LONGTON LANE PRIMARY SCHOOL SUBJECT: PE YEAR 1

 *‘Believe and Achieve’*

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

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| National Curriculum Subject ContentPupils 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) |

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| Autumn 1 | **GAMES SKILLS- Running, jumping, throwing and catching. (1 2 3 4)**Review skills from FS2Bounce, pat, kick and dribble a ball with some controlSend a ball in various ways in individual and partner gamesThrow and catch as an individual and a pair using a variety of apparatus Copy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe 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 apparatusUnderstand how to get in line when receiving a ballSend a ball, quoit or bean bag using one- handed, underarm techniquesAim consistently between, into, over or at a targetCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe how their body feels before, during and after an activity |
| Autumn 2 | **DANCE- NORTHERN STARR (1 3 5)**Move to musicCopy dance moves Perform some dance movesPerform some dance movesMove around the space safelyMake up a short danceDescribe how their lungs and heart work when dancingPerform clearly and expressivelyShow an awareness of phrasing and music Say why their heart beats faster and their temperature rises when dancingCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe 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 ballThrow and catch as an individual and a pair using a variety of apparatusUnderstand how to get in line when receiving a ballSend a ball, quoit or bean bag using one- handed, underarm techniquesAim consistently between, into, over or at a targetSteer and send a ball along the ground or through the air in different directions to play a gameCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe 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 stretchedControl their body when travellingControl their body when balancingCopy sequences and repeat themRoll in different waysTravel in different waysBalance in different waysStretch in different waysClimb safelyCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe 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 controlUnderstand how to send, receive, kick, dribble a ballUnderstand to get in line when receiving a ballSend a ball in various ways in individual and partner gamesCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe 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 stretchedControl their body when travellingControl their body when balancingCopy sequences and repeat themRoll in different waysTravel in different waysBalance in different waysStretch in different waysClimb safelyCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe 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 controlUnderstand how to send, receive, kick, dribble a ballSend a ball in various ways in individual and partner gamesCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe 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 throwRun, walk, hop, skip, gallop and jump in different directionsBegin to run at different speeds, recognising the difference between walking jogging and sprintingjump as high and as far as possibleJump in different waysLand safely with controlCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe how their body feels before, during and after an activity | **DANCE- NORTHERN STARR- (Corresponds to topic theme) (1 3 5)**Move to musicCopy dance moves Perform some dance movesPerform some dance movesMove around the space safelyMake up a short danceDescribe how their lungs and heart work when dancingPerform clearly and expressivelyShow an awareness of phrasing and music Say why their heart beats faster and their temperature rises when dancingCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe 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 directionsBegin to run at different speeds, recognising the difference between walking jogging and sprintingJump in different waysLand safely with controlCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe 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 gameBalance and bat a ball with some controlCopy actionsRepeat actions and skillsMove and use equipment with control, care and co-ordinationTalk about what they have done and how they could adaptDescribe what other people didDescribe how their body feels before, during and after an activity |