



Cliff Federation EYFS/ Year 1/ Year 2 Long Term Plan and Progression



	Year A	Year B
Autumn 1	Enrichment:	Enrichment:
	Gymnastics: <i>Body management</i>	Gymnastics: <i>Sequencing movements</i>
	Football FUNdamentals: <i>Developing coordination in kicking</i>	Rugby FUNdamentals:
Autumn 2	Enrichment:	Enrichment:
	Dance: <i>Winter</i>	Fitness
	Multi-sports	Dodgeball
Spring 1	Enrichment	Enrichment:
	Mini Muay Thai	Mini Muay Thai
	Ball Skills	Ball Skills
Spring 2	Enrichment	Enrichment:
	Boccia	Dance: <i>The Greatest Showman</i>
	OAA	OAA
Summer 1	Enrichment	Enrichment:
	Fitness	Religious festivals
	Tennis	Tennis
Summer 2	Enrichment:	Enrichment:
	Sports Day	Sports Day
	Athletics	Athletics



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Progression of **skills/knowledge** EYFS/Year 1/Year 2

	EYFS	Year 1	Year 2
Gymnastics	- Experiment with different shapes - Experiment with jumping - Experiment with different ways of rolling in a small shape - Experiment balancing on different body parts - To move along the floor in different ways - Begin to sequence (start middle and end) - Understand how to move on and off apparatus safely	- Perform various shapes - Perform basic jumps - Perform a tuck roll and rocket roll - Perform a simple balance holding it for a minimum of 3 seconds - Perform a bunny hop - Perform a basic sequence - Know how to move on and off equipment with control - Understand the elements of a roll	- Perform shapes with a strong body and control - Perform jumps with control and a strong body - Perform a tuck roll and forward roll - Perform balance on one or more body parts - Perform a bunny hop - To perform a sequence on apparatus - To move on and off apparatus with control
Dance	- Move in time to different music - Experiment with different ways of moving - Experiment with actions at different levels - Move around showing different actions - To know how to find space - To understand what the beat is in a music and link it to dance	- Begin to use dance movements using space (e.g. levels) - Begin to dance in unison with a partner - Listen to music and begin to move in time with it. - Co-operate in pairs to create a dance - Remember simple dance steps and begin to perform them	- Perform dance movements using space - Dance in unison with a partner - Move in time to the music - Begin to show expression - Co-operate in pairs/small groups to create a dance - Perform simple dance sequences from memory
Multi-Sports	- Experiment with different ways of balancing - Experiment with different ways of moving (agility) - Experiment with different ways of moving a ball with different parts of the body - Work with friends in a team - Know how to take it in turns and why we do this	- Balance on lines with control and use equipment to balance on various parts of the body - Change direction with some control (agility) - Co-ordinate their body whilst beginning to move with equipment - Know the importance of cooperating as a team	- Balance on low equipment with good control - Change direction quickly with good balance - To coordinate the body while moving at different speeds with equipment - To develop their ability to communicate and work as a team to complete tasks
Football FUNdamentals	- Explore stopping the ball with various parts of their body - Experiment with kicking the ball with feet to a partner	- Begin to use the inside of the foot to stop the ball - Begin to use the inside of the foot to pass the ball	- To stop the ball with the inside and sole of the foot - Pass the ball to partners with increasing accuracy



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	- Move a beanbag/ball on the floor using the inside of their foot - To begin to find space in a game situation - Shooting into a target on the floor - Begin to understand the concept of 'attack and defend'	- Begin to use the inside of the foot when dribbling - Introduce the concept of tackling - Begin to understand tactics for defend and attack - Begin to apply the skills in a game situation.	- Keeping the ball close to the body while dribbling and using the inside of the foot - Begin to improve tackling - Begin to apply tactics for attacking and defending
Rugby FUNdamentals	- To be able to follow a partner and steal their bib - To move with various objects in their hands - To pass an object to another child - To move around a static player into a coned area - To introduce a scoring system	- Begin to call 'tag' when taking a bib/belt - Be able to hold the ball with two hands - Begin to hand over the ball sideways - Introduce a defender and attackers must get past them - To begin to score a try with two hands on the ball - Begin to develop tactics in a game situation	- Tag the player when facing your partner - To raise a hand and call 'tag' - To move with the ball, holding it with both hands (chest height) - Begin to pass the ball sideways - Begin to dodge around a defender - Focus on holding the ball with both hands and staying on their feet (staying on their feet) - Develop tactics for attacking and defending
Ball Skills	- Throw a ball correctly to themselves - Be able to catch a soft ball - Experiment with rolling the ball, throwing and catching to themselves and a partner - Move around an area, experimenting with different ways of moving - Moving around, changing direction and negotiating space - Following a partner effectively - Experiment with different ways of shooting/ placing a ball in a target - Begin to apply the skills to a game - Begin to understand the rules of a game	- To catch and receive balls safely # - To pass a ball with control - Introduce footwork to some games - Begin to move into a space in a game - Follow an opponent in a game - Begin to develop tactics for attacking and defending - Begin to understand the rules of a game - To understand why we have rules in a game - Understand a scoring system	- Introduce different types of passes - Develop control when passing - Move into a space to catch/receive a ball - Follow/mark an opponent in a game - Further develop tactics for attacking and defending - To play fairly and with respect - To develop their thought process of footwork in a game - Understand to pass a ball to someone who has found a space
Tennis	- Throw and catch to self with a soft ball - To bounce and catch to self - Balance an object (such as a beanbag) on a racket - Use hand eye coordination to pass a ball to a partner	- To throw and catch a small ball with increasing control - To bounce catch to self and partner with more control - Balance a ball on a racket - To do 'tap ups' using a racket to improve hand eye coordination	- To throw and catch from one hand to the other and bounce to catch into a target with a partner - Balance a ball on a racket with control - To increase the control when tapping the ball to a partner



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	• Move the ball along the floor in a variety of ways using their hands • To push the ball to throw down strips to develop hand eye coordination	• To move the ball using the forehand and backhand position to become more familiar with the racket • Begin to develop tactics in an adapted game	• To move the ball with the forearm and back arm whilst moving. • To develop tactics for beating an opponent.
Dodgeball	• Move around safely in a variety of ways and negotiating space. • Jumping over objects in a variety of different ways • Pushing a balloon away with two hands • Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination). • Throw to self and to a partner using soft objects e.g. balloon, scarf, soft ball. Catching a balloon/ball • Aim at a target	• To roll the ball in different ways through tunnels to develop accuracy • To perform under arm throws to partners • To develop acting skills • To aim at a variety of targets in different ways • To jump over objects at different heights • To develop blocking techniques • To begin to develop tactics for attacking and defending	• To roll a ball to a partner, increasing accuracy and distance at the target • Throw and catch with control • Perform accurate underarm throws • Develop accuracy when aiming at a target • To jump and dodge to avoid a ball • To understand why we protect players in a game • Further develop tactics for attacking and defending
Fitness	• Investigate balancing in a variety of exercises • Counting how many exercises they can do • Begin to coordinate different parts of the body through exercise • Begin to understand the importance of good health • Begin to understand why we exercise	• Being able to balance on different parts of the body • Perform Static and dynamic exercises • Able to count exercises, scores and begin to record them • Coordinate the body whilst beginning to move with control in an exercise • Begin to understand what is happening to our body when we exercise • Build on understanding of why it is important to exercise	• Have increasing control during movements • To demonstrate good balance in static and dynamic movements • To vary the speed within an exercise and coordinating the body to achieve this • Counting scores, recording them and setting targets to beat them • Begin to understand the term 'pulse' and how exercise affects it • Begin to understand how exercise makes us feel.
Mini Muay Thai	• Perform a basic stance • Develop balance using throw down feet to help positioning • Begin to perform different strikes and coordinate their arms • To perform an upper cut strike • To balance on left and right leg to perform a knew strike	• Perform a right to left stance with good balance • Introduce guard beginning to keep hands up • Understand that guard stance is to protect yourself • Understand that we need to dip our bodies when performing an upper cut • Develop control and balance to perform a knee strike	• Keep hand sup in a guard while performing movements • Develop coordination to perform a jab cross strike • Perform an upper cup with increased control and accuracy • To develop their technique in the knew strike • Begin to perform front and rear kicks



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	- To balance on one leg to perform a kick - Introduce defensive techniques - Begin to combine strikes - Understand the importance of control	- Develop bringing arms down to perform a kick - Begin to develop balance to get into shin check defensive position - Develop coordination by combining techniques - Show a good understanding of how Muay Thai is a form of martial arts and is used with control	- Develop balance to perform a shin check - To combine strikes and techniques in combinations.
Athletics	- To develop coordination in running and marching - To experiment with underarm and overarm throws - Experimenting with one footed and two footed jumps - To leap over cones, spots and throw down strips from standing - To work well with friends in a team - Take turn - Begin to measure jumps using various objects	- To pump arms effectively when running - To run at different speeds - To begin to throw with some accuracy - Using correct method to bend knees and push off when jumping - To be able to leap over throw down strips and small hurdles when moving. - To begin to become competitive and improve the distance jumped - Coordinate and compete in a team in various running games	- Increased movement of arms when running and keeping head still to improve speed - To apply the correct stance when doing a throw (e.g. Usain Bolt position) - Begin to use their arms to improve their jumping technique - To leap over hurdles and introduce competition against themselves and others. - Compete well as part of a team - To work with their tea, to improve their team performance - To work to beating their own score/distance
OAA (Outdoor Adventure Activities)	- To work well with a partner - To take it in turns - To listen to their partner - To navigate space and obstacles - To move energetically (running, jumping, hopping) - Develop confidence to try new activities - To show resilience to challenges - Develop strength, coordination and balance when completing tasks	- Begin to work with a partner to meet a challenge - Use communication to guide a partner (blindfolded) through an obstacle course - Develop agility and ability to travel in different directions under instruction - Work as part of a team - Develop team skills and understanding of what makes a good teammate - Identify the best way of travelling	- Work within a team to find solutions - Develop the ability to work with different partners - Continue to work together as a team effectively - Begin to develop leadership qualities - Understand how to use a compass - Begin to use coordinates and navigate North, South, East and West