

Physical Education – Year 1

Autumn 1

Gymnastics

- Run is to move quickly using your feet.
- Jump is to lift off the ground from one foot or two feet onto two feet
- Balance is to control your body's position to stay upright. This might be when you stay in one space (e.g. yoga) or whilst moving (e.g. Skiing)

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. This might be when you stay in one space (e.g. yoga) or whilst moving (e.g. Skiing)

Spring 1

Throwing and Catching

- Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.
- Catching is the use the hands to stop and hold a moving object. Eyes on the object, Finger tips together (two handed catch) Catch the object, then grip it.
- Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently.

Spring 2

Team Games (Attacking and Defending)

- Throw is to push an object by hand with a sudden forward motion ending with straightening the arm and wrist.
- Catching is the use the hands to stop and hold a moving object.
- Eyes on the object, Finger tips together (two handed catch)
- Catch the object, then grip it.
- 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

- Balance is to control your body's position to stay upright.
- Agility is how quickly you can change direction whilst maintaining speed and balance.
- Co-ordination is the ability to move two or more body parts under control.
- 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.
- Co-ordination is the ability to move two or more body parts under control.
- Run is to move quickly using your feet.
- Jump is to lift off the ground.
- 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