



## Year 1

<u>Multi-skills</u>	<u>Groovy gymnastics</u>	<u>Throwing and catching</u>
Balance	Travel	Throw
Base	Link	Catch
Push	Sequence	Strike
Agility	Level	Fielding
Co-ordination	Tension	Target
Accuracy	Posture	Bat
Timing	Tuck	Racket
Aim	Pike	Rounders
Guide	Straight	Warm up
Target	Straddle	Scoring
Rotate	Rolling	
Movements	Egg	
Technique	Log	
Travel	Forward	
Transitions	Teddy bear rolls	
Control	Along	
Fluency	Over	
	Onto and off	
	Direction	
	Travelling	
	Combination	

<u>Brilliant ball skills</u>	<u>Story time dance</u>	<u>Active athletics</u>
Send	Rap	Speed
Receive	Beat	Take-off and landing
Underarm	Gesture	Hop
Overarm	Level	Balance
Throw	Speed	Mobility
Catch	Perform	Underarm
React		Overarm
Travel		Balance
Balance		Jog
Weight		Sprint
Bounce		Landing
		Obstacle
		Relay

## Year 2

<u>Multi-skills</u>	<u>Groovy gymnastics</u>	<u>Throwing and catching</u>
Balance	Balance	Underarm
Agility	Tension	Bounce
Co-ordination	Points	Sideways
Base	Patches	Cushion
Accuracy	Shoulder stand	Overarm throw
Movement Pattern	Shapes	Circuit
Timing	Travelling	Kwik cricket
Aim	Apparatus	
Guide		
Target		
Rotate		
Twist and turn		
Rock and roll		
Tuck		
Crab		
Skittles		

<u>Brilliant ball skills</u>	<u>Ugly bug ball dance</u>	<u>Active athletics</u>
Send	Travel	Direction
Receive	Movements	Speed
Control	Methods	Balance
React	Beat	Swing
Target	Medieval	Power
Underarm throw	Movements	Hurdle
Overarm throw	Dance	Distance
Bounce	Greetings	Relaxed
Pass	Partner	Obstacle
Dribble	Independent	Relay
Trap	Flow	
Kick	Performance	
Festival		

## Year 3

<u>Multi-skills</u>	<u>Groovy gymnastics</u>	<u>Throwing and catching</u>
Balance	Landing Shapes	Accuracy
Bounce	Jump	Overarm throw
Send	Balance	Underarm throw
Travel	Roll	Wickets
Control	Travel	Stumps
Dribble	Teamwork	Target hands
Agility	Cooperation	Defenders
Speed	Empathy	Stumped
Observation	Analyse	Underarm bowling
Safety		Long barrier
Travelling		Surface area
Balance		Safe zone
Concentrate		Retrieve
Focus		Striking
Utilise		Fielding

<u>Brilliant ball skills</u>	<u>African dance</u>	<u>Active athletics</u>
Awareness	Clock	Direction
Tactics	Direction	Overarm
Defend	Tempo	Underarm
Attack	Timing	Take off
Position	Pivot	Landing
Movement	Performances	Relay
Control	Formation	Change over
Ball control	Canon	Technique
Catch	Unison	Improve
Throw	Performance	Competition
Receive	Confidence	
Clockwise		
Anti-clockwise		
Technique		
Aim		
Follow		
Accuracy		
Power		
Score		

## Year 4

<u>Striking and fielding</u>	<u>Dynamic dance</u>	<u>Young Olympians</u>
Underarm	Line dancing	Pace
Overarm	Charleston step	Distance
Wicket	Strut	Stride length
Stump	Rhythm	Arm action
Receive	Phrasing	Knee lift
Field	Improvise	Relax
Beat the ball rounders	Space	Effort
Balance	Dynamics	Javelin
Coordination	Sequence	Position
Long barrier	Flexibility	Direction
Cricket	Balance	Target
Rounders	Coordination	Technique
Long barrier	Agility	Pull
Tournament	Timing	Relay
	Unison	Positioning
	Cannon	Take off
	Variation	Long jump
	Sections	Extend
	Beats	Control
		Carousel

<b><u>Invaders</u></b>	<b><u>Gym sequences</u></b>	<b><u>Nimble Nets</u></b>
Footwork	Star	Forehand
Land	Dish	Backhand
Step	Arch	Drop serve
Pivot	Symmetrical	Volley
Pass	Asymmetrical	Rally
Receive	Balance	Rally building
Point	Shape	Overhead serve
Chest Pass	Sequence	Scoring
Overhead pass	Rotation	
Shoulder pass	Rolling	
Bounce pass	Bridging	
Dodging	Counterbalance	
Non-contact	Pull	
Defend	Push	
Mark	Tension	
Intercept	Extend	
Goal shooter (GS)	Moves	
Goal attack (GA)	Cannon	
Centre (C)	Twist	
Goal defence (GD)	Evaluate	
Goal keeper (GK)		

## Year 5

<b><u>Striking and fielding</u></b>	<b><u>Dynamic dance</u></b>	<b><u>Young Olympians</u></b>
Watch the ball	Bollywood dancing	Continuous
Grip	Lotus	Push technique
Wicket keeper	Prayer	Relay
Action	Back point step	Baton
Underarm	Posture	Take off
Overarm	Balance	Landing
Release	Control	Long jump
Follow through	Fluency	Extend
Scatter ball	Rhythm	Bend
Bowl	Phrasing	Distance
Tournament	Improvise	Control
	Space	Pull and push throw
	Dynamics	Carousel
	Flexibility	
	Stamina	

	Emotion	
	Expression	

<u>Invaders</u>	<u>Gym sequences</u>	<u>Nimble Nets</u>
Tag	Front and back support	Shuttle
Hop	Symmetrical	Racket
Skip	Asymmetrical	Court
Forfeit	Balance	Net
Try	Shape	Shot
Dodging	Sequence	Rally
Handover	Level	Serve
Tag	Direction	Short
Rules	Rotation	High
Competition	Dynamic movement	Low
Tournament	Rolling	Long
	Bridging	Overhead clear
	Counterbalance	Opponent
	Extension	Backline
	Pull	Contact
	Push	Pressure
	Extend	Attack
	Canon	Outwit
	Unison	Doubles
	Forfeit	Aim
	Fluency	Target
		Tournament
		Scoring

## Year 6

<u>Striking and fielding</u>	<u>Dynamic dance</u>	<u>Young Olympians</u>
Underarm throw	Street dance	Sprint start
Long barrier	Canon	Standing start
Scatter ball	Unison	Javelin
Backstop	Mirror	Position
Tournament	Match	Direction
	Pose	Target
	Routine	Technique
	Choreograph	Distance
	Timing	Pull
	Beat	Relay
	Fluency	Position

		Pace
		Handover
		Positioning
		Take off
		Landing
		Long jump
		Extend
		Bend
		Control
		Carousel