



Hadfield Infant School - Medium Term Progression

Subject - Physical Education	Term - Summer 5
Curriculum Content	
Year 1	Year 2
<p>Games To carry our basic striking and hitting techniques. Throw underarm and overarm Catch and bounce a ball. Travel with a ball in different ways. To travel with a ball in different directions; forwards, backwards, side to side. Practice passing as part of a game. Use different ways of travelling, in different directions. Run at different speeds Begin to use the space in a game. Begin to use the terms attacking and defending. Follow simple rules to play games, including team games.</p> <p>Dance Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction.</p>	<p>Games Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Practice basic sending and receiving. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw equipment for distance. Use hand-eye co-ordination to control a ball. Throw different types of equipment for accuracy and distance. Vary types of throw used. Travel with a ball in different directions; forwards, backwards and side-to side with control and fluency. Bounce and kick a ball whilst moving. Know how to pass the ball in different ways. Understand the importance of rules in a game.</p> <p>Dance Change rhythm, speed, level and direction with consistency. Dance with control and co-ordination. Make a sequence by linking sections together. Link some movement to show a mood or feeling.</p>
Vocabulary	
<p>Throw, catch, underarm, overarm, aim, pass, space, teamwork, improve, challenge, change direction, own space, teamwork,</p> <p>Balance, sequence, speed, level, direction, partner, mirror, follow, copy, repeat, shadow, shape, perform, travel, turn, jump, pathway, link, remember, safely,</p>	<p>Striking, Catching, Own space, Team, Speed, Direction, Passing, Controlling, Shooting, Scoring</p> <p>Rhythm, Mirror, shadow, gesture, cannon, control, expression, co-ordination, rhythm, speed, level, direction, reflect, mood, feeling, movement, sequence, turn, height, positional vocabulary - under, over, through, above, behind.</p>