



Cycle B Y1/2					
Autumn 1 Football	Autumn 2 Multi Skills	Spring 1 Health Related Exercise	Spring 2 Orienteering	Summer 1 Athletics	Summer 2 Striking & Fielding
<p>1.I can keep the ball close and under control.</p> <p>2.I can pass effectively.</p> <p>3.I can use my knowledge of a technique to suggest ways for peer's to improve.</p> <p>4. I can use my knowledge of a technique to suggest ways for peer's to improve and pass effectively.</p> <p>5.I can shoot effectively.</p> <p>6. I can use knowledge of technique to suggest ways for peer's to improve shoot effectively.</p>	<p>1.I can change direction quickly and safely when I move.</p> <p>2. I can use my hands and eyes together to help me play games and do actions.</p> <p>3. I can throw, catch, and move my body with control.</p> <p>4. I can work with a partner to throw and catch.</p> <p>5. I can follow direct instructions</p> <p>6. I can list some of the keywords they have learnt during the lesson activity using the skills I have learned.</p>	<p>1.I can talk about how my body feels and changes when I exercise, like breathing faster, my heart beating faster, and getting warmer.</p> <p>2.I can exercise at different intensities and talk about why my heart beats faster when doing some and not others.</p> <p>3. I can talk about different ways to test my body.</p> <p>4. I can perform a health test.</p> <p>5. I can perform a health test and record the findings.</p> <p>6. I can name muscles like my biceps and heart, and I can explain how they help me move and stay healthy."</p>	<p>1.I can list the different points on a compass.</p> <p>2. I can show knowledge of what a 'key' is on a map!</p> <p>3. I can use the key to help me find where I am on a map.</p> <p>4. I can move my thumb & map to display where I am, and which way I am facing.</p> <p>5. I can use the key to help me find where I am on a map and move my thumb and map to display where I am, and which way I am facing</p>	<p>1.I can use my arms and legs to jump over hurdles carefully and keep my balance.</p> <p>2. I can jump as far as I can by pushing off with my legs and landing safely.</p> <p>3. I can use my whole body to help me throw an object far and aim carefully.</p> <p>4. I can think about how I move and use my arms, legs, and balance to perform better.</p> <p>5. I can watch others and suggest ways they can improve their skills</p>	<p>1.I can control the ball and aim it carefully to reach where I want</p> <p>2. I can stop the ball with increasing consistency.</p> <p>3. I can throw the ball under-arm with bent knees to help me aim better.</p> <p>4. I can hit the ball with my bat or hand with some control and consistency.</p> <p>5. I can strike the ball more than once and try to keep it moving in the right direction.</p> <p>6. I can strike the ball with consistency and help my friends get better by giving them helpful and kind feedback.</p>
ball, kick, pass, goal, shoot, dribble, team, player, coach, referee, pitch, score, defend, attack, goalkeeper, tackle, corner, throw-in, free kick, penalty, match, whistle, warm-up, cool-down.	balance, coordination, agility, speed, strength, power, reaction, control, movement, direction, jump, hop, skip, run, walk, throw, catch, roll, bounce, aim, kick, hit, turn, stop, start, space, travel.	exercise, muscles, heart, lungs, fitness, healthy, energy, breathing, heartbeat, sweat, tired, food, sleep, water, warm-up, cool-down	map, direction, symbol, route, path, start, finish, checkpoint, team, compass, turn, follow, navigate, clue, search, control point, outdoors, landmarks, left, right.	run, jump, throw, sprint, pace, race, finish, start, relay, baton, track, field, distance, speed, strength, stamina, warm-up, cool-down, balance, agility, effort, competition, practice, goal.	strike, hit, bat, ball, catch, throw, field, run, score, target, aim, teamwork, position, ready, balance, control, accuracy, follow-through, toss, underarm, overarm, teammate, opposite, quick, steady, safe, game, practice.