

Year 1 – Unit 1 – Personal

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Extend agility, balance and Coordination.</i>	Coordination Footwork	<ul style="list-style-type: none"> - To know how to march on the spot. - To know how to move forwards and backwards in different ways. - To know how to run on the spot. - To know how to side-step in both directions. - To know how to gallop, leading with either foot. - To know how to hop on either foot. - To know how to skip. - To know how to side-step in both directions. - To know how to gallop, leading with either foot. - To know how to hop on either foot. - To know how to skip. 	With fluency and control: <ul style="list-style-type: none"> - To know how to combine side steps with 180-degree front pivots off either foot. - To know how to combine side steps with 180-degree reverse pivots off either foot. - To know how to skip with knees on opposite elbow, both at 90-degree angle.
4 - 6	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	Static Balance One leg	<ul style="list-style-type: none"> - To know how to stand on both legs and change height, for example bend knees, balance on tiptoes. - To know how to stand on one leg and then change to the other leg. - Stand on 1 leg and count to 5, then change to the other leg. - Stand on 1 leg and change height, maybe in time to a song or beat. - Stand on 1 leg and change shape, for example use their body to form different letters. - Stand on 1 leg and count to 5, then change to the other leg. - Stand on 1 leg and change height, maybe in time to a song or beat. - Stand on 1 leg and change shape, for example use their body to form different letters. 	Maintaining balance on both legs: <ul style="list-style-type: none"> - To know how to stand still for 30 seconds. - To know how to complete 5 mini-squats.