

Stability - Nursery

Fundamental Movement Skills 1 - Reception



Head, Hand and Heart Progression

Nursery pupils will develop essential stability skills that support their overall physical development. Stability involves balance, coordination, and control of movements, which are foundational for later physical activities. **Reception** will explore and practice basic motor skills such as running, jumping, throwing, catching, and kicking, through engaging, fun, and age-appropriate activities. Building on children's coordination, balance, spatial awareness, and confidence in moving their bodies.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	To use my arms to help me balance (N) That a good balance means stillness (R)	To focus my eyes to help me balance (N) That a good balance means stillness (R)	The difference between a push and a pull (N) Which parts of my body help me with balancing (R)	How to jump in different ways (N) To use 2 feet to land jumps (R)	How to be keep balanced when carrying (N) The opposite foot is planted furthest forward when throwing (R)	To shift my weight quickly from one foot to the other to dodge well (N) Being balanced can assist you when throwing and catching (R)
	Maintain balance whilst moving slowly (Nursery) An overarm throw (R)	Twist, bend and reach whilst maintaining my balance (Nursery) Catching a bounced ball (R)	Push/Pull down, up, forward, backwards, high (Nursery) How I can hop on either leg (R)	Jump in a variety of ways (Nursery) I can jump for distance from 2 feet to 2 feet (R)	Maintain my balance whilst lifting and carrying (Nursery) How to throw an object underarm (R)	Dodge using space safely (Nursery) A range of Fundamental Movement Skills (R)
	School Value WOW Word N - Balance R - Aiming	School Value WOW Word N - Focused R - 'Being ready'	School Value WOW Word N - Push/Pull R - Hopping	School Value WOW Word N - Jumping R - Power	School Value WOW Word N - Safety R - Lunge	School Value WOW Word N - Dodge R - Movement Skills

This document shows the progression of knowledge (Head), skills (Hand) and the development of a child's characteristics (Heart) each week throughout the unit.

Striking and Fielding

Head, Hand and Heart Progression



Year 1 / Year 2



In this unit, pupils in Year 1 and Year 2 will develop fundamental skills in striking and fielding games. They will engage in activities that focus on basic techniques such as hitting, throwing, catching, and running. Through various fun and interactive games, students will improve their coordination, teamwork, and understanding of game rules, while building their confidence and enjoyment of physical activity.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>How to grip different objects when throwing (Y1)</p> <p>Where to strike a ball in a game to then get the most runs (Y2)</p>	<p>To stand sideways with opposite foot forward to throwing arm (Y1)</p> <p>To listen carefully to instructions and focus on the task (Y2)</p>	<p>How the speed of my action affects how far the object travels (Y1)</p> <p>To throw / strike into space to help score more runs (Y2)</p>	<p>How to handle equipment to strike objects (Y1)</p> <p>Why I should strike the ball into space (Y2)</p>	<p>How you work as a team will affect the outcome of the game (Y1)</p> <p>Where to strike the ball to get the maximum runs (Y2)</p>	<p>Throw using different tactics can produce different outcomes (Y1)</p> <p>When to stop running in a game so I am not run out (Y2)</p>
	<p>How to throw an object overarm (Y1)</p> <p>To strike a ball off a tee (Y2)</p>	<p>How to throw overarm at a target (Y1)</p> <p>How to strike a ball off a cricket tee and aim (Y2)</p>	<p>To roll a ball for my partner to chase and receive a thrown ball (Y1)</p> <p>How to throw overarm to a teammate (Y2)</p>	<p>To strike a ball off a tee (Y1)</p> <p>How to strike a ball into space (Y2)</p>	<p>Throw to team mates that are closer when fielding (Y1)</p> <p>How to bowl a ball underarm (Y2)</p>	<p>Strike low to avoid being caught out (Y1)</p> <p>How to use simple tactics in different games (Y2)</p>
	<p>School Value</p> <p>WOW Word 1 - Grip 2 - Stance</p>	<p>School Value</p> <p>WOW Word 1 - Aiming 2 - Space</p>	<p>School Value</p> <p>WOW Word 1 - Underarm 2 - Overarm</p>	<p>School Value</p> <p>WOW Word 1 - Head position 2 - Body position</p>	<p>School Value</p> <p>WOW Word 1 - Positions 2 - Accuracy</p>	<p>School Value</p> <p>WOW Word 1 - Tactics 2 - Adapt</p>

This document shows the progression of knowledge (Head), skills (Hand) and the development of a child's characteristics (Heart) each week throughout the unit.

Cricket

Head, Hand and Heart Progression



Year 3 / Year 4



In this unit, pupils in Year 3 and Year 4 will focus on developing a deeper understanding and practical skills related to cricket. Through engaging tasks, skill-building activities, and modified games, pupils will enhance their striking, bowling, and fielding abilities. This unit will not only teach the technical aspects of cricket but also emphasise teamwork, sportsmanship, and the importance of fair play in a fun and active learning environment.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Know how a good ready position can give you an advantage when fielding (Year 3)</p> <p>How to form a long barrier to field a hard shot (Year 4)</p>	<p>How to grip a ball when bowling (Year 3)</p> <p>The process of bowling from the coil to release of the ball (Year 4)</p>	<p>How to grip the bat (Year 3)</p> <p>Stop hard balls struck at me by forming a long barrier (Year 4)</p>	<p>How to position myself when wicket keeping (Year 3)</p> <p>How to move back and across, to play the pull shot (Year 4)</p>	<p>The different calls I can make as batsman (Year 3)</p> <p>What the crease is for (Year 3 & Year 4)</p>	<p>Why I need to call my name if going for a high catch (Year 3)</p> <p>To back up my fellow fielders in the field (Year 4)</p>
	<p>Throw accurately and powerfully (Year 3)</p> <p>Stop hard balls struck at me by forming a long barrier (Year 4)</p>	<p>Bowl a ball overarm with a straight arm (Year 3)</p> <p>Bowl with increasing accuracy (Year 4)</p>	<p>Stand sideways-on, with a high back lift, ready to receive a ball (Year 3)</p> <p>Step back and across to pull a short ball (Year 4)</p>	<p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket (Year 3)</p> <p>Pick up one-handed and throw (Year 4)</p>	<p>Bowl with a run up (Year 3)</p> <p>Bat successfully with a partner, communicating effectively (Year 4)</p>	<p>Play purposefully in a competitive game, taking on multiple roles effectively (Year 3)</p> <p>Communicate effectively with a partner when batting (Year 4)</p>
	<p>School Value</p> <p>WOW Word 3 - Ready 4 - Long barrier</p>	<p>School Value</p> <p>WOW Word 3 - Ball grip 4 - Coil step</p>	<p>School Value</p> <p>WOW Word 3 - V Grip 4 - Pull shot</p>	<p>School Value</p> <p>WOW Word 3 - Wicket Keeper 4 - Reaction</p>	<p>School Value</p> <p>WOW Word 3 - Communication 4 - Crease</p>	<p>School Value</p> <p>WOW Word 3 - Possession 4 - Formation</p>

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Cricket




Head, Hand and Heart Progression



Year 5 / Year 6



In this unit, pupils in Year 5 and Year 6 will build upon their cricket skills and knowledge, focusing on the technical aspects of batting, bowling, and fielding, while developing a deeper understanding of the game's strategies and tactics. Pupils will engage in both individual skill development and team-based activities to enhance their ability to play the game in a more competitive and structured way

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>What a position of anticipation looks like when fielding (Year 5)</p> <p>To slide my bat over the crease when running (Year 6)</p>	<p>To bowl from the crease line and that my foot can land on the line itself (Year 5)</p> <p>How to grip the bat correctly, take up a suitable stance and strike the ball consistently well (Year 6)</p>	<p>Which ground fielding technique to use and why (Year 5)</p> <p>Which calls I should use when batting (Year 6)</p>	<p>When I might use a one-handed pick-up technique (Year 5)</p> <p>To mark my bowling run-up, look at the target, keep my head still and deliver from as close to the stumps as possible (Year 6)</p>	<p>What overthrows are and why it is used (Year 5)</p> <p>When to play a square cut shot (Year 6)</p>	<p>Why it is important for fielders to follow the bowler in (Year 5)</p> <p>When to play a square or cut shot (Year 6)</p>
	<p>Catch consistently well under pressure (Year 5)</p> <p>Throw accurately overarm (Year 6)</p>	<p>Bowl with a short run up and straight arm with some accuracy (Year 5)</p> <p>Pull a ball from a short delivery to the leg side (Year 6)</p>	<p>Perform a range of fielding techniques confidently and consistently (Year 5)</p> <p>Bowl with a run-up (Year 6)</p>	<p>Pick up and return a ball with one hand quickly and consistently well (Year 5)</p> <p>Use my feet to get to the pitch of the ball when batting (Year 6)</p>	<p>Show tactical awareness as a fielder (Year 5)</p> <p>Play a square cut shot (Year 6)</p>	<p>Bowl by running in close to the wickets (Year 5)</p> <p>Link skills and perform in a competitive game (Year 5 & Year 6)</p>
	<p>School Value</p> <p>WOW Word 5 - Anticipation 6 - Bat position</p>	<p>School Value</p> <p>WOW Word 5 - Offside 6 - Legside</p>	<p>School Value</p> <p>WOW Word 5 - Fielding 6 - Bounding</p>	<p>School Value</p> <p>WOW Word 5 - Spatial awareness 6 - Forward drive</p>	<p>School Value</p> <p>WOW Word 5 - Overthrow 6 - Square cut</p>	<p>School Value</p> <p>WOW Word 5 - Follow in 6 - Strategies</p>

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