



Physical Education – Year 1

Year 1 PE days are: Indoor - Tuesday Outdoor – Thursday

Please be aware that days may change, dependent on external provision for PE. You will be informed by your child's class teacher of any changes.

	Indoor	Outdoor
Autumn 1	<p><u>Dance</u> Pupils will begin their PE journey in the national curriculum, exploring basic body patterns and movement to music. They will be introduced to rhythm as a repeated pattern of movement and using the beats of music to connect dance moves and travel.</p> <p>Key Vocabulary beats, rhythm, speed, slow, fast, travelling, direction, repeat, actions, lead, follow, isolation</p>	<p><u>Tennis</u> Pupils will begin to understand how to hold a racquet and will develop bat or racquet control.</p> <p>Key Vocabulary: ball, shuttle, bat, racquet, net, bounce, shot, roll, ready, hit, stand, points</p>
Autumn 2	<p><u>Yoga</u> Pupils will learn mindfulness and body awareness. They will know that Yoga is a way to exercise our bodies, our breath and our minds all at the same time. It builds strength and flexibility and it is a very ancient Science.</p> <p>Key Vocabulary shape, balance, stretch, breathing</p>	<p><u>Ball skills – throwing & catching</u> Pupils will be taught to catch, throw and roll a ball. They will develop techniques to support hand-eye coordination and develop a range of throwing techniques.</p> <p>Key Vocabulary catch, move, roll, ball, ready, stand, aim, release, follow through, high, low, fast, slow, bounce</p>
Spring 1	<p><u>Ball skills – Boccia</u> Pupils will be introduced to Paralympic sports, starting with Boccia. They will develop their accuracy of ball skills, practising how to roll a ball towards a target.</p> <p>Key Vocabulary aim, release, follow through, high, low, fast, slow, ball, roll, ready, hit, points, team</p>	<p><u>Ball skills – sticks & feet</u> Pupils will develop ball skills, focusing on close control by learning to dribble a ball towards a target, using feet and sticks.</p> <p>Key Vocabulary dribble, direction, space, attacker, defender, rules, team, points, movement, action, distance</p>
Spring 2	<p><u>Gymnastics</u> Pupils will be taught to perform basic shapes, jumps and rolls and understand how to carry out these movements safely. Pupils will continue to develop fundamental movement skills, improving core strength to hold balances and shapes in gymnastics. They will begin to learn to travel and link actions with control and care.</p>	<p><u>Orienteering</u> Pupils will communicate and follow simple instructions, using simple table top maps and drawing simple maps to show a layout of objects.</p> <p>Key Vocabulary: Listen, ask, take turns, travel, follow, space, share, path, safely</p>

	<p>Key Vocabulary action, link, travel, direction, speed, shape, balance, stretch, jump, breathing</p>	
Summer 1	<p><u>Dance</u> Pupils will learn to perform dances using simple patterns.</p> <p>Key Vocabulary Beats, rhythm, speed, slow, fast, travelling, direction, repeat, actions, lead, follow, isolation</p>	<p><u>Tag Rugby</u> Pupils will learn to master basic movements and participate in team games.</p> <p>Key Vocabulary Direction, space, attacker, defender, rules, team, points, movement, action, distance</p>
Summer 2	<p><u>Gymnastics</u> Pupils will be taught to perform basic shapes, jumps and rolls and understand how to carry out these movements safely. Pupils will continue to develop fundamental movement skills, improving core strength to hold balances and shapes in gymnastics. They will begin to learn to travel and link actions with control and care.</p> <p>Key Vocabulary action, link, travel, direction, speed, shape, balance, stretch, jump, breathing</p>	<p><u>Athletics</u> Pupils will continue to develop their overarm and underarm throwing techniques. They will begin to learn to run at different paces and will learn some basic types of jumps.</p> <p>Key Vocabulary aim, release, follow through, high, low, fast, slow, bounce, leap, jump, hop, furthest</p>