

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

Year 1	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Fundamentals Dance	Ball skills Fitness	Sending and receiving (invasion) Net and wall	Target games Gymnastics	Athletics Striking and fielding	Athletics Team building
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	<p>Pupils should 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.</p> <p>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 					
What we need to know Red Hill Riches	<p>Fundamentals</p> <p>To know that bending my knees will help me to change direction.</p> <p>To know that if I swing my arms it will help me to run faster.</p> <p>To know that looking ahead will help me to balance.</p> <p>To know that landing on my feet helps me to balance.</p>	<p>Ball skills</p> <p>To know how to face my body towards my target when rolling and throwing under arm to help me balance.</p> <p>To know to watch the ball as it comes towards me.</p> <p>To know to move my feet to get in the line with the ball.</p> <p>To know that moving with a ball is called dribbling.</p>	<p>Sending and receiving (invasion)</p> <p>To know how to look at my partner before sending the ball.</p> <p>To know that moving with a ball is called dribbling.</p> <p>To know that being in a good space helps us to pass the ball.</p> <p>To know that being able to move away from a partner</p>	<p>Target games</p> <p>To know which type of throw to use for a distance and accuracy.</p> <p>To know that my body position will affect the accuracy of my throw.</p> <p>To know that tactics can help us when playing games.</p> <p>To know that rules help us to play fairly.</p>	<p>Athletics</p> <p>To know that if I swing my arms it will help me to run faster.</p> <p>To know that landing on the balls of my feet helps me to land with control.</p> <p>To know that if I bend my knees it will help me to jump further.</p> <p>To know that rules help us to play fairly.</p>	<p>Athletics</p> <p>To know that if I swing my arms it will help me to run faster.</p> <p>To know that landing on the balls of my feet helps me to land with control.</p> <p>To know that if I bend my knees it will help me to jump further.</p> <p>To know that rules help us to play fairly.</p>

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

	<p>To know that I should hop with a soft bent knee. To know that I should use the opposite arm to leg when I skip. To know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p> <p style="text-align: center;">Dance</p> <p>To know that actions can be sequenced to create a dance. To know that I can perform actions slowly and quickly to show an idea. To know that there are different directions and pathways within a space when travelling. To know that when dancing with a partner it is important to be aware of each other. To know that standing still at the start and end of a dance lets the audience know when I have started and finished. To know that if I use exaggerated actions the audience can see them clearly.</p>	<p style="text-align: center;">Fitness</p> <p>To know that bending my knees will help me to change direction. To know that looking ahead will help me to balance. To know that using the opposite arm to leg at the same time helps me to perform moves such as running and throwing. To know that if I swing my arms it will help me to run faster. To know that exercise helps me become stronger. To know that when I move for a long time it makes me feel hot and I breathe faster</p>	<p>helps my team to pass me the ball. To know that staying with a partner makes it more difficult for them to receive the ball. To know that tactics can help us when playing games. To know that rules help us to play fairly.</p> <p style="text-align: center;">Net and wall</p> <p>To know to use the centre of the racket for control. To know to use an underarm throw to feed to a partner. To know that throwing/hitting to my partner with not too much power will help them to return the ball. To know that using a ready position will help me to move in any direction. To know that tactics can help us to be successful when playing games. To know that rules help us to play fairly.</p>	<p style="text-align: center;">Gymnastics</p> <p>To know that I can improve my shapes by extending parts of my body. To know that balances should be held for 5 seconds. To know that I can use different shapes to roll. To know that landing on the balls of my feet helps me to land with control. To know that if I use a starting and finishing position, people will know when my sequence has begun.</p>	<p style="text-align: center;">Striking and fielding</p> <p>To know that the harder I strike, the further the ball will travel. To know that throwing the ball back is quicker than running with it. To know which type of throw to use to throw over long distances. To know to watch the ball as it comes towards me. To know that tactics can help us when playing games. To know that rules help us to play fairly.</p>	<p style="text-align: center;">Team building</p> <p>To know that communicating can help to solve a problem. To know that I need to communicate to lead a partner.</p>
--	---	---	--	--	---	---

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

<p>Disciplinary Knowledge</p>	<p>Fundamentals</p> <p>To explore changing direction and dodging. To discover how the body moves at different speeds. To move with some control and balance. To explore stability and landing safely. To demonstrate control in take off and landing when jumping. To begin to explore hopping in different directions. To show coordination when turning a rope.</p> <p>Dance</p> <p>To copy, remember and repeat actions to represent a theme and to create my own actions in relation to a theme. To explore varying speeds to represent an idea. To explore pathways. To begin to explore actions and pathways with a partner. To perform on my own and with others to an audience.</p>	<p>Ball skills</p> <p>To roll and throw with some accuracy towards a target. To begin to catch with two hands. Catch after a bounce. To track a ball being sent directly. To explore dribbling with hands and feet.</p> <p>Fitness</p> <p>To change direction whilst running. To explore balancing in more challenging activities. To explore coordination when using equipment. To explore running at different speeds. To explore exercises using my own body weight. To explore moving for longer periods of time and identify how it makes me feel.</p>	<p>Sending and receiving (invasion)</p> <p>To explore sending and receiving with hands and feet to a partner. To explore dribbling with hands and feet. To recognise good space when playing games. To explore changing direction to move away from a partner. To explore tracking and moving to stay with a partner.</p> <p>Net and wall</p> <p>To explore hitting a dropped ball with a racket. To throw a ball over a net to land into the court area. To explore sending a ball with hands and a racket. To use the ready position to move towards a ball.</p>	<p>Target games</p> <p>To explore technique when throwing overarm towards a target. To explore technique when throwing underarm towards a target.</p> <p>Gymnastics</p> <p>To explore basic shapes straight, tuck, straddle and pike. To perform balances making my body tense, stretched and curled. To explore barrel, straight and forward roll progressions. To explore shape jumps including jumping off low apparatus.</p>	<p>Athletics</p> <p>To explore running at different speeds. To develop balance whilst jumping and landing. To explore hopping, jumping and leaping for a distance. To explore throwing for distance and accuracy.</p> <p>Striking and fielding</p> <p>To explore striking a ball with their hand and equipment. To develop tracking and retrieving a ball. To explore technique when throwing over and underarm. To develop coordination and technique when catching.</p>	<p>Athletics</p> <p>To explore running at different speeds. To develop balance whilst jumping and landing. To explore hopping, jumping and leaping for a distance. To explore throwing for distance and accuracy.</p> <p>Team building</p> <p>To cooperate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To use communication skills to lead a partner. To make a plan with a partner and small group to solve a problem. To communicate with a group to solve a problem.</p>
--------------------------------------	---	---	---	--	---	--

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

<p>Excellence Enjoyment Everyone Everything</p>	<p>Excellence- Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p>Enjoyment- Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p>Everyone- Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p>Everything- Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<p>Vocabulary</p>	<p>balance fast direction land safely jump hop</p> <p>counts move direction speed fast slow level pose shape</p>	<p>far roll aim safely throw catch direction send balance</p> <p>exercise mood heart healthy lungs body oxygen</p>	<p>aim catch throw safely roll racket</p> <p>safely racket ready position net underarm partner space score point</p>	<p>safely attacker defender dribbling pass space points score team</p> <p>direction speed fast slow shape level a</p>	<p>fast slow jump aim hop safely travel balance take off landing swing</p> <p>throw space score points batter team target bowler hit pass catch fielder</p>	<p>solve direction share listen safely travel instructions teamwork co-operate lead</p>