



Year 1/2	
Term: Autumn 1	
Fundamental Movement Skills/Multi Skills	Gymnastics
Lesson 1: Y1 - To dribble the ball using my fingertips. Y2/HA – To dribble the ball in different directions.	Lesson 1: Basic Shapes and Body Control Y1 – To perform basic shapes (star, tuck, straight) with control Y2 – To link basic shapes smoothly and hold them with good tension and balance.
Lesson 2: Y1 - To dribble the ball using either hand. Y2/HA – To demonstrate how to dribble the ball with speed.	Lesson 2: Balancing and stillness Y1 – To balance on different body parts (feet, hands) Y2/HA – To perform balances at different levels (low/high) and hold stillness with control.
Lesson 3: Y1 - To dribble the ball effectively to move past a defender. Y2 – To pass and move in small-sided game.	Lesson 3: Travelling movements Y1 – To travel in different ways (jumping, hopping, sliding). Y2/HA – To travel with control and direction, linking movements together.
Lesson 4: Y1 - To demonstrate how to defend an area. Y2 – To demonstrate good defending positioning.	Lesson 4: Rolls and rotation Y1 – To perform a basic roll (e.g. log roll or egg roll safely) Y2/HA; To perform controlled forward roll and begin to link it into a sequence.
Lesson 5: Y1 – To attack with speed in small-sided game. Y2 – To use movement when dribbling to outwit defenders.	Lesson 5: Linking movements into sequences Y1 – To link two movements (e.g. shape + travel) Y2/HA – To create a short sequence including a balance travel and roll.
Lesson 6: Y1 – To use my new skills in a mini game. Y2/HA- To show good attacking and defending skills in a small game.	Lesson 6: Performing and Evaluating Y1 – To perform a simple sequence with control and confidence. Y2/HA – To perform a longer sequence and describe what was done well.
Learning to Bump into: Y1 – 1.1, 1.2, 1.3, 1.4, 1.6, 1.7, 1.8, 1.9 Y2 - 2.1, 2.2, 2.3, 2.4, 2.6, 2.8, 2.9	Learning to bump into: Y1 - 1.1, 1.2, 1.3, 1.4, 1.6, 1.7, 1.8, 1.9 Y2 - 2.1, 2.2, 2.3, 2.4, 2.6, 2.8, 2.9