

Y1 Physical Education



Autumn 1	Dance	FUNdamentals
Year 1	<ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli. • Combine different ways of travelling. • Move confidently and safely in their own and general space, using changes of speed, level and direction. • Perform movement phrases using a range of different body actions and body parts. • Perform dances using simple movement patterns. • Move fluently, changing direction and speed. • Compose and link movement phrases to make simple dances with clear beginnings, middles and ends. • Describe what it feels like to breath quickly during exercise. • Describe what they have done or seen others doing. • Perform movement phrases and short dances with control and accuracy. • Understand why being active and is good for you. 	<ul style="list-style-type: none"> • Children to practise holding a variety of static balances. • Children to identify various small body points and show a range of static balances. • Children to work with classmates to solve challenges using dynamic balances. • Children to practise a variety of coordination challenges. • Children to practise a variety of ball chasing and stopping challenges. • Children to practise and a variety of floor movement challenges.

Autumn 2	Multiskills	Gymnastics
Year 1	<ul style="list-style-type: none"> • For the children to explore static balancing and understand the concept of bases. • To combine a number of co-ordination drills using upper and lower body movements • To aim accurately using a variety of balls and equipment. To time their running so as to stop/intercept the path of a ball. • To travel in different ways showing a clear transitions between moments • To travel in different directions (side to side, up and down) with control and fluency. • To practice ABCs in the form of circuit stations 	<ul style="list-style-type: none"> • To explore different ways of travelling safely. • To move with purpose and accuracy. • To explore and link a range of movements and shapes. • To develop balance and coordination. • To describe what they have done or seen others doing. • Learn and develop the quality of an egg roll. • Copy and create movement phases. • Understand the importance of landing safely and practise safe landing. • Perform basic jumps with quality and control. • Create linked movement phrases with beginning, middle and ends. • Perform movement phrases using a range of body actions and body parts. • Combine ways of travelling, balancing and jumping using both the floor and the apparatus. • Work well with a partner. • Remember and repeat sequences of gymnastic actions.

Spring 1	Basic Moves	Fitness
Year 2	<ul style="list-style-type: none"> • Children to understand the concept of the ‘Space Bubble’ and moving into and out of their own personal space. • To coach the stopping techniques of ‘Jump’ and ‘Stride’ stop. • Reinforce running technique. Introduce sidestep, galloping and skipping traveling moves. • Develop the underarm throw. • To develop a underarm ball rolling skill using targets and apply to simple games • Children continue to develop the concept of moving in their own personal space and learning to move rhythmically. • They further develop their throwing technique using the over arm throw. • To introduce and develop the 5 named jumps: 1.1 (hop) 1.1 (step), 2.2, 1.2, 2.1 • To replicate the basic technique for an effective distance jumping. • To demonstrate an accurate replication of traveling, jumping and throwing techniques. • To give the children an opportunity to show an understanding of how each event should be performed and the underlining principles behind each core skill. 	<ul style="list-style-type: none"> • Improve speed and agility. • Develop the jumping technique safely and effectively. • Negotiate space. • Develop the jumping technique. • Improve and develop coordination, control and balance. • Demonstrate the correct jumping technique whilst moving at speed. • Take turns in teams. • Explore and practice a variety of different movements and fitness techniques. • Develop and improve speed and stamina. • Be able to discuss healthy & unhealthy foods, and why eating well is good for you. • Apply skills learnt throughout the unit in a range of activities focusing on correct technique. • Understand the benefits of regular exercise.

Spring 2	Games - Core Task 1 Throwing	Games - Core task 2 Kicking
Year 1	<ul style="list-style-type: none"> • To be confident and safe in space used to play games • To explore underarm throwing with a variety of equipment • That being active is good for them and fun • To choose skills effectively for a game. 	<ul style="list-style-type: none"> • To explore different ways of kicking objects. • To explore different ways of kicking objects with increasing accuracy and control. • That being active is good for them and fun. • To kick objects with increased accuracy. • To receive a kick with control. • To intercept a ball. • To choose skills effectively for a game.

Summer 1	Games - Cricket	Games - Football	Swimming
Year 1	<ul style="list-style-type: none"> Pupils will have used a variety of balls, beanbags, bats and markers. Can roll and follow a rolling ball. Mastered movements such as walking, running and jumping. Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics. 	<ul style="list-style-type: none"> Explore different ways to move the ball. Use simple tactics to achieve success in game situations. Develop fundamental movement skills, becoming increasingly confident and competent. Move fluently, changing direction and speed. Recognise space in games and use it to their advantage. Describe what it feels like to breath quickly during exercise. Show control of a ball with basic actions. Describe what they have done or seen others doing. Move fluently, changing direction and speed. Explore different ways to use and move with a ball. Apply skills and tactics in simple games. Use skills in different ways when playing games. 	<p>Stroke Action</p> <ul style="list-style-type: none"> Can swim over a 10 metre distance with a buoyancy aid on front or back. Begin to use arms and legs together in a 'stroke'. Move effectively across the water unaided (but with a float as required). <p>Breathing</p> <ul style="list-style-type: none"> Can sub merge face confidently in the water and blow out. Begin to explore basic breathing, timing is in alignment with their kicking action and or arm action. <p>Water safety</p> <ul style="list-style-type: none"> Become aware of water safety and explore floating on their front and back. Demonstrate an awareness of water safety and float on their front and on their back. <p>Body alignment</p> <ul style="list-style-type: none"> Streamlined shape beginning to be more consistent across front and back stroke actions. Leg action starting to resemble correct stroke technique

Summer 2	Orienteering	Athletics
Year 2	<ul style="list-style-type: none"> • Work independently and with others. • Practise working to solve problems • Cooperate with other children in small groups. • Work with other children in class. • Move in different directions and in different ways. • Understand how communication can help solve problems. • Begin to plan how to solve problems. • Participate in competition with others. • Introduction to a compass and directions (N,E,S,W). • Work cooperatively and successfully as part of a team. • Participate in games following rules and playing fairly. • Take turns. • Complete a single control orienteering event. • Use features on the map to select and plan a route to a control. 	<ul style="list-style-type: none"> • Begin to apply basic movements in a range of activities and in combination. • Begin to explore different running, jumping, and throwing techniques. • Evaluate successful and unsuccessful techniques. • Develop coordination in a range of activities. • Explore and practise a variety of movements. • Show understanding of correct running technique. • Show control, coordination and consistency when running. • Develop jumping technique. • Show control, coordination and consistency when jumping. • To be able to jump in a variety of ways. • Develop a correct underarm throw technique. • Throw towards a target showing increased control. • Show good sportsmanship. • Develop the overarm throw technique. • Throw a bean bag accurately towards a target. • Experience competitive throwing.