

**PE
YEAR GROUP 1**

Term 1.1

Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
<p>Gymnastics 1 – wide, narrowed, curled,</p>	<p>Champion gymnastics Wide Narrowed Curled Transition Linking Interesting</p>	<p>Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.</p>	<p>The unit of work will develop pupils’ ability to apply ‘champion gymnastics’ as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.</p>	
<p>Locomotion – Running 1</p>	<p>Attacker Defender Space Speed Acceleration Tag Tagging</p>	<p>Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders. Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.</p>	<p>The unit of work will develop pupils’ ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.</p>	

Term 1.2				
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Ball skills – Hands 1	Possession Space Control Attacker Dribbling Accuracy Power	Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.	The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.	
Gymnastics 2 – Body Parts	Champion Gymnastics Wide Narrowed Curled Big Small Interesting Linking	Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements. Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.	The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.	
Term 2.1				
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge

Balls Skills – Hands 2	Control Accuracy Aiming Distance Power Throwing Catching Rolling Stopping	Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball. Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.	The unit of work will explore the different ways of throwing, rolling and stopping a ball. Pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too.	
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Team Building	Teamwork Inclusion Communication Cooperation Trust Team member Fairness	Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully. Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.	The unit of work will introduce teamwork. Pupils will explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems.	
Term 2.2				
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Dance – Superheroes	Champion Dancers Beat Moving Control Rhythm	Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can	The unit of work will challenge pupils to respond to the stimulus (heroes) using a	

	Sequence Motif Expression	ensure their movements are big and clear. Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.	range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.	
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Health and Wellbeing	Attacker Defender Agility Balance Coordination Hand eye-coordination Throwing Aiming	Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges. Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.	The unit of work will introduce pupils to agility, balance and co-ordination, understanding what they mean and why they are important. Pupils will perform circuits to develop their application and understanding.	
Term 3.1				
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Locomotion – Jumping 1	Jumping Distance Space Attacker Defender Skipping Landing	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. Pupils will understand why, when and where we jump in a game with developing focus	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 reasons when, where and why we jump in different ways.	

		and concentration on the correct jumping technique.		
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Ball Skills – Feet 1	Attacker Defender Space Dribbling Passing Control	Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.	The unit of work will develop pupils’ ability to apply effective dribbling skills. Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team.	
Term 3.2				
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Games for Understanding	Attacker Defender Space Rules Tag Tagging Sharing	Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils. Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.	The unit of work will explore why we need to follow the rules and keep the score during a game. Pupils will learn how to apply very simple tactics for attacking and defending in games.	
Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge

<p>Rackets and Balls</p>	<p>Possession Control Attacker Defender Dribbling Accuracy Hitting Power</p>	<p>Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target. Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.</p>	<p>The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately. Pupils will apply their understanding of accuracy and space in a variety of games.</p>	
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