

Hampton Court House - Lower Years Curriculum - Sport: Years 1 and 2

	Autumn Term	Spring Term	Summer Term
Aims	<p><i>To ensure that all pupils:</i></p> <ol style="list-style-type: none"> <i>1. Develop competence to excel in a broad range of physical activities</i> <i>2. Are physically active for sustained periods of time</i> <i>3. Engage in competitive sports and activities</i> <i>4. Lead healthy, active lives.</i> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive - both against self and against others - and co-operative physical activities, in a range of increasingly challenging situations.</p>		
Invasion games	<p>Hockey: Safety with use of hockey stick, holding stick correctly. Sending and receiving pass, push and slap. Dribbling with ball and finding space. Small sided games.</p> <p>Netball: Sending and receiving netball, chest, shoulder and bounce pass. Movement without ball, finding space. Attacking forward, movement patterns. Shooting. Small sided games.</p>	<p>Football: Sending and receiving football, pass and trap. Dribbling with ball and finding space. Shooting at goal. Introduction of attack and defense. Small sided games.</p>	
Fitness – ABCs ongoing	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed.</p> <p>Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide base, weight</p>	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed.</p> <p>Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide</p>	<p>Agility: movement on toes with light feet, distribution of weight from one foot to another and changes in speed.</p> <p>Balance: static balances, shapes, use of body parts. Dynamic balance, keeping head up, wide</p>

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	distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.	base, weight distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.	base, weight distribution. Body management. Coordination: throwing, catching, application of more than one skill or component of fitness at the same time.
Athletics			Jumping: Introduce horizontal jumping skill, record a distance for long jump and standing jump. Throwing: Introduce throwing skills, over and under arm, record distance for throwing (foam javelin and tennis ball) Running: Introduce sprinting style, record time for 30m and 60m, experience running events, judging pace and distance. Prepare for sports day.
Racket Sport			Tennis: Introduce to basic equipment, safety and awareness of equipment and others around them. Volleys, contact point and foot placement. Forehand and backhand, positioning, contact point, follow through. Overheads, smashes and serving, self feed.

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Sticking and fielding			Cricket and Rounders: Introduce to basic equipment, safety and awareness of equipment and others around them. Batting, grip and stance. Fielding, catching, throwing, long barrier, bowling (underarm) and fun varied games.
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