

Physical Education – Year 1	
Autumn 1	
Gymnastics	• Run is to move quickly using your feet. • Jump is to lift off the ground. • Balance is to control your body's position to stay upright.
Autumn 2	
Dance	• Dance is to move the body in a rhythmic way, usually to music. • Co-ordination is to move two or more body parts together under control. • Balance is to control your body's position to stay upright.
Spring 1	
Throwing and Catching	• Throw is to push an object by hand. • Catching is the use the hands to stop and hold a moving object. • Co-ordination is the ability to move two or more body parts under control.
Spring 2	
Team Games (Attacking and Defending)	• Throw is to push an object by forward by hand. • Catching is the use the hands to stop and hold a moving object. • Attack is to try to move past and score against the opposing team. • Defend is to block the other team and stop them from scoring.
Summer 1	
Athletics	• Agility is how quickly you can change direction whilst maintaining speed and balance. • Run is to move quickly using your feet. • Jump is to lift off the ground. • If you run and then jump the distance you jump will be longer
Summer 2	
Invasion Games (Basic invasion game skills)	• Agility is how quickly you can change direction whilst maintaining speed and balance. • Throw is to push an object forward by hand. • Catching is the use the hands to stop and hold a moving object. • Attack is to try to move past and score against the opposing team. • Defend is to block the other team and stop them from scoring. • Competitive sports are games where the aim of the games is to win