

## Year 1 - PE

| <u>Games</u>  | <u>Gym</u>   | <u>Dance</u>  | <u>Evaluation</u>  |
|---|--|---|--|
| Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. | I can master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities | Perform dance using simple movement patterns.                       |  |
| <b>G1</b> I can travel in a variety of ways including running, jumping and changing directions.   | <b>GY1</b> I can copy and explore basic movements with some control and coordination (travel, roll, jump and balance).         | <b>D1</b> I can copy and explore basic movements and body patterns. | <b>E1</b> I can comment on own and other's performance.          |
| <b>G2</b> I can begin to perform a range of throws including underarm and chest pass.   | <b>GY2</b> I can begin to move into and perform different body shapes (core).  | <b>D2</b> I can remember simple movements and dance steps.          | <b>E2</b> I can give comments on how to improve performance.     |
| <b>G3</b> I can receive a ball with basic control.  | <b>GY3</b> I can begin to perform at different levels.   | <b>D3</b> I can begin to link movements to sounds and music.        | <b>E3</b> I can use appropriate vocabulary when giving feedback. |
| <b>G4</b> I can begin to develop hand-eye coordination.   | <b>GY4</b> I can take body weight on hands for a short period of time.   | <b>D4</b> I can respond to a range of stimuli.                      |  |
| <b>G5</b> I can participate in simple games.  | <b>GY5</b> I can link 2-3 movements in a sequence.   |   |  |
|   | <b>GY6</b> I can begin to use the equipment safely.  |   |  |

## Year 1 Topic Coverage

| Autumn 1  | Autumn 2  | Spring 1  | Spring 2 | Summer 1           | Summer 2  |
|---|---|---|----------|--------------------|---|
| G1- G5<br>E1- E3  |   | D1- D4<br>E1-E3   |          | GY1- GY6<br>E1- E3 | G1- G5<br>E1-E3   |
| <b>Vocabulary</b>   |   |   |          |                    |   |
| running, jumping, skipping, galloping, direction, forwards, backwards, sideways throwing, underarm, overarm, chest, bounce, pass, receive, control, position, space, opposite team, co-ordination, participate, team, score, like, dislike, improve, warm up, cool down                         | Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue<br>Direction - forwards, backwards, sideways<br>Space - near, far, in and out, on the spot, own, beginning, middle end, Mood and feelings - happy, angry, calm, excited, sad, lonely, body actions, Levels—high, medium, low, Speed - fast, slow, Pathways - curved, zigzag<br>rhythm, co-ordination, pattern, stimulus, copy<br>Like, dislike, improve, warm up/ cool down. | stretch, balance, tension zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels.<br>Shapes—pike, star, straddle, straight, tuck, landing, like, dislike, improve. warm up/ cool down.   |          |                    | running, jumping, skipping, galloping, throwing-underarm, overarm, chest, bouncing, catching, rolling, striking<br>direction— forwards, backwards, sideways, passing, receiving, controlling, position, space, opposite team, co-ordination, participate, team, score<br>Like, dislike, improve<br>warm up/ cool down |
| <b>I will learn...</b>  |   |   |          |                    |   |
| <ul style="list-style-type: none"> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to throw including underarm and chest pass.</li> <li>✓ How to receive a ball with hands.</li> <li>✓ How to develop hand-eye co-ordination.</li> <li>✓ How to participate in small games.</li> </ul> | <ul style="list-style-type: none"> <li>✓ How to copy and explore basic movements and body patterns.</li> <li>✓ How to remember simple movements and dance steps.</li> <li>✓ How to begin to link movements to sounds and music.</li> <li>✓ How to respond to a range of stimuli.</li> </ul>   | <ul style="list-style-type: none"> <li>✓ How to control basic movements with increasing co-ordination and control (travel, roll, jumps and balances).</li> <li>✓ How to perform core body shapes/balances</li> <li>✓ How to perform at different levels.</li> <li>✓ How to take weight on hands for a short period of time.</li> <li>✓ How to link 2- 3 movements in a sequence.</li> <li>✓ How to use the equipment safely.</li> </ul> |          |                    | <ul style="list-style-type: none"> <li>✓ How to change direction when travelling.</li> <li>✓ How to throw including underarm and chest pass.</li> <li>✓ How to receive a ball with feet.</li> <li>✓ How to develop hand-eye co-ordination.</li> <li>✓ How to participate in small games.</li> </ul>                   |
| <b>Evaluation</b> <ul style="list-style-type: none"> <li>• How to comment on likes and dislikes.</li> <li>• How to suggest how to improve performances.</li> <li>• How to use the appropriate vocabulary when giving feedback.</li> </ul>   |   |   |          |                    |   |