

# Physical - Movements

## Finding Out and Exploring

- Playing racing and chasing games
- Adjusting speed and changes direction to avoid obstacles
- Travelling under, over and through objects
- Different ways of moving: crawling, sliding, walking, running, skipping and hopping
- Object control
- Balance
- Co-ordination

## Developing

- A range of different jumping techniques
- Sending an object to a target
- Landing actions safely
- Movement using a range of actions showing different speeds, levels & direction
- Performance of balances occurring on different contact points
- Sending an object back and forth
- Using the correct amount of force when striking an object
- Using a range of equipment to rally
- Linking movements together in a sequence
- Using different actions, levels and pathways
- Performance of movements with good control and posture
- Moving safely and confidently
- Changing speed to evade opponents
- Changing direction to evade opponents
- Travelling with objects in different ways (dribbling)

## Mastering

- Changing their speed whilst moving
- Using different ways to take off when jumping
- Different techniques when throwing
- Technique and control of balance, flexibility and strength actions
- Good technique and control when linking actions
- Throwing an object accurately at a target
- Moving quickly in a range of directions
- Using a range of equipment to strike a ball
- Using the body as a barrier to opponents
- Moving the body to outwit an opponent
- Travelling with a range of equipment
- Executing a range of passes
- Scoring points for their team
- Tracking an object effectively
- The ready position in a range of contexts
- Good posture, extension and control
- Using different areas, levels, pathways and direction during creative movement
- Using mirror image and canon in their gym/dance sequences

# Solve – Thinking - Psychological

## Finding Out and Exploring

- Negotiating space safely
- Having their own ideas
- Trying new ideas
- Making simple suggestions to improve
- Willing to have a go
- Keeps trying
- Making links
- Choosing ways to do things
- Understanding mistakes are ok and they support learning

## Developing

- Planning their journey through a crowded area
- Choosing safe areas to take off
- Selection the right amount of energy when throwing
- Being creative with the balances they choose
- Discovering ways to help them keep steady
- Seeking challenge in different movements
- Creating and applying simple tactics
- Tracking the line of a ball/object
- Seeking additional challenge with tasks
- Creativity with their movements
- Counting in time with music
- Identifying space to move in to
- Creativity with methods used to evade opponents e.g. 2v1
- Identifying the movement of an opponent
- Identifying what they or their team have done well
- Knowing how to improve
- Trialling new ideas

## Mastering

- Evaluating their own performance
- Predicting where their opponent might move
- Planning where their throw might hit the target
- Recognising balance, flexibility and strength actions
  - Applying redrafting skills to refine sequences
    - Being creative with movements used in a sequences
- Being creative with movements used in sequences
  - Identifying space to strike an object into
    - Seeking additional challenge
  - Identifying the movement of an opponent
- Creating a plan to protect their goal/scoring zone
- Identifying space to move in to be able to support a friend
- Knowing when is best to pass and when not to
- Contributing ideas and creativity when adapting the games and rules
  - Understanding and following the rules
  - Being brave and taking risks in the games
    - Showing feeling in their movements
  - Being creative with designing sequences
    - Using choreography to think of ideas
- Showing emotional control when winning and losing

# Social and Emotional

## **Finding Out and Exploring**

- Enjoying the activities
- Enjoying achievement
- Taking turns
- Sharing ideas
- Congratulating opponents
- Asking questions – pupils and adults
- Engaging in a range of pupil led activities
- Developing friendships and relationships

## **Developing**

- Working with a partner to overcome problems within an activity
- Performing their actions to a partner
- Providing feedback to a partner
- Identifying strengths and areas for improvements
- Encouraging other pupils to build confidence
- Collaborating with their team-mates
- Sharing their thoughts and strategies with a partner
- Reflecting on their learning and progress
- Celebrating calmly as an individual
- Enjoys winning e.g smiles
- Congratulating an opponent if they lose

## **Mastering**

- Creating a plan as part of a group
- Sharing ideas that might support the learning of a peer
  - Supporting others to develop their skill
- Working with others to develop sequences
- Applying tactics and strategies as part of a team
- Reflecting on their learning and progress with others
  - Asking for support from a friend
  - Identifying a friend that needs help
  - Contributing to team discussions
  - Collaborating with their team-mates
- Linking with other classmates effectively in both cooperation and competitive scenarios
- Practicing and competing with different classmates
  - Helping each other to play fairly
    - Resolving disagreements
      - Taking turns
    - Including everyone in games
  - Recognising and celebrating difference