PE

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| **Knowledge – Year 1** | | |
| **Topic** | **Vocabulary** |  |
| **Gymnastics** | Movements  Apparatus  Forwards  Backwards  Sideway  Shape  Stretch | * 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 |
| **Ball skills** | Target  Equipment  Striking  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 |
| **Dance** | Travel  Speed  Stillness  Routine  Space  Action | * I can warm up * I can create a dance with simple movement patterns * I can create a start and end position for a dance |
| **Ball skills** | Throwing accurately  Team  Dodge  Direction  hitting | * 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 |
| **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 |
| **Athletics** | Distance  Time  Pace | * 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 |
| **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** |