlete. A multi-eventer, she is primarily known as both a heptathlete and an indoor pentathlete. In heptathlon, she is a double world champion and double Commonwealth Games champion. In indoor pentathlon, she is a world and double European champion. Explain that a heptathlete is someone that competes in 7 different sports: 100m hurdles, high jump, shot put, 200m sprint, long jump, javelin throw, and 800m run.

Watch video: <https://www.youtube.com/watch?v=1iVs40pb9Sg>

## Curriculum Objectives

- Pupils should be taught to:
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
  - participate in team games, developing simple tactics for attacking and defending

## Vocabulary

Skip	Move lightly, stepping from one foot to the other with a hop or bounce	Jog	Run at a steady, gentle, pace.
Run	Move at a speed faster than a walk, never having both or all the feet on the ground at the same time.	Body Position	Determined by movement needed for activity
Underarm	Throw an object with the throwing hand passing by the hip.	Overarm	Throw an object with the throwing hand passing by the ear.
Sprint	Run at full speed for a short distance	Hip to Lip	Pump arms from hip to lips
Dodge	Avoid something with sudden movement		

## Links Across the Curriculum

- Maths—counting and adding scores.
- English—vocabulary. Specific words and phrases used.
- Science—functions of the body (respiratory system, cardiovascular system, function of the skeletal system, muscles). See progression map.
- PSHE—team work, social skills,, leadership, health and wellbeing.

## Lessons Sequence

- To know and begin to understand how to dodge.
- To demonstrate how to dodge.
- To know and begin to understand how to catch and throw.
- To demonstrate how to catch and throw.
- To know and begin to understand how to strike a ball.
- To demonstrate how to strike an ball.
- To know and begin to understand how to pass and receive.
- To demonstrate how to pass and receive.
- To know and begin to understand how to dribble.
- To demonstrate how to dribble.
- To know and begin to combine skills n modified games.
- To demonstrate how to combine skills n modified games.

## Substantive Knowledge / Key Knowledge

- Pupils will begin to understand how we can dodge, keeping away from someone who is trying to catch us and understand in which sports we need to dodge.
- Pupils will begin to understand how to catch and throw an object using different techniques and when we might use each technique.
- Pupils will begin to understand how to strike an ball.
- Pupils will begin to understand how to pass and receive an object using different techniques and when we might use each technique.
- Pupils will begin to understand how to dribble.
- Pupils will begin to understand how to combine different skills in modified games.

## Disciplinary Knowledge / Skills

- Pupils can run and stay in a space.  
Pupils can use dodging to keep away from the defenders.
- Pupils can catch an object to secure possession for their team.  
Pupils can throw to a team mate in a variety of ways.
- Pupils can strike an ball.  
Pupils can recognise a space where they can attempt to hit the ball.
- Pupils can pass to a team mate using different techniques.  
Pupils can combine passing and receiving.
- Pupils can dribble a ball when unopposed. Pupils demonstrate that they dribbling with an using the inside and outside of the feet and can combine this with passing to score points.
- Pupils can use a range of skills when placed in different sporting scenarios.

## Themes

<i>Running</i>	Pupils demonstrate that they can keep their head up, pump their arms, land on the balls of their feet, change direction and vary their speed when running. Pupils can use these skills to dodge opponents.
<i>Sending</i>	Pupils demonstrate passing or throwing an object towards a target.
<i>Receiving</i>	Pupils demonstrate that they can catch or control an object which is either thrown or passed to them.
<i>Striking</i>	Pupils are able to hit a ball into space and away from fielders using a racket.
<i>Dribbling</i>	Pupils demonstrate that they dribbling with an effective technique and using the inside and outside of the feet and can combine this with passing to score points.
<i>Evaluation</i>	To express what they have learnt and what they've done well.

## Diversity in the Curriculum

Alistair Edward Brownlee

Alistair Edward Brownlee MBE (born 23 April 1988) is an English triathlete. He is the only male athlete to hold two Olympic titles in the individual triathlon event, winning gold medals in the 2012 and 2016 Olympic Games. He is also a four-time World Champion in triathlon being Triathlon World Champion twice (2009, 2011) and World Team Champion (2011, 2014) twice, a four-time European Champion (2010, 2011, 2014, 2019), and the 2014 Commonwealth champion. Explain that a triathlete is an athlete who runs, swims and cycles.



Watch Youtube video: <https://www.youtube.com/watch?v=liCRrheKIOI>

Talk about the importance of supporting people in sport and in school.

## Outcome

Children to develop fundamental movement skills.

## Character Traits

Confidence  
Ambitious

## Stickability

Experience

## WOW

Experience  
Equipment

Curriculum Objectives
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination .</li> <li>develop flexibility, strength, technique, control and balance</li> <li>play competitive games, modified where appropriate</li> </ul>

Vocabulary			
Skip	Move lightly, stepping from one foot to the other with a hop or bounce	Jog	Run at a steady, gentle, pace.
Run	Move at a speed faster than a walk, never having both or all the feet on the ground at the same time.	Body Position	Determined by movement needed for activity
Underarm	Throw an object with the throwing hand passing by the hip.	Overarm	Throw an object with the throwing hand passing by the ear.
Sprint	Run at full speed for a short distance	Hip to Lip	Pump arms from hip to lips
Dodge	Avoid something with sudden movement		

Links Across the Curriculum
<p>Maths—counting and adding scores.</p> <p>English—vocabulary. Specific words and phrases used.</p> <p>Science—functions of the body (respiratory system, cardiovascular system, function of the skeletal system, muscles). See progression map.</p> <p>PSHE—team work, social skills,, leadership, health and wellbeing.</p>

Lessons Sequence
<ol style="list-style-type: none"> <li>To know and understand how to dodge effectively.</li> <li>To demonstrate how to run and dodge with an effective technique.</li> </ol>
<ol style="list-style-type: none"> <li>To know and understand how to catch and throw effectively.</li> <li>To demonstrate how to catch and throw effectively.</li> </ol>
<ol style="list-style-type: none"> <li>To know and understand how to strike a ball effectively</li> <li>To demonstrate how to strike an ball effectively.</li> </ol>
<ol style="list-style-type: none"> <li>To know and understand how to pass and receive effectively</li> <li>To demonstrate how to pass and receive effectively.</li> </ol>
<ol style="list-style-type: none"> <li>To know and understand how to dribble effectively.</li> <li>To demonstrate how to dribble effectively.</li> </ol>
<ol style="list-style-type: none"> <li>To know and understand to combine skills effectively in modified games.</li> <li>To demonstrate how to combine skills effectively in modified games.</li> </ol>

Substantive Knowledge / Key Knowledge
Pupils will understand how we can dodge, keeping away from someone who is trying to catch us and understand in which sports we need to dodge.
Pupils will understand how to catch and throw an object using different techniques and when we might use each technique.
Pupils will understand how to strike an ball. Pupils will understand the need to strike a ball into space.
Pupils will understand how to pass and receive an object using different techniques and when we might use each technique.
Pupils will understand how to dribble.
Pupils will understand how to combine different skills in modified games.

Disciplinary Knowledge / Skills
Pupils can run and stay in a space. Children can begin to run for speed and acceleration and run for distance using the taught technique. Pupils can use dodging to keep away from the defenders.
Pupils can catch an object to secure possession for their team. Pupils can throw to a team mate in a variety of ways.
Using a bat, children begin to understand and demonstrate how to hit a ball with the correct technique away from fielders to score runs. Pupils can recognise a space where they can attempt to hit the ball.
Pupils can pass to a team mate using different techniques. Pupils can combine passing and receiving.
Pupils can dribble a ball when unopposed. Pupils demonstrate that they dribbling with an effective technique, at increasing speed, using the inside and outside of their feet and can turn and change direction. Pupils are beginning to beat/take on defenders.
Pupils can use a range of skills when placed in different sporting scenarios.

## Themes

<i>Running</i>	Pupils demonstrate with an effective technique that they can keep their head up, pump their arms, land on the balls of their feet, change direction and vary their speed when running. Pupils can use these skills to dodge opponents. Children can begin to run for speed and acceleration and run for distance using the taught technique.
<i>Sending</i>	Pupils demonstrate, with an effective technique, passing or throwing an object towards a target.
<i>Receiving</i>	Pupils demonstrate, with an effective technique, that they can catch or control an object which is either thrown or passed to them.
<i>Striking</i>	Using a bat, children begin to understand and demonstrate how to hit a ball with the correct technique away from fielders to score runs.
<i>Dribbling</i>	Pupils demonstrate that they dribbling with an effective technique, at increasing speed, using the inside and outside of their feet and can turn and change direction. Pupils
<i>Evaluation</i>	To express what they have learnt and what they've done well.

## Diversity in the Curriculum

Flag Football

Watch flag football video:  
<https://www.youtube.com/watch?v=XySQvy2yzWM>

Talk about how flag football is a sport played by both men and women is combines skills such as running, sending, receiving, throwing, catching, dodging etc. The 2028 Summer Olympics will introduce the sport of flag football for the first time.



Outcome	Character Traits	Stickability	WOW
Children to develop fundamental movement skills.	Confidence Ambitious	Experience	Experience Equipment