LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 1

*‘Believe and Achieve’*

Acquiring and Developing Skills Evaluating and Improving Health and Fitness Dance Games Gymnastics

|  |
| --- |
| National Curriculum Subject Content Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others (1).  Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.(2)  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(3)  Participate in team games, developing simple tactics for attacking and defending (4)  Perform dances using simple movement patterns.(5) |

|  |  |  |
| --- | --- | --- |
| Autumn 1 | **GAMES SKILLS- Running, jumping, throwing and catching. (1 2 3 4)**  Review skills from FS2  Bounce, pat, kick and dribble a ball with some control  Send a ball in various ways in individual and partner games  Throw and catch as an individual and a pair using a variety of apparatus  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe how their body feels before, during and after an activity | **GAMES- TOPS PE- Throwing and Catching- Unit 2 (1 2 3)**  Throw and catch as an individual and a pair using a variety of apparatus  Understand how to get in line when receiving a ball  Send a ball, quoit or bean bag using one- handed, underarm techniques  Aim consistently between, into, over or at a target  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity |
| Autumn 2 | **DANCE- NORTHERN STARR (1 3 5)**  Move to music  Copy dance moves  Perform some dance moves  Perform some dance moves  Move around the space safely  Make up a short dance  Describe how their lungs and heart work when dancing  Perform clearly and expressively  Show an awareness of phrasing and music  Say why their heart beats faster and their temperature rises when dancing  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe how their body feels before, during and after an activity | **GAMES- RUGBY- SAINTS (1 2 3 4)**  Understand how to send, receive, kick dribble a ball  Throw and catch as an individual and a pair using a variety of apparatus  Understand how to get in line when receiving a ball  Send a ball, quoit or bean bag using one- handed, underarm techniques  Aim consistently between, into, over or at a target  Steer and send a ball along the ground or through the air in different directions to play a game  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity |
| Spring 1 | **GYMNASTICS-NORTHERN STARR- Shapes/Balance/Rolls/Jump/ Static/travelling on & off apparatus (1 2 3)**  Make their body tense, relaxed, curled and stretched  Control their body when travelling  Control their body when balancing  Copy sequences and repeat them  Roll in different ways  Travel in different ways  Balance in different ways  Stretch in different ways  Climb safely  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity | **GAMES Focus on ball skills and games Unit 1 (1 2 3 4)**  Bounce, pat, kick and dribble a ball with some control  Understand how to send, receive, kick, dribble a ball  Understand to get in line when receiving a ball  Send a ball in various ways in individual and partner games  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity |
| Spring 2 | **GYMNASTICS-NORTHERN STARR- Balance/Rolls/Travel/Flight/spins (1 2 3)**  Make their body tense, relaxed, curled and stretched  Control their body when travelling  Control their body when balancing  Copy sequences and repeat them  Roll in different ways  Travel in different ways  Balance in different ways  Stretch in different ways  Climb safely  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity | **GAMES Skills- Developing partner work - Unit 4 (1 2 3 4)**  Bounce, pat, kick and dribble a ball with some control  Understand how to send, receive, kick, dribble a ball  Send a ball in various ways in individual and partner games  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity |
| Summer 1 | **GAMES- Running and Jumping- Skipping/Relay/Long jump/triple jump/hurdles (1 2 3)**  Use a simple overarm throw  Run, walk, hop, skip, gallop and jump in different directions  Begin to run at different speeds, recognising the difference between walking jogging and sprinting  jump as high and as far as possible  Jump in different ways  Land safely with control  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe how their body feels before, during and after an activity | **DANCE- NORTHERN STARR- (Corresponds to topic theme) (1 3 5)**  Move to music  Copy dance moves  Perform some dance moves  Perform some dance moves  Move around the space safely  Make up a short dance  Describe how their lungs and heart work when dancing  Perform clearly and expressively  Show an awareness of phrasing and music  Say why their heart beats faster and their temperature rises when dancing  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe how their body feels before, during and after an activity |
| Summer 2 | **GAMES- including sports day practice (1 2 3)**  Run, walk, hop, skip, gallop and jump in different directions  Begin to run at different speeds, recognising the difference between walking jogging and sprinting  Jump in different ways  Land safely with control  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe how their body feels before, during and after an activity | **GAMES- TOPS PE- Ball skills and games- Unit 3 (1 2 3 4)**  Steer and send a ball along the ground or through the air in different directions to play a game  Balance and bat a ball with some control  Copy actions  Repeat actions and skills  Move and use equipment with control, care and co-ordination  Talk about what they have done and how they could adapt  Describe what other people did  Describe how their body feels before, during and after an activity |