

Subject: PE Year 1

What are the aims and intentions:

That all the children:

- Build on the basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Links to prior learning.

Negotiate space and obstacles safely, with consideration for themselves and others;

Demonstrate strength, balance and coordination when playing;

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Term:	Topic:	Knowledge	Skills:	Key Questions
Autumn 1	Games - Ball Skills - Throwing and Catching Skills	<ul style="list-style-type: none">• To know how to receive a bounce pass• To know that dribbling requires pushing down with one hand• To know that hands need to be soft when receiving a pass• To know to move into space after passing a ball	<ul style="list-style-type: none">• To pass the ball using a bounce pass• To get into a good position to receive a bounce pass• To move around safely in a limited space• To use big toe, little toe when dribbling a ball• To bounce and dribble the ball with good control• To trap a ball	<p>What is a good position to receive a bouncing ball?</p> <p>How do you dribble a ball with your hand?</p> <p>Can you move into space ?</p> <p>Can you move into a space while passing the ball?</p>
Autumn 2	Fundamental Skills	<ul style="list-style-type: none">• To know that focussing eyes and using arms is helpful for balancing• To know how to use arms to help when hopping	<ul style="list-style-type: none">• To hop• To move and retain balance• To travel backwards safely• To jump in a variety of ways• To land safely when jumping	<p>Can the children balance along a line?</p>

		<ul style="list-style-type: none"> • To know how to glance over both shoulders when travelling backwards • To know which foot is preferred for take off • To know when to attack and defend • To know what a punt is • To know that when kicking from the ground, the standing foot should be adjacent to the ball 	<ul style="list-style-type: none"> • To combine a run and a jump • To dodge • To move safely with awareness of others • To evade others • To attack and defend • To punt a ball • To catch using W shape 	<p>Can the children balance with equipment on their head with some control?</p> <p>Can the children balance along lines with equipment on their head showing control when racing?</p>
	Key Vocabulary	hop, dodge, space, combine, evade, dodge, punt, attack, defend, take off chest pass, bounce pass, catch, dribble, roll, space, position		
		Cultural Capital: festivals , grab a grown up		
Spring 1	Creative Movement - Gymnastics and Dance	<ul style="list-style-type: none"> • To know how to safely move around in space • To know how to control speed to stay safe • To know how to use simple technical language to provide feedback • To know how to start and finish a sequence • To know what symmetrical shapes are • To know what asymmetrical work looks like • To what a sequence should contain. 	<ul style="list-style-type: none"> • To travel safely and creatively in space • To show different levels when travelling • To translate words/ideas into theme related shapes, movements and actions • To communicate effectively with a partner • To create and perform a simple sequence of movement • To give supportive feedback • To perform controlled spins • To spin on apparatus • To support body weight in symmetrical balances • To perform spins on side from front to back • To perform a combination of symmetrical and asymmetrical spins 	<p>Can you move around safely? How?</p> <p>How do you control you speed to stay safe?</p> <p>What is a safe speed?</p> <p>What is a sequence?</p> <p>How will you start your sequence?</p> <p>What will your finish look like?</p>

			<ul style="list-style-type: none"> To hold balances on different points of the body To spin out balances to perform a sequence To work effectively with a partner. 	
Spring 2	Games - Net and Wall (Bat and Ball skills)	<ul style="list-style-type: none"> To know how to hold a racket To know how to hit a ball or beanbag To know how to control the hit of a ball in the air or along the ground 	<ul style="list-style-type: none"> To develop balance and co-ordination when holding a racket. To know where to place the body when getting ready to use a bat. To be able to use co-ordination to bat a ball in the air or along the ground. 	<p>How do you hold a racket correctly?</p> <p>Can you control and hit the ball in the air?</p>
	Key Vocabulary	Bat, batter, bowler, fielder, racket, roll, runs, tactics, teamwork		
		Cultural Capital: education enterprise , after school clubs		
Summer 1	Games - Striking and Feilding - Fundamentals	<ul style="list-style-type: none"> To know when to run and not to To know the need to communicate with a partner To know the importance of a good stance To know the need to run after striking a ball to score runs 	<ul style="list-style-type: none"> To strike a ball off a tee To get in line with a ball when fielding To stop a ball with two hands To bowl a ball at a target To pick up a ball with one hand To chase and retrieve a ball To bowl underarm with some accuracy To perform a long barrier to stop a ball To keep a straight arm when bowling 	<p>How will you stop the ball?</p> <p>Can you ick the ball up with 1 hand?</p> <p>How do you bowl?</p> <p>What is the difference between over and underarm?</p>
Summer 2	Athletics	<ul style="list-style-type: none"> To know the importance of a good start To know to cushion knees when landing To know the techniques for different types of jump 	<ul style="list-style-type: none"> To jump in a variety of ways To coordinate a run with a jump To discover and develop different styles of jumping To leap, jump and hop To add a short run to a jump To use a run up before a throw 	<p>Can you jump in a variety of ways?</p> <p>How can you run and jump safely?</p> <p>How will you keep others safe?</p>

		<ul style="list-style-type: none"> • To know the difference between a leap and a jump • To know how to increase the distance of a jump • To know why it is important to warm up • To know how to keep others safe when throwing 	<ul style="list-style-type: none"> • To show a sense of anticipation • To react quickly • To demonstrate agility and balance 	
	Key Vocabulary	leap, jump, hop, increase, anticipate, landing, cushion, technique		
		Cultural Capital: sports day , after school clubs		