

# Year 1 - Knowledge and Skills Coverage in PE

<p><b>NC Links</b></p>	<p><b>NC</b> Master basic movements including <b>running and jumping</b>, 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.</p>	<p><b>NC</b> Master basic movements including <b>throwing and catching</b>, as well as developing <b>co-ordination</b>. Participate in team games, developing simple tactics for attacking and defending.</p>	<p><b>NC</b> Master basic movements, as well as developing <b>balance and co-ordination</b>. Perform dances using simple movement patterns.</p>	<p><b>NC</b> Master basic movements, as well as developing <b>balance and co-ordination</b>.</p>
<p><b>Are</b></p>	<p><b>Locomotion</b></p>	<p><b>Ball Skills</b></p>	<p><b>Dance</b></p>	<p><b>Gymnastics</b></p>
<p><b>Unit Objectives and term taught</b></p>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>•Explore running</li> <li>•Apply running into a game</li> <li>•Explore running at different speeds</li> <li>•Running for speed: Acceleration</li> <li>•Explore running in a team</li> <li>•Consolidate running: Apply running into a competitive game.</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>•Recap jumping</li> <li>•Developing jumping</li> <li>•Jumping circuits: Explore how jumping affects our bodies</li> <li>•Explore skipping</li> <li>•Apply skipping and jumping into a game</li> </ul>	<p><b>Hands</b></p> <ul style="list-style-type: none"> <li>•Develop bouncing: Introduce sending with control</li> <li>•Introduce aiming with accuracy</li> <li>•Introduce power and speed when sending a ball</li> <li>•Introduce stopping a ball</li> <li>•Develop stopping, combining sending skills</li> <li>•Combine sending and receiving skills</li> </ul> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li>•Recap moving with a ball using our feet</li> <li>•Develop moving the ball using the feet</li> <li>•Apply dribbling into games</li> <li>•Consolidate dribbling</li> <li>•Explore kicking (passing)</li> <li>•Apply kicking (passing) to score a point</li> </ul> <p><b>Hands 2</b></p> <ul style="list-style-type: none"> <li>•Introduce throwing with accuracy (beanbags)</li> </ul>	<p><b>Growing</b></p> <ul style="list-style-type: none"> <li>•Responding to rhythm</li> <li>•Developing the growing plant 'dance'</li> <li>•Introduction to motifs</li> <li>•Creating motifs</li> <li>•Creating movement sequences</li> <li>•Relationships and performance</li> </ul>	<p><b>Wide, Narrow, Curled</b></p> <ul style="list-style-type: none"> <li>•Introduction to 'wide', 'narrow' and 'curled'</li> <li>•Exploring the difference between wide, narrow and curled</li> <li>•Transitioning between wide, narrow and curled movements</li> <li>•Linking two movements together</li> </ul> <p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li>•Recap of 'wide', 'narrow' and 'curled'</li> <li>•Use different body parts to explore wide, narrow and curled movements</li> <li>•Transitioning between wide, narrow and curled movements using different body parts</li> <li>•Linking movements together</li> </ul>

All unit titles link to the relevant sequence from 'Complete PE' planning. These sequences and objectives are subject to change when specialist coaches have been utilised.

		<ul style="list-style-type: none"> <li>•Apply throwing with accuracy in a team (beanbags)</li> <li>•Extend throwing with accuracy</li> <li>•Introduce stopping a ball (small ball)</li> <li>•Develop sending (rolling) skills to score a point</li> <li>•Consolidation of sending (rolling) and stopping skills to win a game</li> </ul> <p><b><u>Games for Understanding</u></b></p> <ul style="list-style-type: none"> <li>•understand the basic principles of attack apply simple attacking principles into a game situation.</li> <li>•understand the basic principles of defence. apply simple defending principles into a game situation.</li> <li>•consolidate pupils' knowledge of how, where and why to attack in a game.</li> </ul>		
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