**Year Group 1**

**Spring Term 2**

**Skill Focus: Flight**

Generic skill to develop in every session: Communication & self-control/management of behaviour.

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| **Objectives** | **Activity Development** | **Resources** |
| I can **take off from 2 feet** with increasing control, knowledge and understanding. | Activity ideas to work towards this terms outcomes can be found in the additional resources section.To develop these areas of movement, opportunities need to be open not only in their PE lessons, but at break and lunchtimes, in other lessons across the curriculum, and in after school contexts. | Activity planning ideas that can be used to teach this area of movement:* Hop, leap and jump
* Fantastic elastic
* Colours game
* Bean bag relay
* Animal obstacle course
* Active cube
* Movement to music
* Shadows
* Paper fortune teller
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| I can **take off from 1 foot** with increasing control, knowledge and understanding. |
| I can **land on 2 feet** with increasing control, knowledge and understanding. |
| I can **land on 1 foot** with increasing control, knowledge and understanding. |
| I can **hop** with increasing control, knowledge and understanding. |
| I can **jump over objects** with increasing control, knowledge and understanding. |
| I can **jump onto objects** with increasing control, knowledge and understanding. |
| I can **jump along objects** with increasing control, knowledge and understanding. |
| I can **jump holding objects** with increasing control, knowledge and understanding. |
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**Year Group 1**

**Spring Term 2**

**Skill Focus: Flight**

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| **Objectives:**1. I can **take off from 2 feet** with increasing control, knowledge and understanding.
2. I can **take off from 1 foot** with increasing control, knowledge and understanding.
3. I can **land on 2 feet** with increasing control, knowledge and understanding.
4. I can **land on 1 foot** with increasing control, knowledge and understanding.
5. I can **hop** with increasing control, knowledge and understanding.
6. I can **jump over objects** with increasing control, knowledge and understanding.
7. I can **jump onto objects** with increasing control, knowledge and understanding.
8. I can **jump along objects** with increasing control, knowledge and understanding.
9. I can **jump holding objects** with increasing control, knowledge and understanding.
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| **LAP** | **MAP** | **HAP** |
| Pupils who need additional movement support: | Pupils who are showing G&T movement: | Additional comments: |