



Physical Education – Spring 1 - Cycle A 2022/23 – Class 2 – FMS & Gym - Jack & the Beanstalk



Knowledge (NC) Gymnastics & FMS To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Markers for Assessment Can perform fundamental movement skills – running, jumping, rolling a ball Can balance and perform a simple sequence of movements	Below	Above
Skills To show a jump 2 feet to 2 feet with a straight shape. To throw overarm with some accuracy. To climb with confidence. To show a jump 2 feet to 2 feet with a wide shape. To perform an egg roll with some control. To show a jump 2 feet to 2 feet with a tuck shape. To roll a ball at a target with accuracy.	Markers for Assessment Travelling on hands and feet <ul style="list-style-type: none"> • Hands on floor with flat palms thumb pointing forward • Flat palms and good extension of arms and legs when in caterpillar Landing <ul style="list-style-type: none"> • Land on the balls of the feet, bend knees • Arms forward for balance Overarm Throw <ul style="list-style-type: none"> • Stand sideways • Step forward with opposite foot to throwing arm • Hold opposite arm up for balance and aim • Follow through with arm after releasing object Egg Roll <ul style="list-style-type: none"> • Curl up tight • Tuck your chin on your chest • Round back • Roll sideways Star Shape <ul style="list-style-type: none"> • Good extension of arms and legs Rolling a ball <ul style="list-style-type: none"> • Hand swings down and back behind body while chest faces forward • Step forward with opposite foot to rolling arm • Bend knees to lower body • Release ball close to the floor 	Below	Above
Prior Knowledge To master basic movements including running, jumping, throwing and catching,	Vocabulary Travel, jump, run, catch, roll, climb, sequence, balance, apparatus, accuracy, landing, overarm throw, opposite, extension, release, target		
Prior Skills To demonstrate a travel and pencil roll. To show a jump 2 feet to 2 feet with a straight shape. To demonstrate travelling actions i.e. frog & bunny hop.			

<p>To show an egg roll. To show a jump 2 feet to 2 feet with a tuck shape. To show a travel and roll with a shape. To jump 2 feet to 2 feet with a wide shape.</p>	
<p>Questions (potential 'hook' questions for lessons)</p> <ul style="list-style-type: none">• What do you think I mean by self-belief? <p>Self-belief is about having confidence in our ability and be willing to practice to improve.</p> <ul style="list-style-type: none">• What's the most important thing you must do?	<p>Cross-Curricular/Enrichment SCIENCE/PSHE</p> <ul style="list-style-type: none">• Healthy bodies – exercise for health