

Year 1 – Unit 4 – Creative

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Extend their agility, balance and coordination, individually and with others.</i>	<b>Coordination</b> Ball skills	<ul style="list-style-type: none"> <li>- To know how to move a ball from one hand to the other.</li> <li>- To know how to move a ball along the floor.</li> <li>- To know how to sit and roll a ball up and down my legs and round my upper body using two hands.</li> <li>- To know how to sit and roll a ball along the floor around my body using one hand.</li> </ul>	<b>With both right and left hand, maintaining control:</b> <ul style="list-style-type: none"> <li>- To know how to sit and roll a ball up and down legs and round upper body using one hand.</li> <li>- To know how to stand and roll a ball up and down legs and round upper body using one hand.</li> </ul>
4 - 6	<i>Extend their agility, balance and coordination, individually and with others.</i>	<b>Counter Balance</b> With a partner	<ul style="list-style-type: none"> <li>- To know how to sit down and see how far out to the side I can lean before losing balance.</li> <li>- I know how to sit down and see how far forwards and backwards I can lean before losing balance.</li> <li>- To know how to maintain balance with a partner.</li> <li>- To know how to sit holding hands with toes touching, leaning together then apart.</li> <li>- To know how to sit holding hands with toes touching and rock forwards, backwards and side to side.</li> </ul>	<b>With a partner, maintaining balance throughout:</b> <ul style="list-style-type: none"> <li>- To know how to hold on and, with a long base, lean back, hold our balance and move back together again.</li> <li>- To know how to hold on with 1 hand and, with a long base, lean back, hold our balance and move back together again.</li> </ul>

: