

**Year 2 – Unit 1 – Personal**

<b>Week</b>	<b>NC Objective</b>	<b>Focus</b>	<b>Remember (Prior knowledge)</b>	<b>Know (New Knowledge)</b>
<b>1 - 3</b>	<i>Extend agility, balance and Coordination.</i>	<b>Coordination</b> Footwork	<b>With fluency and control:</b> <ul style="list-style-type: none"> <li>- To know how to combine side steps with 180-degree front pivots off either foot.</li> <li>- To know how to combine side steps with 180-degree reverse pivots off either foot.</li> <li>- To know how to skip with knees on opposite elbow, both at 90-degree angle.</li> </ul>	<b>With fluency and control, starting slowly and then at maximum speed:</b> <ul style="list-style-type: none"> <li>- To know how to hopscotch forward and backwards, alternating my hopping leg each time.</li> <li>- To know how to complete three step zig zag patterns forwards.</li> <li>- Now how to complete three step zig zag patterns backwards.</li> </ul>
<b>4 - 6</b>	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	<b>Static Balance</b> One leg	<b>Maintaining balance on both legs:</b> <ul style="list-style-type: none"> <li>- To know how to stand still for 30 seconds.</li> <li>- To know how to complete 5 mini-squats.</li> </ul>	<b>Maintaining balance on both legs:</b> <ul style="list-style-type: none"> <li>- To know how to stand still for 30 seconds with eyes closed.</li> <li>- To know how to complete 5 squats.</li> <li>- To know how to complete 5 ankle extensions.</li> </ul>