



Class: Year 1	Topic Title: Physical Education	Key Vocabulary / Skills
<p>NC Objectives: The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ▪ develop competence and confidence to excel in a broad range of physical activities ▪ are physically active for sustained periods of time ▪ engage in competitive sports and activities ▪ aim to lead healthy, active lifestyles with an understanding of the importance of physical activity, PE and school sport. <p>KEY STAGE 1 Pupils should aim to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</p> <ul style="list-style-type: none"> ▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ▪ participate in team games, developing simple tactics for attacking and defending ▪ perform dances using simple movement patterns. 	<p>Fundamental Movement Skills</p> <p>Fundamental Movement Skills -A To develop locomotor Skills – These involve transporting your body from A – B. This includes running, jumping, skipping, hopping and side stepping.</p> <p>To develop body Management Skills – This includes balancing actions.</p> <p>Fundamental Movement Skills- B To develop manipulative Skills –this involves imparting force with or on an external object. These skills include kicking, striking, rolling, underarm throwing, overarm throwing and catching.</p> <p>Develop Fundamental skills through:</p> <p>ATHLETICS Run, throw, Jump Develop skill of running fast Develop skill of hopping Develop skill of rolling a ball Develop skill of changing direction</p> <p>GAMES Apply basic Fundamental skills in simple co-operative games</p> <p>GAMES- INVASION/TARGET ACTIVITIES Physical Literacy development: To explore the skill of running fast To explore rolling different equipment To explore skill of jumping To develop rolling skill Explore dodging Apply simple tactics Work in a group</p> <p>GAMES- STRIKING & FIELDING ACTIVITIES To develop skill of throwing underarm for accuracy To develop the skill of throwing overarm for distance Develop the skill of running Develop the skill of striking a ball from a tee</p>	<p>Perform fundamental skills at a developing level Running, hopping, rolling, underarm throw, jumping</p> <p>Fundamental movement skills. Run, Jog, Jump, Dodge, Skip, Rolling, Throwing- underarm & overarm- develop accuracy and control throwing varying power speed & direction, Catching, Hitting/ striking Apply basic fundamental skills in simple co-operative games. 1v1, 2v2, 3v3</p>



DANCE

Explore different ways of travelling and using space
Create travelling patterns using a stimulus
Create pathways using a stimulus
Develop simple dance phrases
Change speed and direction
Explore basic body patterns

GYMNASTICS

Develop the basic skills of travelling
Develop basic skills of rolling.
Develop basic skills of jumping.
Perform basic skills with straight and tuck shapes
To link movements together
Link travel, roll and jump with two different shapes
Create a sequence on the floor and adapt to apparatus

KS1 OAA

Simple team building exercises
Basic map reading
Basic Problem Solving
Explore the outdoors by following simple trails

Perform fundamental skills at a developing level
Perform basic body actions with control
Travel, Turn, jump, Gesture, Stillness
Copy simple movement patterns, dance in different formations
Use actions to explore characters, mood, ideas, feelings
Vary speed, strength, energy, tension of their movements

Shapes-wide, thin
Travelling-, hands & feet, jog, skip, hop, gallop, forwards, backwards
Balancing-front support, large body parts; tummy, back, bottom, shoulders
Jumping & Landing
Rolling- rocking, pencil, egg roll
Apparatus



WLSP & SHARES Festivals & events	Foundation Stage & WLSP involvement
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