

Year 1 – Unit 3 – Cognitive

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	Dynamic Balance On a line	<ul style="list-style-type: none"> - To know how to touch their hand to opposite knee while sitting down – slowly, quickly, eyes closed. - To know how to do the same standing up and then on the move. - To know how to crawl around tooting like a train, moving opposite arm and leg. - To know how to walk forwards with fluidity and minimum wobble. - To know how to walk backwards with fluidity and minimum wobble. 	Maintaining balance on a line: <ul style="list-style-type: none"> - To know how to walk fluidly, lifting knees up to 90°. - To know how to walk fluidly, lifting heels up to bottom.
4 - 6	<i>Master basic movements including throwing and catching.</i>	Static Balance Stance	<ul style="list-style-type: none"> - To know how to stand on the balls of their feet and try not to put their heels down. - To know how stay on the balls of their feet, shake their hands high/low/quick/slow. - To know how to lift their right/left foot off the ground and place it down. - To know how to stand on a line with a good stance for 10 seconds. 	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to stand on a low beam with a good stance for 10 seconds.