

FMS Progression Map: Reception – Year 2

Reception to Year 2: every curriculum unit mapped to all six Fundamental Movement Skill strands.

Legend: CORE = main assessment evidence to record. SUPPORT = useful supporting observation. NOT FORMAL = not the main evidence point for this unit. Cells are colour coded: green = CORE, yellow = SUPPORT, grey = NOT FORMAL.

Reception

| Term | Unit / Sport | Running | Jumping and Landing | Balance | Throwing | Catching | Striking |
|--------|----------------------------|--|--|--|---|--|---|
| Term 1 | Introduction to PE: Unit 1 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: moving safely into space, stopping on a signal and avoiding others. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: jumping over floor markers and landing in a balanced position. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: holding simple shapes during stop-start movement tasks. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | SUPPORT Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming beanbags or soft balls at large floor or wall targets. Teach: Teach underarm swing, pointing at the target and releasing gently. | SUPPORT Outcome: Tracks a large ball and traps it against the body. Evidence: tracking slow rolling or bouncing balls during partner exploration. Teach: Teach watching the ball, arms ready and trapping safely to the body. | SUPPORT Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: tapping or pushing a stationary ball using hand, foot or small bat. Teach: Teach eyes on object, controlled contact and stopping after the strike. |
| Term 1 | Gymnastics: Unit 1 | SUPPORT Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: travelling between shapes using controlled pathways and speeds. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: take-off, flight shape, jump sequence and safe landing. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: static balances, partner-free shapes and linked movement sequences. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 1 | Introduction to PE: Unit 2 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: moving safely into space, stopping on a signal and avoiding others. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: jumping over floor markers and landing in a balanced position. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: holding simple shapes during stop-start movement tasks. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | SUPPORT Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming beanbags or soft balls at large floor or wall targets. Teach: Teach underarm swing, pointing at the target and releasing gently. | SUPPORT Outcome: Tracks a large ball and traps it against the body. Evidence: tracking slow rolling or bouncing balls during partner exploration. Teach: Teach watching the ball, arms ready and trapping safely to the body. | SUPPORT Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: tapping or pushing a stationary ball using hand, foot or small bat. Teach: Teach eyes on object, controlled contact and stopping after the strike. |
| Term 1 | Dance: Unit 1 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: travelling in time with music using different pathways and directions. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: jumping, leaping or bouncing actions that land with control. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: holding shapes, freezing with control and transitioning between actions. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Fundamentals: Unit 1 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: start-stop games, simple dodging lines and moving through space safely. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: two-foot jumps, hops, low rebounds and soft controlled landings. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: static balances, travelling balances and recovering after movement. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming underarm throws at targets or to a close partner. Teach: Teach underarm swing, pointing at the target and releasing gently. | CORE Outcome: Tracks a large ball and traps it against the body. Evidence: tracking, receiving and securing a large ball with increasing control. Teach: Teach watching the ball, arms ready and trapping safely to the body. | SUPPORT Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: simple object-control tasks such as tapping a ball along the floor. Teach: Teach eyes on object, controlled contact and stopping after the strike. |
| Term 2 | Gymnastics: Unit 2 | SUPPORT Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: travelling between shapes using controlled pathways and speeds. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: take-off, flight shape, jump sequence and safe landing. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: static balances, partner-free shapes and linked movement sequences. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Fundamentals: Unit 2 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: start-stop games, simple dodging lines and moving through space safely. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: two-foot jumps, hops, low rebounds and soft controlled landings. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: static balances, travelling balances and recovering after movement. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming underarm throws at targets or to a close partner. Teach: Teach underarm swing, pointing at the target and releasing gently. | CORE Outcome: Tracks a large ball and traps it against the body. Evidence: tracking, receiving and securing a large ball with increasing control. Teach: Teach watching the ball, arms ready and trapping safely to the body. | SUPPORT Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: simple object-control tasks such as tapping a ball along the floor. Teach: Teach eyes on object, controlled contact and stopping after the strike. |
| Term 2 | Dance: Unit 2 | CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: travelling in time with music using different pathways and directions. Teach: Teach safe space, start-stop signals, head up and avoiding others. | CORE Outcome: Jumps from two feet and lands safely without falling. Evidence: jumping, leaping or bouncing actions that land with control. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor. | CORE Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: holding shapes, freezing with control and transitioning between actions. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 3 | Ball Skills: Unit 1 | SUPPORT Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: moving into position to collect, retrieve or receive a ball. Teach: Teach safe space, start-stop signals, head up and avoiding others. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | SUPPORT Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: stable body position before throwing, catching or striking. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes. | CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming throws to a target, hoop, wall or partner. Teach: Teach underarm swing, pointing at the target and releasing gently. | CORE Outcome: Tracks a large ball and traps it against the body. Evidence: tracking the ball and catching or trapping with control. Teach: Teach watching the ball, arms ready and trapping safely to the body. | CORE Outcome: Attempts to strike a stationary object with hand, foot or bat towards a target or space. Teach: Teach eyes on object, controlled contact and stopping after the strike. |

| | | | | | | | |
|---------------|----------------------------|--|--|--|--|--|---|
| Term 3 | Games: Unit 1 | <p>CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: moving into space, changing direction and responding to simple rules. Teach: Teach safe space, start-stop signals, head up and avoiding others.</p> | <p>SUPPORT Outcome: Jumps from two feet and lands safely without falling. Evidence: small jumps or hops during movement games and landings. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor.</p> | <p>SUPPORT Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: stopping, turning and staying stable when changing direction. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes.</p> | <p>CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: passing or aiming towards partners, zones or targets. Teach: Teach underarm swing, pointing at the target and releasing gently.</p> | <p>CORE Outcome: Tracks a large ball and traps it against the body. Evidence: receiving a ball during simple partner or team games. Teach: Teach watching the ball, arms ready and trapping safely to the body.</p> | <p>CORE Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: contacting a ball or object to send it into space. Teach: Teach eyes on object, controlled contact and stopping after the strike.</p> |
| Term 3 | Ball Skills: Unit 2 | <p>SUPPORT Outcome: Runs freely, stops on command and changes direction at walking speed, retrieve or receive a ball. Teach: Teach safe space, start-stop signals, head up and avoiding others.</p> | <p>NOT FORMAL Do not use this unit as the main evidence point for this strand.</p> | <p>SUPPORT Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: stable body position before throwing, catching or striking. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes.</p> | <p>CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: aiming throws to a target, hoop, wall or partner. Teach: Teach underarm swing, pointing at the target and releasing gently.</p> | <p>CORE Outcome: Tracks a large ball and traps it against the body. Evidence: tracking the ball and catching or trapping with control. Teach: Teach watching the ball, arms ready and trapping safely to the body.</p> | <p>CORE Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: striking with hand, foot or bat towards a target or space. Teach: Teach eyes on object, controlled contact and stopping after the strike.</p> |
| Term 3 | Games: Unit 2 | <p>CORE Outcome: Runs freely, stops on command and changes direction at walking speed. Evidence: moving into space, changing direction and responding to simple rules. Teach: Teach safe space, start-stop signals, head up and avoiding others.</p> | <p>SUPPORT Outcome: Jumps from two feet and lands safely without falling. Evidence: small jumps or hops during movement games and landings. Teach: Teach two-foot take-off, soft knees and landing without hands touching floor.</p> | <p>SUPPORT Outcome: Balances briefly for about 3 seconds or holds a simple shape. Evidence: stopping, turning and staying stable when changing direction. Teach: Teach stillness, arms out for support, eyes forward and simple body shapes.</p> | <p>CORE Outcome: Throws underarm towards a large target from 1-2m. Evidence: passing or aiming towards partners, zones or targets. Teach: Teach underarm swing, pointing at the target and releasing gently.</p> | <p>CORE Outcome: Tracks a large ball and traps it against the body. Evidence: receiving a ball during simple partner or team games. Teach: Teach watching the ball, arms ready and trapping safely to the body.</p> | <p>CORE Outcome: Attempts to strike a stationary object with hand, foot or bat. Evidence: contacting a ball or object to send it into space. Teach: Teach eyes on object, controlled contact and stopping after the strike.</p> |

Year 1

| Term | Unit / Sport | Running | Jumping and Landing | Balance | Throwing | Catching | Striking |
|--------|----------------|---|--|---|---|---|--|
| Term 1 | Ball Skills | SUPPORT Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: moving into position to collect, retrieve or receive a ball. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | SUPPORT Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: stable body position before throwing, catching or striking. Teach: Teach core tension, still head, arms for stability and controlled recovery. | CORE Outcome: Throws underarm to a partner or target from 2-3m with direction. Evidence: aiming throws to a target, hoop, wall or partner. Teach: Teach step and swing, face the target and release towards partner or target. | CORE Outcome: Catches a large ball with hands from a short distance. Evidence: tracking the ball and catching or trapping with control. Teach: Teach hands ready, eyes track the ball, fingers spread and soft hands. | CORE Outcome: Strikes a stationary ball with hand, foot, bat or racket. Evidence: striking with hand, foot or bat towards a target or space. Teach: Teach side-on body where appropriate, eyes on ball and controlled contact. |
| Term 1 | Dance | CORE Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: travelling in time with music using different pathways and directions. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | CORE Outcome: Jumps from two feet and lands with bent knees and emerging control. Evidence: jumping, leaping or bouncing actions that land with control. Teach: Teach bending knees on landing, arms for balance and landing on two feet. | CORE Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: holding shapes, freezing with control and transitioning between actions. Teach: Teach core tension, still head, arms for stability and controlled recovery. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 1 | Fundamentals | CORE Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: start-stop games, simple dodging lines and moving through space safely. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | CORE Outcome: Jumps from two feet and lands with bent knees and emerging control. Evidence: two-foot jumps, hops, low rebounds and soft controlled landings. Teach: Teach bending knees on landing, arms for balance and landing on two feet. | CORE Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: static balances, travelling balances and recovering after movement. Teach: Teach core tension, still head, arms for stability and controlled recovery. | CORE Outcome: Throws underarm to a partner or target from 2-3m with direction. Evidence: aiming underarm throws at targets or to a close partner. Teach: Teach step and swing, face the target and release towards partner or target. | CORE Outcome: Catches a large ball with hands from a short distance. Evidence: tracking, receiving and securing a large ball with increasing control. Teach: Teach hands ready, eyes track the ball, fingers spread and soft hands. | SUPPORT Outcome: Strikes a stationary ball with hand, foot, bat or racket. Evidence: simple object-control tasks such as tapping a ball along the floor. Teach: Teach side-on body where appropriate, eyes on ball and controlled contact. |
| Term 2 | Gymnastics | SUPPORT Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: travelling between shapes using controlled pathways and speeds. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | CORE Outcome: Jumps from two feet and lands with bent knees and emerging control. Evidence: take-off, flight shape, jump sequence and safe landing. Teach: Teach bending knees on landing, arms for balance and landing on two feet. | CORE Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: static balances, partner-free shapes and linked movement sequences. Teach: Teach core tension, still head, arms for stability and controlled recovery. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Invasion Games | CORE Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: moving into space, dodging defenders and changing speed to receive. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | SUPPORT Outcome: Jumps from two feet and lands with bent knees and emerging control. Evidence: landing after reaching, receiving or changing level where appropriate. Teach: Teach bending knees on landing, arms for balance and landing on two feet. | CORE Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: stopping, pivoting and changing direction while keeping control. Teach: Teach core tension, still head, arms for stability and controlled recovery. | CORE Outcome: Throws underarm to a partner or target from 2-3m with direction. Evidence: passing to a teammate or into space with direction. Teach: Teach step and swing, face the target and release towards partner or target. | CORE Outcome: Catches a large ball with hands from a short distance. Evidence: receiving a pass while stationary or beginning to move. Teach: Teach hands ready, eyes track the ball, fingers spread and soft hands. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 3 | Target Games | SUPPORT Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: moving safely to collect equipment and reset for the next attempt. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | SUPPORT Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: stable stance before aiming and releasing. Teach: Teach core tension, still head, arms for stability and controlled recovery. | CORE Outcome: Throws underarm to a partner or target from 2-3m with direction. Evidence: aiming beanbags or balls at targets with controlled force. Teach: Teach step and swing, face the target and release towards partner or target. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 3 | Athletics | CORE Outcome: Runs in a straight pathway, stops safely and shows emerging arm-leg coordination. Evidence: sprinting, sustained running, lane discipline and controlled changes of pace. Teach: Teach opposite arm-leg action, straight pathways, braking steps and safe stopping. | CORE Outcome: Jumps from two feet and lands with bent knees and emerging control. Evidence: jumping for distance or height and landing safely. Teach: Teach bending knees on landing, arms for balance and landing on two feet. | CORE Outcome: Balances on one foot for 3-5 seconds and begins to recover if unstable. Evidence: holding body control after take-off, landing or change of speed. Teach: Teach core tension, still head, arms for stability and controlled recovery. | CORE Outcome: Throws underarm to a partner or target from 2-3m with direction. Evidence: throwing for distance or accuracy using direction, force and follow-through. Teach: Teach step and swing, face the target and release towards partner or target. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |

Year 2

| Term | Unit / Sport | Running | Jumping and Landing | Balance | Throwing | Catching | Striking |
|--------|-----------------------------|--|--|---|---|--|--|
| Term 1 | Invasion Games | CORE Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: moving into space, dodging defenders and changing speed to receive. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | SUPPORT Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: landing after reaching, receiving or changing level where appropriate. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: stopping, pivoting and changing direction while keeping control. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | CORE Outcome: Throws overarm to a target from 3-5m with improving technique. Evidence: passing to a teammate or into space with direction. Teach: Teach side-on stance, opposite foot step, high elbow and follow-through to target. | CORE Outcome: Catches with hands from 2-3m with increasing consistency. Evidence: receiving a pass while stationary or beginning to move. Teach: Teach moving hands to the ball, cushioning the catch and keeping eyes on the ball. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 1 | Gymnastics | SUPPORT Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: travelling between shapes using controlled pathways and speeds. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | CORE Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: take-off, flight shape, jump sequence and safe landing. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: static balances, partner-free shapes and linked movement sequences. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Dance | CORE Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: travelling in time with music using different pathways and directions. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | CORE Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: jumping, leaping or bouncing actions that land with control. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: holding shapes, freezing with control and transitioning between actions. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Fitness | CORE Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: short bursts, sustained activity, changes of speed and recovery. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | CORE Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: repeated jumping actions in circuits with safe landing technique. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: body control during circuits, turns and changes of direction. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |
| Term 2 | Ball Skills | SUPPORT Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: moving into position to collect, retrieve or receive a ball. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | SUPPORT Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: stable body position before throwing, catching or striking. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | CORE Outcome: Throws overarm to a target from 3-5m with improving technique. Evidence: aiming throws to a target, hoop, wall or partner. Teach: Teach side-on stance, opposite foot step, high elbow and follow-through to target. | CORE Outcome: Catches with hands from 2-3m with increasing consistency. Evidence: tracking the ball and catching or trapping with control. Teach: Teach moving hands to the ball, cushioning the catch and keeping eyes on the ball. | CORE Outcome: Strikes a stationary or slow moving ball with direction and control. Evidence: striking with hand, foot or bat towards a target or space. Teach: Teach body position, timing of contact, direction of swing and aiming into space. |
| Term 3 | Striking and Fielding Games | CORE Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: running between bases, reacting to fielders and changing pace. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | SUPPORT Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: small adjustment steps or jumps when fielding. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: balanced batting stance and ready fielding position. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | CORE Outcome: Throws overarm to a target from 3-5m with improving technique. Evidence: fielding throws to a base, wicket or teammate. Teach: Teach side-on stance, opposite foot step, high elbow and follow-through to target. | CORE Outcome: Catches with hands from 2-3m with increasing consistency. Evidence: fielding catches from rolling, bouncing or thrown balls. Teach: Teach moving hands to the ball, cushioning the catch and keeping eyes on the ball. | CORE Outcome: Strikes a stationary or slow moving ball with direction and control. Evidence: striking a ball with direction into space. Teach: Teach body position, timing of contact, direction of swing and aiming into space. |
| Term 3 | Athletics | CORE Outcome: Runs with speed changes and simple direction changes while maintaining balance. Evidence: sprinting, sustained running, lane discipline and controlled changes of pace. Teach: Teach acceleration, deceleration, changing direction, looking for space and balanced turns. | CORE Outcome: Jumps for distance or height and lands with bent knees and control. Evidence: jumping for distance or height and landing safely. Teach: Teach powerful take-off, arm drive, soft landing and absorbing force through knees. | CORE Outcome: Balances for 5-8 seconds and recovers balance after simple movement. Evidence: holding body control after take-off, landing or change of speed. Teach: Teach low centre of gravity, controlled transitions and recovering after movement. | CORE Outcome: Throws overarm to a target from 3-5m with improving technique. Evidence: throwing for distance or accuracy using direction, force and follow-through. Teach: Teach side-on stance, opposite foot step, high elbow and follow-through to target. | NOT FORMAL Do not use this unit as the main evidence point for this strand. | NOT FORMAL Do not use this unit as the main evidence point for this strand. |