

Cycle A Autumn Y1,3,5

Cycle B Autumn Y2,4,5,6



## Sequence of Learning

### EYFS

| PERSONAL                                  | Following Instructions                    | Co-ordination                             | Static Balance                           |  |  |
|---|---|---|--|--|--|
| How can I use footwork in different ways? | How can I use footwork in different ways? | How can I use footwork in different ways? | How can I practice balancing on one leg? | How can I practice balancing on one leg? | How can I practice balancing on one leg? |

### Y1/2

| PERSONAL                             | Keep Trying  | Co-ordination                                 | Static Balance                                  |   |   |
|--------------------------------------|--|---|---|---|---|
| How can I use side steps and pivots? | How can I use side steps and pivots with more control? | How can I use side steps and pivots in games? | How can I balance on one leg in different ways? | How can I balance on one leg in different ways with more control? | How can I balance on one leg in different ways with control in games? |

### Y3/4

| PERSONAL  | Accept Challenge   | Co-ordination   | Static Balance  |   |  |
|---|--|---|---|---|--|
| How can I use hop-scotch and alternate my lead leg? | How can I use hop-scotch and alternate my lead leg forwards and backwards? | How can I use hop-scotch and alternate my lead leg forwards and backwards with control? | How can I balance on one leg with my eyes closed for a minimum of 15 seconds and complete ankle extensions? | How can I balance on one leg with my eyes closed for a minimum of 20 seconds and complete ankle extensions? | How can I balance on one leg with my eyes closed for increasing amounts of time and complete ankle extensions? |

### Y5/6

| PERSONAL   | Consistently try to improve                     | Co-Ordination   | Agility  |  |   |
|--|---|---|--|--|---|
| How can I move and work the ball in both directions? | How can I react quickly and catch a small ball? | How can I move a ball smoothly and fluently in both directions? | How can I move and catch a small ball with more consistency? | How can I maintain fluidity when changing hands? | How can I move a greater distance and catch a small ball maintaining balance? |

Cycle A Autumn Y1,3,5

Cycle B Autumn Y2,4,5,6



| EYFS   |  |  |   |   |  |
|--|--|--|---|---|--|
| SOCIAL   | Play With Others   | Dynamic Balance  | Static Balance  |   |  |
| How can I jump and land in different directions?           | How do I jump and land forwards and backwards with balance and control?                    | How do I jump and land forwards and backwards with good height and land softly?                | Can I balance on my bottom in different ways?   | How can I be still in a seated balance using my hands and feet less?  | Can I be still in a seated balance for 10 seconds without my hands and feet touching the floor?                      |
| Y1/2   |  |  |   |   |  |
| SOCIAL   | Help and Encourage   | Dynamic Balance  | Static Balance  |   |  |
| How do I jump and turn to the side?                        | How do I jump a quarter turn with balance and control?                                     | How do I jump a quarter turn with balance and control in both directions?                      | How do I maintain a seated balance and move objects?  | How do I maintain a seated balance and move objects with my hands in the air?   | How do I maintain a seated balance without strain and move objects in a game?  |
| Y3/4   |  |  |   |   |  |
| SOCIAL   | Support Others   | Dynamic Balance  | Static Balance  |   |  |
| Can I jump in different ways with good height?             | Can I jump in different ways and land with balance and control landing softly and quietly? | Can I jump in different ways, landing softly with balance and control in different directions? | How can I maintain a seated balance and move objects with my hands in the air at all times? | How can I maintain a seated balance with minimum wobble while moving objects using alternate hands, with my hands in the air? | How can I comfortably maintain a seated balance with minimum wobble, and move objects with alternate hands in games? |
| Y5/6   |  |  |   |   |  |
| SOCIAL   | Organise and guide others  | Dynamic Balance  | Counter Balance   |   |  |
| How can I move with fluidity and minimum wobble on a line? | Can I maintain a counter balance with a partner?   | Can I stay balanced on a line with my head up?   | Can I move into my partner counter balances in a smooth way with control?                   | Can I move forward on a line with opposite arm and leg using fluidity and good posture?                                       | Can I co-ordinate my movements with my partner to make my counter balances smooth and controlled?                    |

Cycle A Spring 1 Y1,3,5

Cycle B Spring 1 Y2,4,5,6



| EYFS  |  |   |                         |  |  |
|---|--|---|-------------------------|--|--|
| COGNITIVE                                     | Follow Rules   | Dynamic Balance- line   | Static Balance - stance |  |  |
| How can I move with alternate feet on a line? | I can walk on a line with alternate feet smoothly with minimum wobble. | I can on a line with alternate feet smoothly with head up and minimum wobble. |                         |  |  |

| Y1/2  |   |  |  |  |   |
|---|---|--|--|--|---|
| COGNITIVE   | Understand performance  | Dynamic Balance- line  | Static Balance - stance                                |  |   |
| Can I walk forwards and backwards on a line smoothly. | Can I walk forwards and backwards on a line smoothly with minimum wobble. | Can I walk forwards and backwards on a line with high knees, minimum wobble and head up. | I can balance on a low beam with feet facing forwards. | I can maintain balance on apparatus moving my body | I can balance on apparatus while moving my body and working with a partner. |

| Y3/4   |   |  |  |  |   |
|--|---|--|--|--|---|
| COGNITIVE  | Identify areas to improve   | Dynamic Balance- line  | Co-ordination- ball skills                                     |  |   |
| I can drive my legs and arms while moving along a line forwards and backwards. | I can drive my legs and arms while moving along a line forwards and backwards with minimum wobble | I can drive my legs and arms while moving along a line forwards and backwards with minimum wobble and head up. | How can I move the ball around my body and keep control of it? | How can I move the ball around my body with increasing speed and keep control of it? | How can I move the ball around my body and keep control of it in both directions? |

| Y5/6   |  |   |   |   |  |
|--|--|---|---|---|--|
| COGNITIVE  | Make good decisions                          | Static Balance - stance                                     | Co-ordination - footwork                    |   |  |
| How do I perform different static balances and stay on the line? | How do I stay on the line with good posture? | How do I stay on the line moving my body with good posture? | How can I move in a 3-step zig zag pattern? | How can I move in a 3-step zig zag pattern fluently in both directions? | How can I move in a 3-step zig zag pattern fluently in both directions At speed? |

Cycle A Spring 2 Y1,3,5

Cycle B Spring 2 Y2,4,5,6



| EYFS  |   |  |  |   |  |
|---|---|--|--|---|--|
| CREATIVE  | Observe & Copy  | Co-ordination ball skills  | Counter balance                                |   |  |
| Can I move a ball in different ways with my fingertips? | Can I move the ball around my body with my fingertips keeping it under control? | Can I move the ball around my body with my fingertips keeping it under control in both directions? | How do I move my body to show counter balance? | How do I work with a partner to show counter balance? | How do I work with a partner to show counter balance smoothly? |

| Y1/2  |  |  |  |  |   |
|---|--|--|--|--|---|
| CREATIVE  | Link Movements   | Co-ordination s/r  | Counter balance  |  |   |
| Can I move the ball on and around by body with my fingertips? | Can I move the ball on and around by body with my fingertips in both directions? | Can I move the ball on and around my own body with my fingertips in both directions up and down. | How do I work with a partner to show counter balance with control? | How do I work with a partner to show standing counter balance with control and smoothly? | How do I work with a partner to show counter balance with one hand balance and shorter base smoothly? |

| Y3/4   |   |  |  |   |  |
|--|---|--|--|---|--|
| CREATIVE   | Recognise & Respond   | Co-ordination s/r  | Counter balance  |   |  |
| How can I roll a large ball to a partner with alternate hands? | How can send and receive a smaller ball against a wall in a circuit with a partner? | How can I roll and kick a ball to a partner with alternate legs under control? | How do I work with a partner to show counter balance with a shorter base smoothly? | How do I work with a partner to show counter balance with a shorter base and one hand smoothly? | How do I work with a partner to show counter balance with a shorter base and one hand smoothly with eyes closed? |

Y5/6

| Y5/6  |  |  |  |  |   |
|---|--|--|--|--|---|
| CREATIVE  | Adapt/change   | Static Balance -seated   | Static Balance - floor   |  |   |
| Can I move the ball around my waist and legs in a figure of 8 12 times in 20 seconds? | Can I move the ball around my waist and legs in a figure of 8 12 times in 20 seconds with fluency and control? | How can I swap hands maintaining ball between my legs with and without a bounce? | How do I work with a partner to show counter balance with a shorter base and one hand smoothly with eyes closed and lean back? | How do I work with a partner to show counter balance with a shorter base and one hand smoothly with eyes closed and lean back? | How do I lift my partners leg and hold to maintain a counter balance? |

Cycle A Summer 1 Y1,3,5

Cycle B Summer1 Y2,4,5,6



| EYFS     |                        |                     |  |   |  |
|----------|------------------------|---------------------|--|---|--|
| PHYSICAL | Move in different ways | Co-ordination - s/r | Agility - r/r                                  |   |  |
|          |                        |                     | How can I catch a large ball after one bounce? | How can I catch a large ball after two bounces when dropped from shoulder height? | Can I catch the dropped ball after one bounce? |

| Y1/2   |  |   |  |  |   |
|--|--|---|--|--|---|
| PHYSICAL   | Sequence, Movements, skills  | Co-ordination - s/r                                       | Agility - r/r  |  |   |
| How do I throw and catch a tennis ball against a wall and catch with same hand after 1 then no bounce? | How do I throw and catch a tennis ball against a wall and catch with same/different hand after 1 then no bounce? | How do I roll a large ball along the ground to a partner? | Can I catch a tennis ball dropped from shoulder height after 1 bounce? | Can I catch a tennis ball dropped from shoulder height after 1 bounce? | Can I catch a tennis ball dropped from shoulder height after 1 bounce from increasing distance? |

| Y3/4   |   |  |  |  |   |
|--|---|--|--|--|---|
| PHYSICAL   | Select & Apply  | Agility r/r  | Static Balance   |  |   |
| Can I react quickly to catch a tennis ball dropped from shoulder height? | Can I react quickly to catch a tennis ball dropped from shoulder height at increasing distance? | Can I react quickly to catch a tennis ball dropped from shoulder height at increasing distance and balance on 1 leg as I catch it? | Can I hold a full front support position for 10 or more seconds? | Can I hold a front support position and lift my arms to the ceiling? | Can I hold a front support position and transfer a cone or larger ball on and off of my back? |

Y5/6

| Y5/6  |   |   |   |   |   |
|---|---|---|---|---|---|
| PHYSICAL  | Link Actions  | Static Balance  | Dynamic Balance   |   |   |
| How can I balance on 1 leg for 30 seconds on an uneven surface? | How can I balance on 1 leg for 30 seconds on an uneven surface with my eyes closed? | How can I balance on 1 leg for 30 seconds on an uneven surface with my eyes closed and complete 10 mini-squats? | How can I jump from 2 feet to 2 feet forwards, backwards and side to side with control? | How can I hop or jump forwards/backwards and side/side and freeze on landing? | How can I jump from side to side lifting one leg and freezing on landing? |



Cycle A Summer 2 Y1,3,5

Cycle B Summer 2

Y2,4,5,6



## EYFS

| HEALTH & FITNESS  | Exercise & Good Health  | Agility   | Static Balance |  |  |
|---|---|---|----------------|--|--|
| Can I explore rolling, chasing and stopping a ball against a wall and with a partner. | How do I chase and stop a ball facing the opposite direction? | Can I chase and stop a ball rolled by a partner and face the opposite direction in a balanced position? |                |  |  |

## Y1/2

| HEALTH & FITNESS  | Practice Safely   | Agility  | Static Balance                   |  |   |
|---|---|--|----------------------------------|--|---|
| Can I roll, chase and stop a ball from a seated position? | Can I roll, chase and stop a bouncing ball from a seated position stopping in the opposite direction? | Can I roll, chase and stop a bouncing ball fed by a partner from a seated position stopping in the opposite direction? | How can I balance on a low beam? | Can I balance on a low beam for 10 seconds with good stance? | Can I balance on a low beam with good stance and receive a small force from front/back? |

## Y3/4

| HEALTH & FITNESS  | Prepare for Activity  | Agility   | Static Balance   |   |   |
|---|---|---|--|---|---|
| Can I chase a ball that bounces through my legs and catch it in the opposite direction? | Can I chase a ball that rolls through my legs and catch it in the opposite direction? | Can I chase a rolled and bounced tennis ball that goes through my legs and stop it facing the opposite direction? | How can I stay on the beam when a small force pushes against me from various directions? | How can I stay on the beam when I am lifting one leg? | How can I stay on the beam when I have to throw and catch a ball? |

## Y5/6

## Y5/6

| HEALTH & FITNESS   | Monitor Activity  | Co-ordination   | Agility  |   |   |
|--|---|---|--|---|---|
| How can I throw and catch 2 tennis balls against a wall and catch with both hands? | How can I throw 2 tennis balls against a wall and catch them with the opposite hand (cross over)? | How can I throw and catch 2 tennis balls against a wall in a circuit, in both directions? | Can I chase and stop a large rolling ball using a long barrier in both directions? | Can I chase and stop a rolling tennis ball using a long barrier in both directions? | Can I roll and chase a large ball stopping it with my head in a front support position? |