

Year 1 PE Coverage

<p><i>'As aspiring athletes, we are physically active so we can lead healthy lives and develop skills in a variety of activities. We compete fairly, both individually and with teams. We aim to win but we can accept defeat graciously.'</i></p>			
Year 1	Autumn Term	Spring Term	Summer Term
	Gymnastics Games (+ TT Autumn 1)	Dance Games	Athletics Team games (TT - Summer 1)
National Curriculum	<ul style="list-style-type: none"> master 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 	<ul style="list-style-type: none"> perform dances using simple movement patterns. master 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 	<ul style="list-style-type: none"> master 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
Subject Focus	<p>In Gymnastics in Year 1, children will:</p> <p>Shape and roll - learn the 5 main body shapes (straight, star, tuck, pike, straddle) understand how to find a space when travelling, explore rolling safely adding basic rolls into creative solos.</p> <p>Spacing and Travelling - finding space, explore methods of travelling into a space, begin to learn control - stop/start changing speed and level.</p>	<p>In Dance in Year 1, children will:</p> <p>Know the importance of warming up and cooling down for dance.</p> <p>Stimuli - begin to understand what a stimulus is for dance, respond to a range of stimuli (objects, photos, sounds, music) with different body actions, begin to link movements with some control.</p> <p>Choreography - copy and explore basic body actions and methods of travel, begin to</p>	<p>In Athletics in Year 1, children will:</p> <p>Sprinting - sprint over short distances with increasing speed beginning to use arms to help them.</p> <p>Long distance - understand the need to run slower to run further.</p> <p>Relays - understand how relays work, take turns, stay in a lane.</p>

Year 1 PE Coverage

	<p>Balance - experiment with balances - small and large body parts, begin to link shape and balances.</p> <p>Safe dismount jumping and landing - learn safe technique in jumping and landing on the floor.</p> <p>Composition and evaluation - experiment with transferring actions, body shapes and balances onto apparatus, begin to compose sequences with a clear beginning, middle and end, make improvements, begin to create solos.</p> <p>Understanding of fitness and health - know the importance of being active, begin to understand why it is important to warm up and cool down.</p>	<p>explore and link their own actions to make a short dance phrase with a clear beginning, middle and end, understand the meaning of action, gesture and travel and how they help to build a dance phrase.</p> <p>Dynamics - begin to use movement, levels, speed and direction, use space, link movements, begin to show different moods and feelings through movement and respond to different pieces of music.</p>	<p>Jumping - bend knees and swing arms to help with jumping</p> <p>Throwing - throw equipment under arm and over arm.</p> <p>Competition - perform skills in several, running, throwing and jumping events</p>
	<p>In Games in Year 1, children will:</p> <p>Running movement mechanics - begin to move with some speed, begin to develop an awareness of space.</p> <p>Jumping and travelling - begin to jump over a distance, bending knees to help.</p> <p>Agility and balance - begin to perform with some speed and control, balance simple equipment on their body and move.</p>	<p>In Games in Year 1, children will:</p> <p>Running movement mechanics - begin to move with some speed and control, show some awareness of space, begin to develop a running technique</p> <p>Jumping and travelling - begin to jump over various distances, swinging arms to help.</p> <p>Agility and balance - perform with some speed and control, try to improve their</p>	<p>In Team Games, in Year 1 children will:</p> <p>Space - understand how to find space and how to change into a new space.</p> <p>Speed - change speeds of movement</p> <p>Movement - Be able to show multiple types of movement (Run, Jump, Skip etc.)</p> <p>Safety - travel safely through areas without colliding with other participants.</p>

Year 1 PE Coverage

	<p>Ball skills - begin to keep a ball close to the body and control it.</p>	<p>performance, balance various equipment on their body and move.</p> <p>Ball skills - begin to hold a bat or racket correctly, keep a ball close to the body, begin to control a ball by dribbling,</p>	<p>Collaborate- work as a team to find new spaces.</p>
Top Ten / Fab Five	<p>Gymnastics</p> <ol style="list-style-type: none"> 1. I can perform the 5 main body shapes. 2. I can add rolls to my performance. 3. I can find different ways of travelling into a space. 4. I can change my speed and level. 5. I can balance on large and small body parts. 6. I can jump and land safely. 7. I can make up a sequence with a beginning, middle and end. 8. I can transfer my actions onto apparatus. 9. I know why it is important to warm up and cool down. 10. I understand why it is important to be active. 	<p>Dance</p> <ol style="list-style-type: none"> 1. I know what a stimulus for dance is. 2. I can respond to a range of stimuli. 3. I can link actions and movement with some control. 4. I can copy and explore dance actions. 5. I can link my own actions. 6. I can create a short dance phrase with a beginning, middle and end. 7. I can use action, gesture and travel in my dance phrase. 8. I can change dynamics with movement, level, speed and direction. 9. I can show moods and feelings through movement. 10. I can respond to different pieces of music. 	<p>Athletics/ Team Games</p> <ol style="list-style-type: none"> 1. I can sprint over short distances. 2. I can run slower for long distances. 3. I can take turns in a relay race. 4. I can stay in a lane. 5. I can use my arms and legs to jump. 6. I can throw under or over arm. 7. I can compete against others. 8. I can move (run, jump, skip) at different speeds 9. I can use space and avoid collisions. 10. I can work as part of a team.
Unit specific Vocabulary	<p>Gymnastics</p> <p>Space, travel, speed, level, shape (straight, star, tuck, pike, straddle), roll, balance, body parts, link, jump, land, control, apparatus, sequence (beginning, middle, end), solo, perform, warm up, cool down, health, fitness.</p>	<p>Dance</p> <p>Stimulus, stimuli, link, control, choreography, copy, explore, dance phrase (action, gesture, travel, beginning, middle, end), dynamics (movement, levels, speed, direction, moods, feelings, respond.</p>	<p>Athletics</p> <p>Sprint, distance, speed, relays, lane, jump, bend, swing, throw, under, over, compete, perform, events.</p>

Year 1 PE Coverage

	Games Speed, space, jump, bend, balance, move, close, control.	Games Speed, space, jump, bend, balance, move, close, control. Technique, swing, improve, bat, racket, dribble.	Team Games Skip, collide, team.
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