

## Year 1 - PE

<u>Games</u>	<u>Gym</u>	<u>Dance</u>	<u>Evaluation</u>
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	I can master basic movements which develop balance, agility and coordination and begin to apply these in a range of activities	Perform dance using simple movement patterns.	
<b>G1</b> I can travel in a variety of ways including running, jumping and changing directions.	<b>GY1</b> I can copy and explore basic movements with some control and coordination (roll, jump and balance).	<b>D1</b> I can copy and explore basic movements and body patterns.	<b>E1</b> I can comment on own and other's performance.
<b>G2</b> I can begin to perform a range of throws including underarm and chest pass.	<b>GY2</b> I can begin to move into and perform different body shapes (core).	<b>D2</b> I can remember simple movements and dance steps.	<b>E2</b> I can give comments on how to improve performance.
<b>G3</b> Receives a ball with basic control.	<b>GY3</b> I can begin to perform at different levels.	<b>D3</b> I can begin to link movements to sounds and music.	<b>E3</b> I can use appropriate vocabulary when giving feedback.
<b>G4</b> I can begin to develop hand-eye coordination.	<b>GY4</b> I can perform a 2 footed jump.	<b>D4</b> I can respond to a range of stimuli (clap).	
<b>G5</b> I can participate in simple games.	<b>GY5</b> I can begin to use the equipment safely.		
	<b>GY6</b> I can perform balances with some control.		
	<b>GY7</b> I can begin to perform simple rolls (teddy bear roll, log roll).		
	<b>GY8</b> I can link 2-3 movements in a sequence.		

## Year 1 Topic Coverage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
G1- G5 E1- E3	D1- D4		GY1- GY8 E1- E3		G1- G5
<b>Vocabulary</b>					
running, jumping, skipping, galloping, direction, forwards, backwards, sideways throwing, underarm, overarm, chest, bounce, pass, receive, control, position, space, opposite team, co-ordination, participate, team, score, like, dislike, improve, warm up, cool down	travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways, space - near, far, in and out, on the spot, own, beginning, middle, end, mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag rhythm, co-ordination, pattern, stimulus, copy Health and fitness – warm up/ cool down		stretch, balance, tension, zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels, shapes – pike, star, straddle, straight, tuck landing, Health and fitness – warm up/ cool down, like, dislike, improve.		running, jumping, skipping, galloping, direction, forwards, backwards, sideways throwing, underarm, overarm, chest, bounce, pass, receive, control, position, space, opposite team, co-ordination, participate, team, score, like, dislike, improve, warm up, cool down
<b>I will learn...</b>					
<ul style="list-style-type: none"> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to throw including underarm, overarm and chest pass.</li> <li>✓ How to receive a ball with hands and feet.</li> <li>✓ How to develop hand-eye co-ordination.</li> <li>✓ How to participate in small games.</li> <li>✓ How to comment on likes and dislikes.</li> <li>✓ How to suggest how to improve performances.</li> <li>✓ How to use the appropriate</li> </ul>	<ul style="list-style-type: none"> <li>✓ How to copy and explore basic movements.</li> <li>✓ How to copy and explore basic body patterns.</li> <li>✓ How to begin to link movements to sounds and music.</li> <li>✓ How to remember simple movements.</li> <li>✓ How to remember simple dance steps.</li> <li>✓ How to respond to a range of stimuli.</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to control basic movements with increasing co-ordination and control.</li> <li>✓ How to perform core body shapes/balances</li> <li>✓ How to perform at different levels</li> <li>✓ How to perform a 2 footed jump</li> <li>✓ How to use the equipment safely.</li> <li>✓ How to perform balances with some control.</li> <li>✓ How to perform simple rolls.</li> <li>✓ How to link movements in a sequence.</li> <li>✓ How to comment on likes and dislikes.</li> <li>✓ How to suggest how to improve performances.</li> <li>✓ How to use the appropriate vocabulary when giving feedback.</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to throw including underarm, overarm and chest pass.</li> <li>✓ How to receive a ball with hands and feet.</li> <li>✓ How to develop hand-eye co-ordination.</li> <li>✓ How to participate in small games.</li> </ul>

vocabulary when giving feedback.			
----------------------------------	--	--	--