

Year 1	<p style="text-align: center;">Gym Skills</p> <p style="text-align: center;">(File 1)</p> <p>Investigate movement, stillness and how to find and use space safely. Explore basic gymnastic actions on the floor and using apparatus Copy or create, remember and repeat short movements.</p>	<p style="text-align: center;">Dance</p> <p>Focus on special awareness and being able to move confidently and safely in their own space whilst exploring basic agility, balance and co ordination skills.</p> <p>Create and repeat a variety of short dances inspired by a range of stimuli.</p> <p>Work individually, in pairs, small groups and a whole class.</p> <p>Develop an awareness of different dances through a choice of themes.</p>	<p style="text-align: center;">Games</p> <p style="text-align: center;">(File 1)</p> <p>Develop basic game playing skills, in particular throwing and catching.</p> <p>Play games based on net games (tennis / badminton)</p> <p>Games based on striking and fielding games (rounders and cricket)</p> <p>Have the opportunity to play one against one, two against two.</p>	<p style="text-align: center;">Gym Skills</p> <p style="text-align: center;">(File 2)</p> <p>Investigate movement, stillness and how to find and use space safely.</p> <p>Explore basic gymnastic actions on the floor and using apparatus Copy or create, remember and repeat short movements.</p>	<p style="text-align: center;">Athletics</p> <p>Children to explore running, jumping and throwing activities and take part in simple challenges and competitions.</p> <p>They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p>	<p style="text-align: center;">Games</p> <p style="text-align: center;">(File 1)</p> <p>Develop basic game playing skills, in particular throwing and catching.</p> <p>Play games based on net games (tennis / badminton)</p> <p>Games based on striking and fielding games (rounders and cricket)</p> <p>Have the opportunity to play one against one, two against two.</p>
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