

Year 1 – Social – Unit 2

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	Master basic movements including jumping.	Dynamic balance to agility Jumping and landing	<ul style="list-style-type: none"> - To know how to swing your arms and bend your knees on the spot. - To know how to hold onto something and jump. - To know how to jump up, first bending your knees to take off and then bending your knees to land. - To know how to jump from 2 feet to 2 feet forwards backwards and side to side. 	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to jump from 2 feet to two feet with a quarter turn in both directions. - To know how to stand on a line and jump from two feet to 1 foot and freeze on landing.
4 - 6	Develop balance, agility and co-ordination.	Static balance Seated	<ul style="list-style-type: none"> - To know how to shuffle around. - To know how to squeeze your tummy tight and count to 10. - To know how to lift your bottom off the floor and count to 10. - To know how to balance with both hands and feet touching the floor. - To know how to balance with one hand and two feet touching the floor. - To know how to balance with two hands and one foot touching the floor. - To know how to balance with one hand and 1 foot touching the floor. - To know how to balance with no hands or feet touching the floor. 	In a seated position with no hands or feet touching the floor: <ul style="list-style-type: none"> - To know how to pick up a cone from one side, swap hands and place it on the other side. - To know how to return the cone to the opposite side.