

Year 1 Knowledge What will I know and do by the end of the unit?
<p>I can change direction when moving at speed.</p> <p>I can recognise changes in my body when I do exercise.</p> <p>I can run at different speeds.</p> <p>I can select my own actions in response to a task.</p> <p>I can show hopping and jumping movements.</p> <p>I can work co-operatively with others to complete tasks.</p> <p>I show balance and co-ordination when static and moving at a slow speed.</p>



Year 2 Knowledge What will I know and do by the end of the unit?
<p>I am beginning to provide feedback using key words.</p> <p>I am beginning to turn and jump in an individual skipping rope.</p> <p>I can describe how my body feels during exercise.</p> <p>I can show balance when changing direction.</p> <p>I can show hopping, skipping and jumping movements with some balance and control.</p> <p>I can work co-operatively with a partner and a small group.</p> <p>I show balance and co-ordination when running at different speeds.</p>

What I will do:	
Physical Skills	<ul style="list-style-type: none"> <li>balancing</li> <li>sprinting</li> <li>jogging</li> <li>dodging</li> <li>jumping</li> <li>hopping</li> <li>skipping</li> </ul>
Social skills	<ul style="list-style-type: none"> <li>taking turns</li> <li>supporting and encouraging others</li> <li>working safely</li> <li>communication</li> <li>respect</li> </ul>
Emotional skills	<ul style="list-style-type: none"> <li>challenging myself</li> <li>perseverance</li> <li>honesty</li> </ul>
Thinking skills	<ul style="list-style-type: none"> <li>selecting and applying</li> <li>identifying strengths</li> <li>listening and following instructions</li> </ul>

Vocabulary I will know:			
Speed fast slow		safely	
dodge		land	
hop		direction	
steady jog		hurdle	