

**PE  
YEAR GROUP 1/2**

**Term 1.1**

Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
<p><b>Dance Explorers</b></p>	<p>Champion Dancers Control Rhythm Expression Emption Choreography Unison Motif</p>	<ul style="list-style-type: none"> <li>• Pupils can respond to the music with appropriate movements and actions, using their whole body.</li> <li>• Pupils can ensure their movements are big and clear. Pupils will refine their application of life skills such as curiosity and imagination as they create a range of movements linked to a variety of characters</li> </ul>	<p>The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression and emotion to their performance. Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography</p>	<p><b>KS2 only</b></p>
<p><b>Gymnastics Linking</b></p>	<p>Champion Gymnastics Linking Flow Transition Jump Roll Sequence</p>	<ul style="list-style-type: none"> <li>• Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.</li> <li>• Pupils will demsontrate an understanding of the concept of flow and apply this to their developing sequences.</li> </ul>	<p>The unit of work will challenge pupils to explore different ways that they can link movements and balances together. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances</p>	<p><b>KS2 only</b></p>

<b>Term 1.2</b>				
<b>Sport</b>	<b>Vocab</b>	<b>Knowledge</b>	<b>Outcomes</b>	<b>Sport Specific knowledge</b>
<b>Gymnastics Pathways</b>	Champion Gymnastics Linking Flow Transition Zig-zag Curved Sequence	<ul style="list-style-type: none"> <li>Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.</li> <li>Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.</li> </ul>	The unit of work will challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway	<b>KS2 only</b>
<b>Ball Skills Hands 1</b>	Attacker Defender Opponent Team Dribbling Chest pass	<ul style="list-style-type: none"> <li>Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.</li> <li>Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made</li> </ul>	The unit of work will challenge pupils to combine their developing dribbling, passing and receiving skills in order to keep possession and score a point. Pupils will apply these skills in teams in various games and activities.	<b>KS2 only</b>
<b>Term 2.1</b>				
<b>Sport</b>	<b>Vocab</b>	<b>Knowledge</b>	<b>Outcomes</b>	<b>Sport Specific knowledge</b>
<b>Dodging 1 (Locomotion)</b>	Attacker Defender Space Dodge	<ul style="list-style-type: none"> <li>Pupils will be able to dodge, applying the correct technique to ensure maximum</li> </ul>	The unit of work will challenge pupils to apply their knowledge of how, where and why to dodge. Pupils will learn the roles of	<b>KS2 only</b>

	Tagging or Tag	<p>efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.</p> <ul style="list-style-type: none"> <li>Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.</li> </ul>	<p>attacking and defending and start to understand when we attack and when we defend while using their dodging skills.</p>	
Ball Skills Hands 2	<p>Attacker Defender Batting Fielder Space Throwing Catching</p>	<ul style="list-style-type: none"> <li>Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.</li> <li>Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made</li> </ul>	<p>The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw.</p>	
<b>Term 2.2</b>				
<b>Sport</b>	<b>Vocab</b>	<b>Knowledge</b>	<b>Outcomes</b>	<b>Sport Specific knowledge</b>
Jumping 1	<p>Jumping Distance Space Attacker Defender Skipping Landing</p>	<ul style="list-style-type: none"> <li>Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders.</li> </ul>	<p>The unit of work will develop pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique. Pupils will begin to understand the different</p>	<b>KS2 Only</b>

		<ul style="list-style-type: none"> <li>Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.</li> </ul>	reasons when, where and why we jump in different ways	
<b>Health and Wellbeing</b>	Attacker Defender Agility Balance Coordination Dribbling Warm up	<ul style="list-style-type: none"> <li>Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.</li> <li>Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.</li> </ul>	The unit of work will consolidate pupils' understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. Pupils will perform circuits, understanding how motivation can enhance performance.	<b>KS2 Only</b>
<b>Term 3.1</b>				
<b>Sport</b>	<b>Vocab</b>	<b>Knowledge</b>	<b>Outcomes</b>	<b>Sport Specific knowledge</b>
<b>Ball Skills Feet 1</b>	Attacker Defender Possession Space Dribbling Passing	<ul style="list-style-type: none"> <li>Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.</li> <li>Pupils will focus on their partner and team members, developing an understanding of the</li> </ul>	The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.	<b>KS2 Only</b>

		consequences in a game when mistakes are made		
<b>Team Building</b>	Teamwork Inclusion Communication Cooperation Strategy Courage motivation	<ul style="list-style-type: none"> <li>Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.</li> <li>Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.</li> </ul>	The unit of work will develop pupils' ability to apply effective teamwork, ensuring that everyone is included and understands their role. Pupils will begin to develop and apply simple strategies to solve problems.	<b>KS2 only</b>
<b>Term 3.2</b>				
<b>Sport</b>	<b>Vocab</b>	<b>Knowledge</b>	<b>Outcomes</b>	<b>Sport Specific knowledge</b>
<b>Attack v Defence Games for Understanding</b>	Attacker Defender Space Tactics Transition Team	<ul style="list-style-type: none"> <li>Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.</li> <li>Pupils will understand the consequences of breaking the rules and not applying tactics successfully. Pupils will understand the</li> </ul>	The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack. Pupils will apply these tactics as a team into games.	<b>KS2 Only</b>

		difference between attack and defense.		
Ball Skills Rackets, Bats & Balls	Attacker Defender Opponent Accuracy Power Batting Fielder	<ul style="list-style-type: none"> <li>• Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders.</li> <li>• Pupils will understand why it is so important to hit the ball into space and apply this understanding as the outwit their opponents</li> </ul>	The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space in order to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team.	<b>KS2 Only</b>