

# LEARNING SEQUENCE

EYFS

KS2

## FINDING OUT & EXPLORING

## DEVELOPING

## MASTERING

move  
(physical)

- ✓ Playing racing and chasing games
- ✓ Adjusting speed and changes direction to avoid obstacles
- ✓ Travelling under, over and through objects
- ✓ Different ways of moving: crawling, sliding, walking, running, skipping and hopping
- ✓ Object control
  - ✓ Balance
  - ✓ Coordination

- ✓ A range of different jumping techniques
- ✓ Sending an object to a target
  - ✓ Landing actions safely
- ✓ Movement using a range of actions showing different speeds, levels & direction
- ✓ Performance of balances occurring on different contact points
- ✓ Sending an object back and forth
- ✓ Using the correct amount of force when striking an object
- ✓ Using a range of equipment to rally
- ✓ Linking movements together in a sequence
- ✓ Using different actions, levels and pathways
- ✓ Performance of movements with good control and posture
  - ✓ Moving safely and confidently
- ✓ Changing speed to evade opponents
  - ✓ Changing direction to evade opponents
- ✓ Travelling with objects in different ways (dribbling)

- ✓ Changing their speed whilst moving
- ✓ Using different ways to take off when jumping
- ✓ Different techniques when throwing
- ✓ Technique and control of balance, flexibility & strength actions
- ✓ Good technique and control when linking actions
- ✓ Throwing an object accurately at a target
- ✓ Moving quickly in a range of directions
- ✓ Using a range of equipment to strike a ball
  - ✓ Using the body as a barrier to opponents
- ✓ Moving the body to outwit an opponent
- ✓ Using their body to block an opponent
- ✓ Travelling with a range of equipment
  - ✓ Executing a range of passes
  - ✓ Scoring points for their team
  - ✓ Tracking an object effectively
  - ✓ The ready position in a range of contexts
- ✓ Good posture, extension and control
- ✓ Using different areas, levels, pathways and direction during creative movement
- ✓ Uses mirror image and canon in their dance/gym sequences

solve  
(psychological)

- ✓ Negotiating space safely
- ✓ Having their own ideas
  - ✓ Trying new ideas
- ✓ Making simple suggestions to improve
  - ✓ Willing to have a go
    - ✓ Keeps trying
    - ✓ Making links
- ✓ Choosing ways to do things
- ✓ Understanding mistakes are OK and support learning

- ✓ Planning their journey through a crowded area
- ✓ Choosing safe areas to take off
- ✓ Selecting the right amount of energy when throwing
- ✓ Being creative with the balances they choose
- ✓ Discovering ways to help them keep steady
  - ✓ Seeking challenge in different movements
- ✓ Creating and applying simple tactics
- ✓ Tracking the line of a ball/object
- ✓ Seeking additional challenge with tasks
- ✓ Creativity with their movements
- ✓ Counting in time with music
- ✓ Identifying space to move in to
- ✓ Creativity with methods used to evade opponents e.g. 2v1
- ✓ Identifying the movement of an opponent
- ✓ Identifying what they or their team have done well
- ✓ Knowing how to improve
- ✓ Trialling new ideas

- ✓ Evaluating their own performance
- ✓ Predicting where their opponent might move
- ✓ Planning where their throw might hit the target
- ✓ Recognising balance, flexibility & strength actions
  - ✓ Applying redrafting skills to refine sequences
- ✓ Being creative with movements used in sequences
- ✓ Identifying space to strike an object into
  - ✓ Seeking additional challenge
- ✓ Identifying the movement of an opponent
- ✓ Creating a plan to protect their goal/scoring zone
- ✓ Identifying space to move in to be able to support a friend
- ✓ Knowing when is best to pass and when not to
- ✓ Contributing ideas and creativity when adapting the games and rules
- ✓ Understanding and following rules
- ✓ Being brave and taking risks in the games
- ✓ Showing feeling in their movements
- ✓ Being creative with designing sequences
  - ✓ Using choreography to think of ideas
- ✓ Showing emotional control when winning and losing

connect  
(social)

- ✓ Enjoying the activities
- ✓ Enjoying achievement
  - ✓ Taking turns
  - ✓ Sharing ideas
- ✓ Congratulating opponents
- ✓ Asking questions – pupils and adults
- ✓ Engaging in a range of pupil led activities
- ✓ Developing friendships and relationships

- ✓ Working with a partner to overcome problems within an activity
- ✓ Performing their actions to a partner
- ✓ Providing feedback to a partner
- ✓ Identifying strengths and areas for improvement
- ✓ Encouraging other pupils to build confidence
- ✓ Collaborating with their team-mates
- ✓ Sharing their thoughts and strategies with a partner
- ✓ Reflecting on their learning and progress
- ✓ Celebrating calmly as an individual
  - ✓ Enjoys winning e.g. smiles
- ✓ Congratulating an opponent if they lose

- ✓ Creating a plan as part of a group
- ✓ Sharing ideas that might support the learning of a peer
- ✓ Supporting others to develop their skill
  - ✓ Working with others to develop sequences
- ✓ Applying tactics and strategies as part of a team
  - ✓ Reflecting on their learning and progress with others
- ✓ Asking for support from a friend
- ✓ Identifying a friend that needs help
- ✓ Contributing to team discussions
- ✓ Collaborating with their team-mates
  - ✓ Linking with other classmates effectively in both in cooperative and competitive scenarios
  - ✓ Practicing and competing with different classmates
  - ✓ Helping each other to play fairly
    - ✓ Resolving disagreements
    - ✓ Taking turns
  - ✓ Including everyone in games
- ✓ Recognising and celebrating difference