Y1 PHYSICAL EDUCATION CURRICULUM

1	Autumn 1		Autumn 2	
	Dance	**Ball Skills**	**Gymnastics**	**Fitness**
Key Skills	**Physical**: actions, dynamics, space, relationships **Social**: respect, work safely, collaboration, communication **Emotiona**l: empathy, confidence, acceptance, determination, kindness **Thinking**: creativity, select and apply actions, copy and repeat actions, provide feedback, recall	**Physical: dribble** with hands, roll, throw, catch, dribble with feet, track **Socia**l: communication, support others, cooperation **Emotiona**l: perseverance, honesty, determination **Thinking**: exploration, make decisions, comprehension, use tactics	**Physical**: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll **Social**: respect, work safely, collaboration, sharing **Emotional:** confidence, self-regulation, perseverance **Thinking**: comprehension, select and apply, creativity	**Physical:** run, jump, coordination, stamina, strength, agility, balance **Social: communication**, cooperation, support, work safely, kindness **Emotional: kindness**, perseverance, honesty, independence, determination **Thinking: comprehension**, creativity, problem solving, reflection, feedback
Learning Objectives	**THEME: Weather** To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance. To create my own dance using, actions, pathways and counts. **THEME: Pirates** To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme.	To develop dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore dribbling a ball with your feet. To explore tracking a ball that is coming towards me.	To explore travelling movements. To develop and combine travelling movements. To develop quality when performing and linking shapes. To develop stability and control when performing balances.	To develop my understanding of how exercise can make you feel. To develop my understanding of how exercise can make you strong and healthy. To develop my understanding of how exercise relates to breathing. To develop my understanding of how exercise helps my brain and muscles To develop my understanding of the importance of daily exercise.
Vocabulary	Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing	Catch, control, dribble, ready position, roll, safely, score, soft, swing, target, track, underarm	Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	Active, bones, brain, breathing, calm, exercise, fast, healthy, heart, memory, mood, muscles, quick, safe, strong
Assessment	I am beginning to use counts I can move confidently and safely I can use different parts of the body in isolation and together I choose appropriate movements for different dance ideas	Begin to catch with 2 hands Begin to dribble a ball Begin to understand simple tactics I can roll and throw with some accuracy towards a target say when someone was successful track a ball that is coming towards me I can work cooperatively with a partner	I am confident to perform in front of others I can link simple actions together to create a sequence I can remember and repeat actions and shapes I can say what I liked about someone else's performance	I can recognise changes in my body when I do exercise I can share my ideas with other people in the class I can talk about what exercise does to my body I understand why it is important to warm up

Y1 PHYSICAL EDUCATION CURRICULUM

1	Spring 1		Spring 2	
	Invasion Games	**Dance**	**Gymnastics**	**Sending and Receiving**
Key Skills	**Physical: dribble**, throw, catch, kick, receive, run, jump, change direction, change speed **Social:** supporting others, kindness, communication, cooperation, **Emotional:** perseverance, confidence, honesty **Thinking:** comprehension, identifying strengths and areas for development, select and apply	**Physical**: actions, dynamics, space, relationships **Social**: respect, work safely, collaboration, communication Emotional: empathy, confidence, acceptance, determination, kindness **Thinking**: creativity, select and apply actions, copy and repeat actions, provide feedback, recall	**Physical**: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll **Social**: respect, work safely, collaboration, sharing **Emotional:** confidence, self-regulation, perseverance **Thinking**: comprehension, select and apply, creativity	**Physical:** roll, throw, catch, track, kick, receive with feet, send with racket **Social:** support others, communication **Emotional:** determination, honesty, independence **Thinking:** comprehension, select and apply skills
Learning Objectives	To understand the role of defenders and attackers. To recognise who to pass to and why. To move towards the goal with the ball. To support a teammate when playing in attack. To move into space showing an awareness of defenders. To stay with a player when defending.	**THEME: The Lost Toy** To explore speeds and actions. To use expression and create actions that relate to the story. To use a pathway when travelling. **THEME: On Safari** To explore and copy actions in response to a theme. To create my own actions for an animal. To explore pathways with a partner.	To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To develop rolls and use them in a sequence. To link gymnastic actions to create a sequence. To develop quality in gymnastics sequences.	To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short or long distance To apply sending and receiving skills to small games.
Vocab	Attacker, defender, dodge, goal, marking, points, score, space	Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing	Action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, star, straight, travel	Catch, defender, distance, far, overarm, partner, pass, ready position, score, send, throw, underarm
Assessment	I am beginning to dribble a ball with my hands and feet I can change direction to move away from a defender I can recognise space when playing games I can send and receive a ball with hands and feet I can use simple rules to play fairly I move to stay with another player with defending I understand when I am a defender and when I am an attacker	I can copy, remember and repeat actions I can work with others to share ideas and select actions I say what I liked about someone else's movements	I can make my body tense, relaxed, stretched and curled I can recognise changes in my body when I do exercise I can sue apparatus safely and wait for my turn	I am beginning to send and receive a ball with my feet I can catch a ball with some success I can recognise changes in my body when I do exercise I can roll a ball towards a target I can throw a ball to a partner I can track a ball that is coming towards me I can work cooperatively with a partner

Y1 PHYSICAL EDUCATION CURRICULUM

1	Summer 1		Summer 2	
	Team Building	**Athletics**	**Target games**	**Net/Wall Games**
Key Skills	**Physical:** run, jump, hit, balance, co-ordination **Social:** trust, communication, inclusion **Emotional:** determination, confidence **Thinking:** identity, comprehension, reflection	**Physical:** run, balance, agility, coordination, hop, jump, leap, throw **Social:** work safely, collaboration **Emotional:** perseverance, independence, honesty, determination **Thinking:** reflection, comprehension, select and apply skills	**Physical:** underarm throw, overarm throw **Social:** collaboration, leadership, work safely, encourage others **Emotional:** perseverance, honesty **Thinking:** comprehension, select and apply, creativity	**Physical: throw**, catch, hit a ball, track a ball **Social: support** others, work safely, communication, cooperation **Emotional:** perseverance, independence, determination **Thinking:** comprehension, select and apply, reflection, identify strengths and areas for development, decision making
Learning Objectives	To co-operate with a partner to complete challenges. To explore and develop working as a team. To develop talking, listening and sharing skills. To use speaking and listening skills to lead a partner. To plan with a partner and small group to complete challenges. To use talking, listening and sharing skills to complete challenges.	To move at different speeds over varying distances. To develop balance. To develop changing direction quickly. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.	To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing at a target. To develop throwing for accuracy and distance using underarm and overarm. To select the correct throw for the target. To develop throwing for accuracy and distance.	To defend space using the ready position. To play against an opponent and keep the score. To explore hitting with a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.
Vocab	Challenge, co-operate, instruction, lead, listen, plan, share, talk	Balance, bend, control, direction, further, hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk	Balance, distance, further, overarm, point, score, swing, throw, underarm	Net, partner, point, ready position, score, track, underarm
Assessment	I can communicate simple instructions I can follow instructions I can follow path and lead others I can listen to others' ideas I can suggest ideas to solve tasks I can work with a partner and a small group I understand the rules of the game	I am able to throw towards a target I am beginning to show balance and coordination when changing direction I am developing overarm throwing I can recognise changes in my body when I do exercise I can run at different speeds I try my best I understand the difference between a jump, a leap and a hop	I can use an overarm throw aiming towards a target I can throw with some accuracy over increasing distances I can use an underarm throw aiming towards a target I can work cooperatively with a partner I understand what good technique looks like	I can hit a ball using a racket I can throw a ball to land over the net and into the court area I can track balls sent to me I can use a ready position to move to the ball I know how to score points I show honesty and fair play when playing against an opponent