



FS/KS1	Curriculum Flight Path Year A and B		
Autumn 1			
Lesson 1	Foundation	Year 1	Year 2
Theme	Ball Skills	Ball Skills	Games (Tag Rugby skills) Unit 2 Task 1
Question			Can you make it difficult for your opponent to pass, receive or score?
Vocabulary (progressive)		<ul style="list-style-type: none"> - Target - Aim - Rule - Catch - Underarm throw - Control - Hands ready - Watch the ball - Kick 	<ul style="list-style-type: none"> -2 hands -try -kick -Defend -Attack -Consecutive
Lesson 2			
Theme		Gymnastics Unit 1 Task 1	Gymnastics Unit 2 Task 1
Question		Can you link two moves to create a short sequence which you can perform?	Can you link for elements to create s sequence on a mat?
Vocabulary (progressive)		<ul style="list-style-type: none"> -Beginning, middle, end -Actions -Small, tall, narrow, wide -Control and care -Control 	<ul style="list-style-type: none"> -Explore -Composition -Coordination -Travel -Balance -Technique -Alignment



FS/KS1	Curriculum Flight Path Year A and B		
Autumn 2			
Lesson 1	Foundation	Year 1	Year 2
Theme		Games High 5 skills Unit 2 Task 2	Games High 5 skills Unit 2 Task 2
Question		Can you use different ways of throwing and striking, e.g. high, low, fast, slow, underarm, overarm?	Children to throw or strike the ball to their partner when they are ready, so that their team keeps the ball? Can you move into space to receive the ball?
Vocabulary		-ball control -hands ready -a dropped ball will bounce back. A ball thrown up will come back down	-jazz hands (fingers pointing up not towards the ball) -bounce pass -push ball to partner
Lesson 2			
Theme		Dance Unit 1 Task 1	Dance Unit 2 Task 1
Question		Can you create, perform and share short dances based on themes?	Can you create and perform short dances, using rhythm and expressive and dynamic qualities to show a range of moods, ideas and feelings?
Vocabulary		-Repeat -Motif -Unison, canon, mirroring	-Explore range -Bodies and limbs -Transition -Timing -Improvise -confidence

FS/KS1	Curriculum Flight Path Year A and B		
Spring 1			



Lesson 1	Foundation	Year 1	Year 2
Theme		Games Football Unit 2 Task 1	Games Football Unit 2 Task 1
Question		How accurately can you pass or kick the ball?	Do you know where your team players are and can you pass the ball accurately to them?
Vocabulary		-Direction -Team player -Overcrowding -Attacking -defending	-Obstacle -Variety -Effective -judging
Lesson 2			
Theme		Gymnastics Unit 1 Task 2	Gymnastics Unit 2 Task 2
Question		Can you link 3 "like" actions to create a sequence which can be performed?	Can you create a sequence of up to four elements which uses the floor and apparatus?
Vocabulary		-Beginning, middle, end -Actions -Small, tall, narrow, wide -Control and care -Control	-Explore -Composition -Coordination -Travel -Balance -Technique -Alignment



FS/KS1	Curriculum Flight Path Year A and B		
Spring 2			
Lesson 1	Foundation	Year 1	Year 2
Theme (overarching e.g Tudors)		Games Unit 2 task 1 Basketball	Games Unit 2 Task 1 Basketball
Question (based on specific components of knowledge and		How can you ensure your team scores as many points as possible?	
Vocabulary (progressive – so what are the new words?)		-ball control -hands ready -a dropped ball will bounce back. A ball thrown up will come back down	-jazz hands (fingers pointing up not towards the ball) -bounce pass -push ball to partner
Lesson 2			
Theme (overarching e.g Tudors)		Dance Unit 1 Task 1	Dance Unit 2
Question (based on specific components of knowledge and		Create, perform and share longer dance sequences based on themes	Create and perform longer dance sequences, using more complex rhythm and expressive and dynamic qualities to show a range of moods, ideas and feelings
Vocabulary (progressive – so what are the new words?)		-Repeat -Motif -Unison, canon, mirroring	-Explore range -Bodies and limbs -Transition -Timing -Improvise -confidence



FS/KS1	Curriculum Flight Path Year A and B		
Summer 1			
Lesson 1	Foundation	Year 1	Year 2
Theme (overarching e.g Tudors)		NET/WALL GAMES Tennis Games Unit 1 Task 2	NET/WALL GAMES Tennis Games Unit 2 Task 2
Question (based on specific components of knowledge and		How accurately can you send the equipment? How could you send the equipment in way that makes it difficult for your opponent to stop or intercept?	How can you best score points and prevent your opponent from scoring points?
Vocabulary (progressive – so what are the new words?)		-Catch (cup hands) -Watch the ball -Balance	-Catch (cup hands) -Watch the ball -Balance -Racket, grip
Lesson 2			
Theme (overarching e.g Tudors)		Gymnastics	Gymnastics Unit 2 Task 2 - extension
Question (based on specific components of knowledge and		Can you link 3 “like” actions, varying how they are performed, to create a sequence which can be performed?	Can you create a sequence of more than four elements which uses the floor and mostly higher apparatus?
Vocabulary (progressive – so what are the new words?)		-Beginning, middle, end -Actions -Small, tall, narrow, wide -Control and care -Control	-Explore -Composition -Coordination -Travel -Balance -Technique -Alignment



FS/KS1	Curriculum Flight Path Year A and B		
Summer 2			
Lesson 1	Foundation	Year 1	Year 2
Theme (overarching e.g Tudors)		Athletics	Athletics
Question (based on specific components of knowledge and		Can you run at a variety of speeds, changing pace and direction as needed?	Can you throw a variety of objects, changing your action to ensure distance and accuracy?
Vocabulary (progressive – so what are the new words?)		-Pace -Speed -Posture -Balance -Power	-Pace -Distance -Height
Lesson 2			
Theme (overarching e.g Tudors)		Striking and fielding games Games Unit 1 Task 3	Striking and fielding games Games Unit 2 Task 3
Question (based on specific components of knowledge and		How can you stop and retrieve a ball using different parts of the body?	Do you look for space? Can you move into space or it/place equipment into space to help your team?
Vocabulary (progressive – so what are the new words?)		-Catch (cup hands) -Watch the ball -Balance	-watch the ball -sideways on batting -throwing