

Year Group	Overview	Sequence of learning (small steps)	Whole Child Objectives (SET)	End of Unit Outcomes	Vocabulary	
Fundamentals	Foundation Stage 1	<p>In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.</p>	<ul style="list-style-type: none"> • Theme: body parts To develop balancing whilst stationary and on the move. • Theme: feelings To develop running and stopping. • Theme: our senses To develop changing direction. • Theme: ways we look after ourselves To develop jumping and landing. • Theme: my favourite things To develop hopping and landing with control. • Theme: it's good to be me To explore different ways to travel. 	<ul style="list-style-type: none"> • Physical: balance, run, jump, hop, change direction • Social: support others, work safely, take turns • Emotional: honesty, determination • Thinking: decision making, comprehension, select and apply 	<ul style="list-style-type: none"> • I am beginning to negotiate space safely. • I am beginning to take turns with others. • I am building my confidence to try new challenges. • I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games. • I follow instructions with support. • I play games honestly guided by rules with support. 	<ul style="list-style-type: none"> • Balance • Bend • Direction • Hop • Jump • Land • Run • Safe • Space • Stop • Travel
	Foundation Stage 2	<p>In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.</p>	<ul style="list-style-type: none"> • Theme: at the circus To develop balancing. • Theme: on safari To develop running and stopping. • Theme: under the sea To develop changing direction. • Theme: Space explorers To develop jumping. • Theme: at the farm To develop hopping. • Theme: into the woods To explore different ways to travel using equipment. 	<ul style="list-style-type: none"> • Physical: run, jump, hop, balance, change direction, travel • Social: work safely, support others, share and take turns, co-operation • Emotional: perseverance, honesty, determination, confidence, acceptance • Thinking: comprehension, creativity, select and apply, exploration 	<ul style="list-style-type: none"> • I am confident to try new challenges, deciding on the skills I use to complete the task. • I can negotiate space safely with consideration for myself and others. • I follow instructions involving several ideas or actions. • I play co-operatively, take turns and congratulate others. • I play games honestly with consideration of the rules. • I show an understanding of my feelings and can regulate my behaviour. • I use movement skills with developing balance and co-ordination. 	<ul style="list-style-type: none"> • Balance • Bend • Crawl • Fast • Hop • Jump • Land • Rules • Run • Safely • Slide • Slow • Stop

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Fundamentals	Year 1	<p>This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>In this unit pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>	<ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope. 	<ul style="list-style-type: none"> Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination Social: collaboration, work safely, support others Emotional: determination, self-regulation, honesty, perseverance Thinking: comprehension, select and apply skills 	<ul style="list-style-type: none"> I can change direction when moving at speed. I can recognise changes in my body when I do exercise. I can run at different speeds. I can select my own actions in response to a task. I can show hopping and jumping movements. I can work co-operatively with others to complete tasks. I show balance and co-ordination when static and moving at a slow speed. 	<ul style="list-style-type: none"> Bend Direction Dodge Fast Hop Jog Jump Land Ready position Skip Challenge Swing
	Year 2	<p>This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>In this unit pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas.</p>	<ul style="list-style-type: none"> To explore how the body moves when running at different speeds. To develop changing direction and dodging. To develop balance, stability and landing safely. To explore and develop jumping, hopping and skipping actions. To develop co-ordination and combining jumps. To develop combination jumping and skipping in an individual rope. 	<ul style="list-style-type: none"> Physical: run, speed, agility, dodge, balance, jump, hop, skip Social: collaboration, respect, take turns, communication, encourage others Emotional: determination, honesty, perseverance Thinking: comprehension, make decisions, creativity, use tactics, recall 	<ul style="list-style-type: none"> I am beginning to provide feedback using key vocabulary. 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. 	<ul style="list-style-type: none"> Balance Dodge Hop Hurdle Jump Land Run Skip Speed Sprint Swing Take off Weight

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Fundamentals	Year 3	<p>This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.</p> <p>In this unit pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. Pupils will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.</p>	<ul style="list-style-type: none"> To develop balancing and understand the importance of this skill. To develop technique when running at different speeds. To develop agility using a change of speed and direction. To develop technique and control when jumping, hopping and landing. To develop skipping with a rope. To apply fundamental skills to a variety of challenges. 	<ul style="list-style-type: none"> Physical: balance, run, dodge, hop, jump, skip Social: respect, collaboration, support and encourage others Emotional: determination, perseverance, honesty Thinking: select and apply, observation, provide feedback, comprehension 	<ul style="list-style-type: none"> I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up. 	<ul style="list-style-type: none"> Accelerate Agility Balance Co-ordination Control Decelerate Distance Momentum React Rhythm Speed Stability Technique