|         | Term 1   | Term 2  | 7  | Term 3   | Term  | 4  | Term 5  | Term 6  |
|---------|--|---|--|--|---|--|---|---|
| Science | Yr1: What are the seen body parts called and what are the five senses?  Yr2: Why is it important to keep our bodies healthy?  ANIMALS – KNOWING SEEN PARTS OF THE HUMAN BODY  Yr1: Know the name of parts of the human body that can be seen.  Know which sense is associated with which part of the body.  Yr2: Know the basic stages in a life cycle for animals (including humans).  Know why exercise and a balanced diet are essential for humans.  Know why having good hygiene is important for humans.  Working Scientifically: Yr1: Pattern seeking  • Height and weight changes as | Term 2  How do the seasons  SEASONAL CHANG (AUTUMN)  Observe and know abochanges in the seasons  Name the seasons and about the type of weateach season.  Working Scientifically: Observe and know abochanges in the seasons  Name the seasons and about the type of weateach season. | change?  GES 1  out the standard standa | Working Scientif Comparative and everyday materijob, e.g., keeping Grouping and Clatel Compared on their publication.  | aterials that are is called?  CHANGES 2 TER)  MATERIALS  of the materials is from.  properties of als.  nce between ass, metal,  oup materials.  I Fair tests  uitability of als for a specific is us warm assifying and materials. | Know and animals incamphibian mammals.  Classify an what they herbivore  Know how categories amphibian mammals)  Know how living thing | canimals classified?  L CHANGES 3 (SPRING)  & CATION OF ANIMALS  - name a variety of cluding fish, as, reptiles, birds and  d know animals by eat (carnivore, and omnivore).  to sort animals into clincluding fish, as, reptiles, birds and as, reptiles, birds and b. | Term 6  What are the different parts of plants called and which birds do you know?  SEASONAL CHANGES 4 (SUMMER)  & PLANTS  Know and name a variety of common wild and garden plants.  Know and name the petals, stem, leaves and root of a plant.  Know the names of the birds in our school grounds.  Working Scientifically: Observations over time  • Changes to plants/ trees as they grow or in different seasons Grouping and Classifying  • Identify local trees and plants. |
|         | Working Scientifically: Yr1: Pattern seeking   |   |  | Grouping and Clause of the Grouping and Clause o | assifying<br>nt materials   | Working Sources  | gs.<br>cientifically:   | Grouping and Classifying  |
|         | Yr2: Investigation  •Set up an investigation to find out who is the fittest in the class.  Grouping and Classifying  •Identify the off-spring of different animals.  |   |  |  |   | •Group/ cl   | habitat<br>and Classifying<br>lassify animals<br>to what they eat   |   |

|           |   |                                 | WORKING SC  | IENTIFICALLY                |   |                            |  |  |  |  |
|-----------|---|---------------------------------|---|-----------------------------|---|----------------------------|--|--|--|--|
|           | o asking simple quest   | tions and recognising that they | can be answered in different  | ways                        |   |                            |  |  |  |  |
|           | o observing closely, u  | using simple equipment          |   |                             |   |                            |  |  |  |  |
|           | o performing simple t   | tests                           |   |                             |   |                            |  |  |  |  |
|           | o identifying and clas  | ssifying                        |   |                             |   |                            |  |  |  |  |
|           | <ul> <li>using observations and ideas to suggest answers to questions</li> <li>gathering and recording data to help in answering questions</li> </ul>                 |                                 |   |                             |   |                            |  |  |  |  |
|           |   |                                 |   |                             |   |                            |  |  |  |  |
|           | WHAT WAS MY GRANDPA   | ARENTS' CHILDHOOD LIKE?         | WHY DO WE H   | AVE CASTLES?                |   | LEARNT FROM THE GREAT      |  |  |  |  |
|           | Know how different our grandp   | parents' toys were.             | Know that castles were built  | to keep people safe and     | FIRE OF   | LONDON?                    |  |  |  |  |
|           | Know what our grandparents' school days were like.  |                                 | secure.   |                             | Know where London is.   |                            |  |  |  |  |
|           | Know how shopping habits have changed over the past 50  |                                 | Know that there are many stories associated with                          |                             | Know that a great fire engul  | fed London in the past.    |  |  |  |  |
| History   | years.  |                                 | castles.  |                             | Know that they found it diff  | icult to control the fire. |  |  |  |  |
|           | Know how birthday celebrations for children have changed over the past 50 years.  |                                 | Know that there is probably live.   | a castle far from where you | Know that much of what we know about the fire comes from the diary of Samuel Pepys. |                            |  |  |  |  |
|           | Know how what we eat each day has changed over the past 50 years.   |                                 | Know the names of the diffe   | rent features of a castle.  | Know how firefighting equipment has changed over the years.                         |                            |  |  |  |  |
|           | Develop a chronologically secure knowledge and understanding of British, local and world history, establishing clear narratives within and across the periods studied |                                 |   |                             |   |                            |  |  |  |  |
|           | WHAT DO I KNOW ABOUT  | THE UK AND WHERE I LIVE?        | WHAT GOES ON AT AN AIRI   | PORT AND TRAIN STATION?     | WHY DO W  | /E RECYCLE?                |  |  |  |  |
|           | Know where England, Northern Ireland, Scotland and Wales are on a map of the UK.  |                                 | Know the protocols linked to  | air travel.                 | Understand what we mean   | by recycling               |  |  |  |  |
|           |   |                                 | Know what a passport is.  |                             | Recognise why plastic causes us concern   |                            |  |  |  |  |
|           | Know N, E, S and W on a cor   | mpass.                          | Know why security is very im  | portant for both modes of   | Become familiar with words and phrases like;  |                            |  |  |  |  |
|           | Know their address, including   | ng postcode.                    | travel.   |                             | sustainability, recycle, and environmentally friendly                               |                            |  |  |  |  |
| Geography | Know the name of their nea  | rest town or city.              | Know how important timeta   | bles are when travelling by |   |                            |  |  |  |  |
|           | Be able to locate their neare   | est town or city on a map of    | train or air.   |                             |   |                            |  |  |  |  |
|           | the United Kingdom.   |                                 | Know the names of the UK's  | main airports.              |   |                            |  |  |  |  |
|           |   |                                 | Know the location of the wo   | rld's busiest airports.     |   |                            |  |  |  |  |
|           |   |                                 | Explain some advantages and disadvantages of living in a city or village. |                             |   |                            |  |  |  |  |
| RE        | RELIGION:<br>CHRISTIANITY   | RELIGION:<br>CHRISTIANITY       | RELIGION:<br>CHRISTIANITY   | RELIGION:<br>CHRISTIANITY   | RELIGION: JUDAISM   | RELIGION: JUDAISM          |  |  |  |  |

|      | Key Question: Who made the world?  Concept: God/Creation  Understanding Christianity 1.2   | Key question: Why does Christmas matter to Christians?  Concept: Incarnation Understanding Christianity 1.3  | Key question: Was it always easy for Jesus to show friendship?  Concept: Incarnation  Theme: Jesus as a Friend  Discovery RE   | Key Question: Why does Easter Matter to Christians?  Concept: Salvation Understanding Christianity 1.5   | Key Question: Is Shabbat important to Jewish Children?  Theme: Shabbat  Discovery RE   | Key Question: Are Rosh Hashanah and Yom Kippur important to Jewish Children?  Theme: Rosh Hashanah and Yom Kippur  Discovery RE  |
|------|--|--|--|--|--|--|
| PSHE | What is the same and different about us?  • what they like/dislike and are good at  • what makes them special and how everyone has different strengths  • how their personal features or qualities are unique to them  • how they are similar or different to others, and what they have in common  • to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private | <ul> <li>that family is one of the groups they belong to, as well as, for example, school, friends, clubs</li> <li>about the different people in their family / those that love and care for them</li> <li>what their family members, or people that are special to them, do to make them feel loved and cared for</li> <li>how families are all different but share common features – what is the same and different about them</li> <li>about different features of family life, including what families do / enjoy together</li> <li>that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or</li> </ul> | what helps us stay healthy?  • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)  • that things people put into or onto their bodies can affect how they feel  • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy  • why hygiene is important and how simple hygiene routines can stop germs from being passed on  • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing | What can we do with money?  • what money is - that money comes in different forms  • how money is obtained (e.g. earned, won, borrowed, presents)  • how people make choices about what to do with money, including spending and saving  • the difference between needs and wants - that people may not always be able to have the things they want  • how to keep money safe and the different ways of doing this | who helps to keep us safe?  • that people have different roles in the community to help them  (and others) keep safe - the jobs they do and how they help people  • who can help them in different places and situations; how to attract someone's attention or ask for help; what to say  • how to respond safely to adults they don't know  • what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard  • how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say | How can we look after each other and the world?  • how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively  • the responsibilities they have in and out of the classroom  • how people and animals need to be looked after and cared for  • what can harm the local and global environment; how they and others can help care for it  • how people grow and change and how people's needs change as they grow from young to old  • how to manage change when moving to a new class/year group |

|             | worried  |              |  |   |                                      |                                  |  |  |
|-------------|--|--------------|--|---|--------------------------------------|----------------------------------|--|--|
| Communities | Computer Systems and Networks: Creating M IT around us Making Mu   |              | ledia: Digital Painting /<br>usic  | Data Handling: Pictogra   | lling: Pictograms Programn animation |                                  | ing: Introduction to                   |  |
| Computing   | ONLINE SAFETY  Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.  |              |  |   |                                      |                                  |  |  |
|             | How are lines and shapes used in d   | rawings?     | What are primary an  | What are primary and secondary colours?   |                                      |                                  | te malleable materials?                |  |
|             | Drawing  |              | Painting   |   |                                      | Scul                             | pture                                  |  |
| Art         | <ul> <li>Children develop effective grip using smaller crayons, pencils and pens.</li> <li>Children describe lines, shapes and patterns created.</li> <li>Children demonstrate control when drawing using chalk, wax crayons, pencils, colouring pencils and felt tips.</li> <li>Children select thick and thin paints purpose</li> <li>Children hold thick and thin paints the end for control and detail.</li> <li>Children show control when using poster propriet and watercolour.</li> <li>Children mix colours using poster propriet and watercolour.</li> <li>Children comment on the warm and the work of Joan Amara and Georgic recreate their work and similar from</li> </ul> |              | thin paintbrushes close to detail.  when using painting tools.  ing poster paint, powder  e different properties and  he warm and cold colours in a and Georgia O'Keeffe and | <ul> <li>Children confidently handle clay and know how to roll it, knead it and make good attempts at joining it.</li> <li>Children begin to use a range of joining techniques successfully.</li> <li>Children work well as a group and agree on ways forward.</li> <li>Children use a range of recycled materials to create models that have meaning to them.</li> </ul> |                                      |                                  |  |  |
|             | How can we ensure that our sandwich  | is healthy?  |  |   | How can w                            |                                  | Il structure similar to the in London? |  |
|             |  |              |  |   | DESIGNING                            |                                  |  |  |
|             | •Cut food safely     •Know that all food comes from either plants or animals.  |              |  |   | _                                    | elop their des<br>th peers and a | ign ideas using research and<br>dults. |  |
| Design &    | •Use basic food handling, hygiene practice   | s and        |  |   | •Understand                          | the purpose o                    | f their product                        |  |
| Technology  | personal hygiene   |              |  |   | •Think of an i                       | dea and plan v                   | what to do next                        |  |
|             | •Know how to prepare simple dishes safely and hygienically without using a heat source.  |              |  |   | •Explain why materials               | they have cho                    | sen specific textiles or               |  |
|             | •Know how to use techniques such as cutt and grating.  | ing, peeling |  |   | •Draw a simp product                 | le design and                    | label the parts of their               |  |
|             | DESIGNING  |              |  |   |                                      |                                  |  |  |

|                   | •Begin to research existing s   | sandwiches before designing       | •develop their own ideas through drawings, an |  |  | rough drawings, and where  |  |
|-------------------|---|-----------------------------------|---|--|--|--|--|
|                   | their own   |                                   |   |  | appropriate, make template   | s or mock ups.   |  |
|                   | When researching, find out how which ingredients are healthy.      Explain to someone else how they want to make their sandwich |                                   |   |  | MAKING   |  |  |
|                   |   |                                   |   |  | •Choose tools and materials chosen them  |  |  |
|                   | <ul> <li>Begin to develop their own<br/>and where appropriate, mak</li> </ul>   |                                   |   |  | •Join materials and compon including glue, sellotape and   |  |  |
|                   | MAKING  | ce templates of mock ups.         |   |  | •Build structures, exploring stronger, stiffer and more st   | The state of the s |  |
|                   | •Begin to make sandwich, ta   | aking full account of cutting     |   |  | •With help, measure, cut an  | d score with some accuracy.  |  |
|                   | •Find out who likes the vario   | ous ingredients chosen            |   |  | •Start to assemble, join and combine materials in order to make a product.   |  |  |
|                   | •With help, measure, mark of  | out and cut ingredients.          |   |  | EVALUATING   |  |  |
|                   | •Use tools safely (e.g.knife).  |                                   |   |  | •Evaluate their work against their design criteria.  |  |  |
|                   | •Begin to use simple finishing techniques to improve the appearance of their products (i.e. set it out on a plate properly).    |                                   |   |  | •Start to evaluate their product as it is being developed, identifying strengths and possible changes they might make. |  |  |
|                   | EVALUATING  |                                   |   |  | •With confidence talk about their ideas, saying what   |  |  |
|                   | •Explain what went well and the sandwich they have mad  | d not so well in the making of de |   |  | they like and dislike about th   | neir product.  |  |
|                   | Begin to evaluate their sandwich as they are developed, identifying strengths and possible changes they might make.             |                                   |   |  |  |  |  |
|                   | INTRODUC  | CING BEAT                         | ADDING RHYTHM & PITCH                         | INTRODUCING TEMPO &  | COMBINING PULSE  | , RHYTHM & PITCH   |  |
|                   |   | ke Friends When We Sing           | Theme: How Does Music                         | DYNAMICS   |  | Help Us to Understand Our  |  |
| Music             | Together?   |                                   | Tell Stories about the Past?                  | Theme: How Does Music<br>Make the World a Better<br>Place? | Neigh  | bours?   |  |
| PE                | STRIKING & FIELDING   | BALL SKILLS                       | DANCE   | GYMNASTICS   | INVASION   | ATHLETICS  |  |
| * In some         | I can catch a beanbag and   | I am beginning to catch           | I am beginning to use                         | I am confident to perform                                  | I am beginning to dribble a  | I am able to throw   |  |
| cases we may take | a medium-sized ball.  | with two hands.                   | counts.                                       | in front of others.  | ball with my hands and feet.   | towards a target.  |  |

| advantage    | I can roll a ball towards a  | I am beginning to dribble a   | I can copy, remember and   | I can link simple actions   | I can change direction to  | I am beginning to show  |
|--------------|--|---|--|---|--|---|
| of sport     | target.  | ball with my hands and  | repeat actions.  | together to create a  | move away from a   | balance and co-ordination   |
| specialists/ | I can strike a ball using my   | feet.   | I can move confidently and   | sequence.   | defender.  | when changing direction.  |
| coaches      | hand.  | I am beginning to   | safely.  | I can make my body tense,   | I can recognise space  | I am developing overarm   |
| which may    | nand.  | understand simple tactics.  | Salely.  | relaxed, stretched and  | when playing games.  | throwing.   |
| replace our  | I can track a ball that is   | diacistana simple tactics.  | I can use different parts of   | curled.   | when playing games.  | tinowing.   |
| second       | coming towards me.   | I can roll and throw with   | the body in isolation and  | carrea.   | I can send and receive a   | I can recognise changes in  |
| (bottom)     | I know how to score  | some accuracy towards a   | together.  | I can recognise changes in  | ball with hands and feet.  | my body when I do   |
| unit         | points.  | target.   | I can work with others to  | my body when I do   | I can use simple rules to  | exercise.   |
| unit         | •  | I can say when someone  | share ideas and select   | exercise.   | play fairly.   | I can run at different  |
|              | I understand the rules and   | was successful.   | actions.   | I can remember and  |  | speeds.   |
|              | I am beginning to use  |   |  | repeat actions and shapes.  | I move to stay with  | ·   |
|              | these to play honestly and   | I can track a ball that is  | I choose appropriate   |   | another player when  | I can work with others and  |
|              | fairly.  | coming towards me.  | movements for different  | I can say what I liked about  | defending.   | make safe choices.  |
|              | I understand when I am   | I can work co-operatively   | dance ideas.   | someone else's  | I recognise changes in my  | I try my best.  |
|              | successful.  | with a partner.   | I say what I liked about   | performance.  | body when I do exercise.   | , ,   |
|              |  | '   | someone else's   | I can use apparatus safely  | ,  | I understand the  |
|              |  |   | performance.   | and wait for my turn.   | I understand when I am a   | difference between a  |
|              |  |   |  |   | defender and when I am   | jump, a leap and a hop  |
|              |  |   | I show some sense of dynamic and expressive  |   | an attacker.   | and can choose which allows me to jump the  |
|              |  |   | I dynamic and expressive   |   |  |   |
|              |  |   |  |   |  |   |
|              |  |   | qualities in my dance.   |   |  | furthest.   |
|              | TARGET GAMES   | FITNESS   |  | SWIMMING  | TEAM BUILDING  |   |
|              |  |   | qualities in my dance.  YOGA   |   |  | furthest.  FUNDAMENTALS   |
|              | I can recognise changes in   | FITNESS  I can recognise changes in my body when I do   | qualities in my dance.   | SWIMMING I can explain a pool rule that helps me to stay safe.  | TEAM BUILDING  I can communicate simple instructions.  | furthest.  FUNDAMENTALS  I can change direction   |
|              |  | I can recognise changes in  | qualities in my dance.  YOGA I can recognise how yoga  | I can explain a pool rule<br>that helps me to stay safe.  | I can communicate simple instructions.   | furthest.  FUNDAMENTALS  I can change direction when moving at speed.   |
|              | I can recognise changes in<br>my body when I do<br>exercise.   | I can recognise changes in<br>my body when I do<br>exercise.  | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally.   | I can explain a pool rule<br>that helps me to stay safe.<br>I can float on my front and   | I can communicate simple   | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in   |
|              | I can recognise changes in<br>my body when I do<br>exercise.<br>I can use an overarm   | I can recognise changes in my body when I do exercise.  I can share my ideas with   | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally. I can remember and  | I can explain a pool rule<br>that helps me to stay safe.  | I can communicate simple instructions.   | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do  |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a   | I can recognise changes in<br>my body when I do<br>exercise.  | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking  | I can explain a pool rule<br>that helps me to stay safe.<br>I can float on my front and   | I can communicate simple instructions. I can follow instructions.  | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in   |
|              | I can recognise changes in<br>my body when I do<br>exercise.<br>I can use an overarm   | I can recognise changes in my body when I do exercise.  I can share my ideas with   | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally. I can remember and  | I can explain a pool rule<br>that helps me to stay safe.<br>I can float on my front and<br>back.  | I can communicate simple instructions. I can follow instructions. I can follow path and lead others.   | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do  |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a   | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class.  | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally.  I can remember and repeat actions, linking poses together.  I can say what I liked about   | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water.   | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others'   | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.   |
|              | I can recognise changes in my body when I do exercise.  I can use an overarm throw aiming towards a target.  | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class. I can talk about what exercise does to my body.  | qualities in my dance.  YOGA  I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together.  | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance  | I can communicate simple instructions. I can follow instructions. I can follow path and lead others.   | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.   |
|              | I can recognise changes in my body when I do exercise.  I can use an overarm throw aiming towards a target.  I can roll a ball towards a target.   | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise   | yOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow.   | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy   | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others'   | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own   |
|              | I can recognise changes in my body when I do exercise.  I can use an overarm throw aiming towards a target.  I can roll a ball towards a target.  I can use an underarm  | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class. I can talk about what exercise does to my body.  | YOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness   | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance  | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas.  | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own actions in response to a                               |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a  | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class.  I can talk about what exercise does to my body.  I recognise how exercise makes me feel.  I try my best in the  | YOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling.                           | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy aid. I know and can                           | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks.  | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own   |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a target.  | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise makes me feel.  | YOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling. I can work with others to | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy aid. I know and can demonstrate what to do if | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner                    | furthest.  FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own actions in response to a task.  I can show hopping and |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a target. I can use an underarm throw aiming towards a target. I can work co-operatively | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class. I can talk about what exercise does to my body. I recognise how exercise makes me feel. I try my best in the challenges I am set.                            | YOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling.                           | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy aid. I know and can                           | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner and a small group. | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own actions in response to a task.                                    |
|              | I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a target.  | I can recognise changes in my body when I do exercise.  I can share my ideas with other people in the class.  I can talk about what exercise does to my body.  I recognise how exercise makes me feel.  I try my best in the challenges I am set.  I understand why it is | YOGA I can recognise how yoga makes me both feel physically and mentally. I can remember and repeat actions, linking poses together. I can say what I liked about someone else's flow. I can show an awareness of space when travelling. I can work with others to | I can explain a pool rule that helps me to stay safe. I can float on my front and back. I can move and submerge confidently in the water. I can swim over a distance of 10m with a buoyancy aid. I know and can demonstrate what to do if | I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner                    | FUNDAMENTALS  I can change direction when moving at speed.  I can recognise changes in my body when I do exercise.  I can run at different speeds.  I can select my own actions in response to a task.  I can show hopping and            |
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| I understand what good technique looks like. |  |  | I can work co-operatively with others to complete tasks.                        |
|--|--|--|---|
|  |  |  | I show balance and co-<br>ordination when static and<br>moving at a slow speed. |