

## 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.
- Striking is when you hit a ball with a bat or racket.
- 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