



Year 1 Physical Education Curriculum

	Autumn			
Curriculum focus/links	"Locomotion, travelling, stillness, safe use of space, body shape, transfer of support of weight, jumping and landing, sequence introduction."	Practice basic movements, including running, jumping, etc. and begin to engage in competitive activities. Experience opportunities to improve ABCs.	Respond to a range of stimuli and types of music. Explore space, direction, elevation, mirroring and partner work. Explore a narrative through a short, structured dance.	Able to hit balls with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.
Sport/Games	Gymnastics	Attack, Defend, Shoot	Dance	Hit, Catch, Run
Prior Learning	<ul style="list-style-type: none"> • Experience of the associated language, such as run, walk, stretch, space, balance etc. • Experience of what a space is in the hall. • Experience of working in pairs. • Introduction in class to associated gymnastic language. • Experience of warm up and cool down. • Developed the ability to follow simple instructions. 	Experienced a variety of games. Practised throwing and catching and can demonstrate the basics of these skills.	Recognise actions can be performed to music. Copy, create, repeat and perform some basic actions to music. Use their body to recreate and symbolise people and actions.	Pupils will have used a variety of balls, beanbags, bats and markers. Can roll and follow a rolling ball. Mastered movements such as walking, running and jumping.
Key Vocabulary	Skip Pathway Step Shape Spring Tension Crawl Relaxation Slide Stretch Bounce Curl Hop Along Jump On Land Off Rock Around Roll Across Stop Zig-zag Still Slow Fast Tall Narrow Wide	Attack Catch Compete Defend Over-arm Play against Receive Rolling Send Throw Under-arm	Stretch Swing Mood Feeling Theme Story Static Friendship Start Middle End Lindy Hop.	Batter Bowl Catch Collect Feed Field Hit Hitter pick up Retrieve Roll Stop Strike Throw

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	Up (high) Down (low) Forwards Backwards			
Substantive Concepts	<p>To perform basic travelling actions safely in a general space. To stop and stay still when required. Develop moving and stopping with weight on different parts of the body. To perform basic travelling actions while changing direction to create patterns on the floor - straight lines, circles, zig zag etc. To perform basic travelling actions using small apparatus safely. To hold positions of stillness on different parts of the body showing good control. To revise and develop positions of stillness using different parts of the body to support weight.</p>	<p>To hit a target. To defend a target. To roll and slide balls and beanbags. To shoot in a game to get points. To work with a partner to score points. To use our attacking and defending skills in a game.</p>	<p>To move as if we are in the jungle. To move like a friendly bear. To create and perform movements which demonstrate friendship. How to mirror other people's actions. Some basic Lindy Hop actions. What it feels like to perform a dance.</p>	<p>To select a space to throw or roll a ball into. To track and collect a rolling ball. To catch a ball to stop an opponent from scoring. To use our hands to hit a ball. To run between bases to score points. To work as a team to score points.</p>


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	Spring			
Curriculum focus/links	"Locomotion, travelling, stillness, safe use of space, body shape, transfer of support of weight, jumping and landing, sequence introduction."	Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases.	Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.
Sports/Games	Gymnastics	Send and Return	Dance	Run, Jump, Throw
Prior Learning	<ul style="list-style-type: none"> • Experience of the associated language, such as run, walk, stretch, space, balance etc. • Experience of what a space is in the hall. • Experience of working in pairs. • Introduction in class to associated gymnastic language. • Experience of warm up and cool down. • Developed the ability to follow simple instructions. 	Pupils will have used a variety of balls, beanbags, bats and markers. Mastered basic running movements in different directions.	Responded to a range of stimuli. Explored space, direction, levels and speeds and performed with different body parts.	Experienced sending a variety of balls, quoits and beanbags. Can use a range of motor skills. Able to walk, run and travel at a variety of speeds.
Key Vocabulary	Skip Pathway Step Shape Spring Tension Crawl Relaxation Slide Stretch Bounce Curl Hop Along Jump On Land Off Rock Around Roll Across Stop Zig-zag Still Slow Fast Tall Narrow Wide Up (high) Down (low) Forwards Backwards	Hit Send Collect Stop Net Throw Roll Strike Catch Bowl Feed pick up Batter Hitter Forehand Backhand Court	Compose Choose Select Emotions Canon Rhyme Theme Character Round Respond	Backwards Distance Far Fast Forwards Furthest High Hop Link Medium Fastest

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Substantive Concepts	<p>To develop and transfer floor work from last two weeks onto low apparatus.</p> <p>Moving safely from one position to another using stepping, rocking and rolling.</p> <p>Develop sequence work by joining together travelling actions and position of stillness.</p> <p>To learn to jump and land safely.</p> <p>To work safely on and around apparatus.</p> <p>To develop simple sequences on and around the apparatus.</p>	<p>To slide a beanbag to a target.</p> <p>To hit a ball in different ways with our hands.</p> <p>To move towards a ball to return it.</p> <p>To work with a partner to stop and return a beanbag.</p> <p>What a rally is and rallying with a partner.</p> <p>To send a ball into space to make it harder for our opponent.</p>	<p>To perform actions to well-known nursery rhymes.</p> <p>To march in time to the beat and turn while marching.</p> <p>To march in time as a group.</p> <p>To perform actions in canon (one after the other).</p> <p>To perform a short dance using canon.</p> <p>To perform in rounds in different groups.</p>	<p>To start and stop moving at speed.</p> <p>To use our arms when running at different speeds.</p> <p>To take off on two feet to jump at distance.</p> <p>To use the correct technique to throw different objects for distance.</p> <p>To show improvement in our throwing.</p> <p>To take part in a competition using running, jumping and throwing skills.</p>
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	Summer			
Curriculum focus/links	Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.	To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.	Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.	To develop fundamental movement skills and apply them in a range of fun, competitive, and cooperative Sports Day activities, building confidence, teamwork, and physical literacy.
Sports/Games	Hit, Catch, Run	Attack, Defend, Shoot	Run, Jump, Throw	Sports Day Activities
Prior Learning	Able to hit objects with hand or bat. Tracked and retrieved a rolling ball. Throw and catch a variety of balls and objects.	Practiced basic movements, including running, jumping etc. Engaged in competitive activities. Experienced opportunities to improve ABCs.	Begun to link running and jumping. Learnt and refined a range of running. Developed throwing techniques to throw over longer distances.	By this point children should have: Shown good control and coordination in large and small movements. Moved confidently in a range of ways, safely negotiating space. Participated in cooperative play and taken turns with others. Engaged in simple races and outdoor play using basic gross motor skills (e.g., running, jumping, hopping). Started to understand instructions and basic rules in physical play.
Key Vocabulary	Batter Bowl Catch Collect Feed Field Hit Hitter pick up Retrieve Roll Stop Strike Throw	Cooperate Defend Fluency Heart rate Outwit Physical activity Pitch	A variety of balls Hoops Bean bags Quoits Throw down markers Foam javelins Balloons Stopwatch Measuring tape Skipping ropes	Run Jump Balance Throw Catch Relay Race Teamwork Control Start line / Finish line Fair play Personal best

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<p>Substantive Concepts</p>	<p>To catch a ball over a short distance. To begin to hit a ball with power. To position ourselves in the path of the ball. To field a ball to a base. To catch a high ball. To stop other teams from scoring points.</p>	<p>To find our pulse on our wrists. To move side to side to defend a goal. To bounce a ball with control to ourselves. To aim at different targets. To adapt to a game with changing rules. To play in the best defensive position in a game.</p>	<p>To use agile movements in different activities. Different ways to recognise the start and end of an activity e.g. whistle. To develop stamina when running. To develop core strength to improve throwing. To stride and jump for height. To choose the best starting position for running quickly.</p>	<p>Agility and Movement To navigate space quickly and safely. Balance and Coordination To maintain stability during movement (e.g. egg and spoon race, bean bag balance). Object Control To handle sports equipment (e.g. bean bags, balls, batons). Speed and Endurance To run over short distances at different paces. Teamwork and Cooperation To work collaboratively in team relays or partner tasks. Competition and Fair Play To understand winning and losing respectfully.</p>
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