

KEY STAGE 1

YEAR 2: Multiskills

Somerset Activity & Sports Partnership

	LESSON TITLE	WARM UP	BASIC CONTENT	TOP PLAY REFERENCE
1	BASIC MOVEMENTS & SPATIAL AWARENESS	Home James	Balance, coordination, running, skipping, stopping, awareness skills	Movement Games....Rabbits Movement without a Ball
2	MOVEMENT WITH A BALL	Stop the Ball	Carrying, stopping, controlling, moving with the ball	Movement.....with a Ball Movement with a ball..... Relay Games Getting used to a Ball
3	MOVEMENT WITH A BALL	Gateways	Carrying & controlling a ball whilst moving. Avoiding obstacles. Dodging & stopping.	Movement.....with a Ball
4	SENDING & RECEIVING (Rolling)	Cone to Cone	Moving with the ball Passing the ball on the move	Sending & Receiving.....On the Move Sending & Receiving.....Rollerball
5	SENDING & RECEIVING (Rolling)	Follow my Leader	Moving with the ball Passing the ball on the move	Sending & Receiving.....Rollerball Sending & Receiving.....3 v 3
6	SENDING & RECEIVING (Throwing & Catching)	You to Me, Me to You	Watching the ball Getting in line to receive it Underarm throwing	Sending & Receiving Games.....1, 2, 3, 4
7	SENDING & RECEIVING (Kicking)	Bombs	Kicking the ball Passing the ball and getting in line to receive the ball	Movement with the ball Sending Skills.....Kicking
8	AIMING (Golf)	Clock Warm Up	Aiming skills Underarm & overarm throwing Judging distance	Aiming Games.....Golf
9	NET TYPE ACTIVITY	Touch Down	Racket Handling skills Aiming skills Controlling skills	Movement with a Ball.....Relay Games Sending Skills..... Striking Sending & Receiving Games.....Quash
10	NET TYPE ACTIVITY	Ball & Racket	Racket handling skills Aiming skills Controlling skills	Sending & Receiving Games....1 v 1
11	STRIKING & FIELDING (Fielding)	Trains	Tracking a ball Getting in line with a ball Throwing & Catching skills	Sending & Receiving Games....Scoring Points
12	STRIKING & FIELDING (Striking)	Dishes & Domes	Striking a static ball Striking a moving ball Tracking & Getting in Line with a ball	Sending Skills.....Striking Sending & Receiving Games...1,2,3,4 Sending & Receiving Games...Scoring Points