

The **knowledge** and **skills** the children will learn within this unit are presented across the three domains – **Move**, **Solve**, **Connect**. These are explicitly linked to Ofsted's pillars of progression; **Motor competence**, **rules, strategies and tactics** and **healthy participation**.

Masterful Mover

By the end of Lower KS2, a Masterful Mover will:

- **Know what** techniques help improve my running, jumping, and throwing.
- **Know how** to use different body movements to run efficiently, jump with power and control, and throw accurately over different distances.

Skilful Solver

By the end of Lower KS2, a Skilful Solver will:

- **Know what** techniques I can use and adjust them based on the activity.
- **Know how** to apply running, jumping and throwing movements within different game situations.

Confident Connector

By the end of Lower KS2, a Confident Connector will:

- **Know what** it means to show resilience and determination when practicing and competing.
- **Know how** to stay motivated, support my peers, and challenge myself to improve.

Learning Theme Key Vocabulary

sprint accelerate speed spring leap distance
aim power trajectory



Curriculum links

- 'Use running, jumping, throwing and catching in isolation and in combination'
- 'Develop flexibility, strength, technique, control and balance'
- 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'

Where next?

