PE

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| **Knowledge – Year 1** |
| **Topic** | **Vocabulary** |  |
|  **Gymnastics** | MovementsApparatusForwardsBackwardsSidewayShapeStretch | * I can warm up
* I can hold a position/shape
* I can move around the room at different levels (low, medium, high)
* I can link moves to make a sequence
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| **Ball skills** | TargetEquipmentStriking Receiving  | * I can warm up
* I can throw a soft ball in the air and catch it
* I can throw a beanbag carefully in a target (hoop) from 2 metres
* I can kick and stop a ball
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| **Dance** | TravelSpeedStillnessRoutine SpaceAction | * I can warm up
* I can create a dance with simple movement patterns
* I can create a start and end position for a dance
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| **Ball skills** | Throwing accuratelyTeamDodgeDirectionhitting | * I can warm up
* I can throw a soft ball in the air at different heights and catch it carefully
* I can kick and stop a ball with control
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| **Swimming** | Front crawl Backstroke | * I can enter the swimming pool safely
* I can kick my legs on my front and my back
* I can use my arms to help me move through the water
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| **Athletics** | DistanceTimePace  | * I can warm up
* I can stay in a lane when doing running events
* I can use different angles when throwing a javelin
* I can use my arms when running and jumping to help me go faster and further
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| **Skills**  |

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| **Key skills****Key knowledge** | **1****Invasion games** | **2****Gymnastics** | **3****Dance** | **4****Athletics** | **5****Swimming** |
| **Developing Skills****Making and Applying** **Decisions****Evaluating and Improving** | **To engage in appropriate competitive games against self and others.****Participate in team games developing simple tactics for attacking and defending.** **Enjoy taking part and be able to recognise their own success.** | **To develop fundamental movement skills (agility, balance and co-ordination.)** **Learn how to use the skills in different ways.****Be able to talk about own and others’ performances and show improvements.** | **To develop fundamental movement skills.****To perform dances using simple movement patterns with opportunity to be creative and make their own decisions.** **Be able to talk about own and others’ performances and show improvements.** | **To master fundamental movements including running, jumping and throwing.****To begin to apply the skills in a range of activities mainly in isolation. Sprints and longer distances / standing broad jump, vertical jump, triple jump / throwing a variety of implements.****Enjoy taking part and be able to recognise their own success.** | **To begin to develop the basic water skills leading to the ability to swim competently, confidently and proficiently over 25 metres.****To use a range of strokes and skills effectively.****Improve on stroke technique. Evaluate own water safety.** |
| **YR 1****Autumn:****Real PE, ball skills & gymnastics** **Spring:****Real PE, ball skills & dance** **Summer:****Swimming & athletics** | **To introduce basic skills e.g. throwing and catching, rolling a ball, stopping a ball etc.****To experience and engage in modified competitive games against self and others.** | **To introduce fundamental movement skills eg. Travel.****To begin to develop agility, balance and co-ordination.****To introduce the safe use of apparatus appropriate for age.** | **To introduce basic simple movement patterns linked to dance.** | **To introduce basic movements of running, jumping and throwing.****To begin to engage in competition against self and others.** |  **NA** |