|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Fitness Benchmark | **Year 1** | | | | | | Fitness Benchmark |
| How many laps around a 200m course in 10mins  **Find recording document in KS2 comparing performances folder** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | How many laps around a 200m course in 10mins  **Find recording document in KS2 comparing performances folder** |
| Athletics | Gymnastics | Dance | Gymnastics | Athletics | Dance |
| **Skills based** in  Invasion Games | **Skills based** in  Striking and Fielding Games | Modified Invasion Games | Modified Striking and Fielding Games | Modified Invasion Games | Modified Striking and Fielding Games |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Progression Statements | | | | |
| **Invasion games** | **Striking & Fielding Games** | **Dance** | **Gymnastics** | **Athletics** |
| Throw underarm, bounce & catch ball by self & with partner  Kick/stop a ball using a confident foot while static  Run straight and on a curve and sidestep with correct technique  Begin to follow some simple rules | Show some different ways of hitting, throwing and striking a ball  Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)  Play as a fielder and get the ball back to a STOP ZONE  Begin to follow some simple rules (carrying the bat, not over taking someone) | Copy dance moves.  Make up a short dance, after watching one.  Dance imaginatively.  Change rhythm, speed, level and direction.  Say something I like about a dance | Make body tense, relaxed, curled and stretched, showing some tension.  Begin to work alone/with someone to make a sequence of shapes/travels  Climb safely, showing some shapes and balances when climbing.  Keep balance travelling in a range of ways along bench, spots, mat etc  Roll in stretched/curled positions e.g. ‘log’ and ‘egg rolls’ | Use varying speeds when running.  Practise short distance running.  Explore footwork patterns.  Explore arm mobility.  Explore different methods of throwing. |

**Striking and Fielding Games**

Matches Mouse Trap Race to the Bases

Tin can Gates Danish Longball

Coconut Shy Chuck the chicken Around the Bases

Turn & Face Whacky Baseball

Run & Chase Ribby

**Invasion Games**

Treasure Chest 4v1 Guard the Pin

Gateway Find tat space Slide Tag

Find a goal Zone passing Speed ball

1-2-3-4 3 hoop ball Crossover

The wing game Matball Capture the Flag