

Unit	Lesson name	Lesson No.	Learning objective	Expected Standard (EXS)	Greater depth (GDS)
Y1 body management	Balance and tension in small body parts	1	To know, use and demonstrate small body parts	All- Know and use small body parts. Most- can balance using 4,3,2,1 body parts	Some- can show tension
	Balance and tension in large body parts	2	To know, use and demonstrate large body parts	All- know and use large body parts Most- use a variety of LBP	Some- show tension
	Linking	3	To link to static positions	All- can link 2 balances Most- introduce extra linking movement.	Some- include an element of performance
	Introduction to sequences	4	To perform a learnt sequence	All- can copy a sequence. Most- can copy a more complex sequence.	Some- element of performance.
	Creating a sequence	5	To perform an original 3 part sequence	All- can perform a sequence. Most- show evidence of tension.	Some- tension throughout.
	review and refine work	6	To evaluate and perform original sequence.	All- know what makes a good sequence. Most- give out feedback.	Some- act on feedback.
Y1 Locomotion	Explore Movement	1	To know a variety of ways to move.	All- can copy 4 moves effectively. Most- know and use a variety of movements.	Some- some can develop movements
	Variety of Movement	2	To use different forms of movement.	All- can move effectively Most- use a variety of movements	Some- develop movements (add bits)
	Straight Line	3	To investigate moving in a straight line.	All- can move in a straight line. Most- can move in a variety of ways.	Some- can move at speed using basic sprinting technique.
	Sideways	4	To explore sideways movement.	All- can move sideways. Most- can shift weight side to side.	Some- can use sideways movements for a purpose.

	Changing direction and spacial awareness	5	To change direction while moving. To be aware of space	All- can change direction whilst moving Most- can change direction quickly	Some- can change direction quickly to achieve a goal.
	Changing direction and spacial awareness	6	To change direction while moving. To be aware of space	All- can change direction whilst moving Most- can change direction quickly	Some- can change direction quickly to achieve a goal.
Y1 Interperntive dance	Explore Movement	1	To respond to stimuli.	All- can move freely. Most- move appropriately to stimuli.	Some- move with expression.
	Exploring Speed	2	To respond to stimuli.	All- can move freely. Most- can alter speed.	Some- can alter speed appropriately.
	Exploring Levels	3	To be aware of different levels in dance.	All- can move freely on different levels. Most- can alter level to represent something.	Some- show originality.
	Exploring Direction	4	To use space and direction when responding to stimuli.	All- can change direction randomly Most- can change direction with purpose.	Some- can change direction with originality.
	Combination	5	To link 2 movements in a sequence.	All- can move with the music. Most- can link 2 or more movements together.	Some- can perform a sequence with precision and fluidity.
	Refine and Perform	6	To repeat combinations.	All- can move to music. Most- repeat sequences.	Some- improve sequences based on feedback.
	Jumping	1	To explore and evaluate different jumps	All- demonstrate a variety of jumps Most- adapt a variety of jumps.	Some- Explain differences between jumps.

Y1 Athletics	Jumping	2	To know basic principles of jumping for height	All- know basic principles. Most- can demo basic principles.	Some- can expertly demonstrate principles.
	Running	3	To explore movement in a straight line	All- can evaluate different movements. Most- can identify most efficient movement.	Some- can move with speed and control.
	Running	4	To have an awareness of speed.	All- are aware of fast and slow. Most- change pace with control.	Some- travel with control using various stride lengths.
	Throwing	5	To explore throwing for different purposes.	All- can throw an object in a given direction. Most- use different techniques to throw an object.	Some- select appropriate technique and amount of power.
	To throw with control	6	To throw with control	All- can throw with some control Most- can throw with accuracy and power.	Some- can adapt technique to different situations.
Y1 gym floor	Explore Travel	1	To know and use different methods of travelling.	All- can move in different ways. Most- can adapt movements.	Some- Begin to move with control.
	Stepping	2	To use different gymnastic movements	All- can move confidently and safely. Most- know and describe effective gymnastic movements.	Some- move with control.
	Sequence	3	To perform a simple sequence	All- can copy a sequence Most- can create a sequence.	Some- can perform a sequence with control
	Movement	4	To know and use different methods of moving on the ground.	All- can move in different ways. Most- can adapt movements.	Some- can move with control.

	Rolling	5	To perform specific gymnastic movements.	All- can perform different rolls. Most- can begin to roll with control.	Some- can consistently roll with control
	Sequence	6	To create a simple sequence using balance and a roll	All- can copy a sequence Most- can create a sequence.	Some- can perform a sequence with control
Y1 performance dance	Explore Movement	1	To explore moving to music	All- can move in different ways. Most- can move with control and purpose.	Some- can show elements of performance.
	Refining Movement	2	To use elements of dance in movement	All- can move with control, Most- can improve movements.	Some- can show elements of performance.
	Teach Sequence	3	To perform a sequence of movements	All- can copy a simple sequence. Most- can perform sequence in time with others.	Some- can learn a sequence quickly and lead small groups.
	Own Sequence	4	To create an original sequence	All- can perform a sequence of moves. Most- can create an original sequence of movements.	Some- can create an original sequence and perform with timing and control.
	Practice	5	To perform a sequence of movements.	All- can perform a sequence of moves. Most- can work collaboratively to adapt a sequence.	Some- show elements of leadership when working within a group.
	Refine and Perform	6	To perform in time to music.	All- can copy sequence of moves Most- can move in time to the music.	Some- can move in time to music consistently.
	Jumping	1	To explore jumping	All- can jump and land safely Most- can jump and land in different ways.	Some- can jump and land with balance.

Gym - Flight	Jumping	2	To know principles of take-off and landing.	All- can jump and land safely. Most- can demonstrate effective jumping and landing technique.	Some- can jump and land with balance.
	Jumping	3	To use different take-off and landing points.	All- can jump and land from different points. Most- can use effective technique in most jumps.	Some- can use effective technique in all jumps.
	Jumping	4	To alter shapes in the air.	All- can explore basic shapes. Most- can land safely after jump.	Some- can show tension in a variety of jumps.
	Turns and Sprins	5	To turn using good technique	All- can turn/spin and stop. Most- can turn/spin and stop with control	Some- can extend turn by stepping out.
	Sequence	6	To create a 5 part sequence	All- can show 5 part sequence. Most- show control in a sequence.	Some- show tension and control.
Games - Object	Balance	1	To explore ways of moving an object	All- can move whilst balancing an object. Most- can move an object in a variety of ways.	Some- can move with an object at speed.
control	Change of side	2	To use both sides of body to move an object.	All- can move while balancing an object using both sides of their body. Most- can move an object using a variety of ways.	Some- can move an object at speed using both sides of body.
	Control within a space	3	To control an object in a small space.	All- can control an object in a variety of ways. Most- can control object in a tight space.	Some- can control objects using 1 hand.

	Control along a line	4	To control object along a straight line.	All - can control object moving in a straight line. Most - can show control with 1 hand.	Some - can show control consistently (using different balls and positions)
	Control whilst changing direction	5	To control whilst changing direction	All - can keep control whilst changing direction. Most - can keep close control using different body parts.	Some - show control with a change of direction at speed.
	Control with a stick or bat	6	To control object using a stick or a bat.	All- can control object with equipment Most- can control in a variety of ways with equipment.	Some- consistently control using equipment. Some- can evaluate effectiveness of equipment.
"Games – Net/Wall	Hand/Eye Coordination	1	To develop hand/eye coordination	All- can move in different directions Most- show basic levels of hand/eye coordination.	Some- can demonstrate hand/eye coordination whilst moving.
	Accuracy	2	To develop hand/eye coordination	All- can roll with accuracy Most- can throw with accuracy	Some- can consistently use good technique.
	Racket Skills	3	To introduce racket skills	All- can hold tennis racket effectively. Most- can show racket control and a certain level of comfort.	Some- can show control and comfort with racket and ball.
	Racket Accuracy	4	To develop racket skills To know hitting position	All- can push and control ball with a racket. Most- can push and control ball with accuracy.	Some- can demonstrate accuracy consistently.
	Racket Accuracy	5	To develop racket skills. To strike a moving ball.	All- can hit a rolling ball. Most- hit a rolling ball with control.	Some- hit a bouncing ball

	Striking Control	6	To combine racket and hand/eye coordination	All- hit a rolling ball with control. Most- hit a bouncing ball.	Some- hit a bouncing ball with control.
Sending and Receiving"	Rolling	1	To roll an object and stop it.	All- can roll an object in a given direction. Most- can select appropriate speed.	Some- can roll and control consistently.
	Rolling	2	To roll with control (self and target)	All- can select appropriate speed. Most- roll with control.	Some- Roll with increased accuracy.
	Rolling	3	To roll with control. To receive with consistency.	All- can roll with increased accuracy. Most- can control a moving object.	Some- can move to control an object.-
	Throwing	4	To throw with control	All- can change type of throw. Most- can throw different objects accurately.	Some- can throw all objects accurately consistently.
	Throwing and Catching	5	To throw and control an object	All- can throw to themselves. Most- control ball eventually.	Some- catch ball consistently.
	Throwing	6	To throw and control an object with a partner	All- can throw accurately Most- Catch and throw within 1 metre.	Some- throw and catch consistently over different distances.
	Run, Forward Movement	1	To move forward fluently	All- can move forward Most- can move forward at varying speeds.	Some- can self- select appropriate speed.
	Explosion	2	To move explosively with control.	All- can move explosively. Most- can explode at different levels.	Some- can link explosions.
	Low Level Movement	3	To select appropriate movements.	All- can move at a low level Most- choose appropriate movement.	Some-move fluently at a low level.

Locomotion	Sequences	4	To link explosive movements	All- can link 2 forms of movement. Most- can link 2 movements on command with balance.	Some- can show fluency.
	Agility	5	To control movement effectively	All- can show agility when moving forward and backwards. Most- can link movements with agility and fluency.	Some- can select appropriate movements at specific times.
	Agility	6	To control movement effectively	All- can show agility when moving forward and backwards. Most- can link movements with agility and fluency.	Some- can select appropriate movements at specific times.
Sending and Receiving 2.	Sending	1	To send an object with accuracy	All- can send an object accurately. Most- can select best way to send.	Some- can adapt sending technique.
	Controlling and object	2	To stop and control a moving object.	All- can stop a moving object consistently. Most- can move to control an object.	Some- can predict where to move to stop a ball.
	Sending and Receiving	3	To send and receive accurately and consistently	All- can send and receive consistently. Most- can send and receive a ball on the move.	Some- can show awareness of moving into space and receiving on the move.
	Running	4	To apply sending and receiving to a game.	All- can apply skills of sending and receiving. Most- can show awareness of purpose.	Some- can show an element of leadership within a group.
	Throwing	5	To throw accurately To catch consistently	All- can throw and catch consistently Most- can select appropriate throw.	Some- can adapt throwing and catching technique.

	Throwing	6	To apply throwing and catching to game.	All- can apply skills of throwing and catching. Most- can show awareness of purpose.	Some- can show an element of leadership within a group.