

Year One: Autumn One

Topic title: Fundamental Movement Skills

Prior learning:

- ∉ Run and stop, showing some control of direction and stopping.
- ∉ Jump with bent knees, avoiding falling over.
- ∉ Throw different balls and beanbags into space, aiming for large targets but expecting minimal success.
- ∉ Balance in a stationary position, and while moving.
- ∉ Explore the coordination of different limbs, in a free play environment.

Future learning:

- Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique.
- Connect running and jumping movements with some control and balance.
- Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.
- Show some understanding of different throws.
- Show control and balance when travelling at different speeds.
- Demonstrate balance and coordination when changing direction.
- Demonstrate coordination with increased control, with and without equipment.

Knowledge:

- ∉ Learn how to pace yourself when running long distances.
- ∉ Understand what cardio is.
- ∉ Understand how to move quickly through ladders.
- ∉ Understand what cardio is.
- ∉ Understand how to move quickly through ladders.

Skills:

- ∉ Be able to change stride length.
- ∉ Be able to change jumping technique.
- ∉ Remain in control of their body when jumping.
- ∉ Demonstrate their abilities at balancing their bodies.
- ∉ To move through different speeds.
- ∉ Develop foot speed.
- ∉ Introduce throwing an object to different targets, with one hand & two.
- ∉ Introduce catching, with two hands.
- ∉ Learn how to pace yourself when running long distances.
- ∉ Be able to change stride length.
- ∉ Be able to change jumping technique.
- ∉ Remain in control of their body when jumping.
- ∉ Demonstrate their abilities to balance on different body parts, holding the balances for 3 seconds.

Year One : Autumn Two

Topic title: Gymnastics

<p>Prior learning:</p> <ul style="list-style-type: none"> ∄ Hold weight on their hands. ∄ Demonstrate poses and actions that challenge their flexibility. ∄ Perform balances that make their body stretched, tensed and curled while using creativity. <p>Future learning:</p> <ul style="list-style-type: none"> ∄ Show an improvement of extension and flexibility in actions. ∄ Be able to perform balances on different body parts with some balance and control. ∄ Copy, remember, repeat and plan linking basic actions while showing some control and technique. 	<p>Knowledge:</p> <ul style="list-style-type: none"> ∄ To understand what gymnastics is and how the lessons will progress in the next few weeks. ∄ Learn and remember three key body shapes. ∄ Remember how to use our body to help us balance. ∄ Know the different shapes stretch shape, star shape, tuck shape statically and as jumps. ∄ Know how to travel across the bench with a safe jump at the end. 	<p>Skills:</p> <ul style="list-style-type: none"> ∄ To be able to find and stay in a space. ∄ Balance on one leg in different positions. ∄ Travel in different ways using different body parts and levels. ∄ Travel in creative ways with a safe jump at the end. ∄ Safely perform different vault skills. ∄ Complete obstacle courses using all the new skills and techniques previously taught. ∄ Be able to do the different shapes: stretch shape, star shape, tuck shape. Statically and as jumps. ∄ To be able to climb onto and jump off the vault tables in different and creative ways.
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Year One: Spring One
Topic title: Dance: Weather

<p>Prior learning:</p> <ul style="list-style-type: none"> ∄ Copy basic body actions and rhythms. ∄ Choose and use travelling actions, shapes and balances. ∄ Travel in different pathways using the space around them. ∄ Begin to use dynamics and expression with guidance. ∄ Begin to count to music. <p>Future learning:</p> <ul style="list-style-type: none"> ∄ Copy, remember and repeat a series of actions. ∄ Select from a wider range of actions in relation to a stimulus. ∄ Use pathways, levels, shapes, directions, speeds and timing with guidance. ∄ Use mirroring and unison when completing actions with a partner. ∄ Show a character through actions, dynamics and expression. ∄ Use counts with help to stay in time with the music. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand what unison is. • To understand the different levels within movement. • To understand and perform different travelling techniques across the space. • To be able to recognise and think of different travelling movements. • To be able to understand what formation means. • To understand what the work dynamics mean and how it applies to dance. 	<p>Skills:</p> <ul style="list-style-type: none"> • We are learning to dance using different levels • We are learning to perform in unison • We are learning to dance using canon • We are learning to perform in repetition • We are learning to dance using travel • We are learning to perform in formations • We are learning to dance using improvisation • We are learning to perform using timing • We are learning to use rehearsal time
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Year One: Spring Two		
Topic title: Co-operation		
Prior learning:	Knowledge:	Skills:

<ul style="list-style-type: none"> • Run and stop, showing some control of direction and stopping. • Jump with bent knees, avoiding falling over. • Throw different balls and beanbags into space, aiming for large targets but expecting minimal success. • Balance in a stationary position, and while moving. • Explore the coordination of different limbs, in a free play environment. <p>Future learning:</p> <ul style="list-style-type: none"> • Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique. • Connect running and jumping movements with some control and balance. • Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique. • Show some understanding of different throws. • Show control and balance when travelling at different speeds. • Demonstrate balance and coordination when changing direction. • Demonstrate coordination with increased control, with and without equipment. 	<ul style="list-style-type: none"> • Define co-operation and its importance in PE. • Recognise the benefits of working together as a team. • Identify situations where co-operation is required during physical activities. • Understand how effective communication contributes to cooperation. • Recognise the importance of supporting teammates. • Understand that all team members' ideas and efforts are valuable. • Respect and appreciate the diverse contributions of teammates. • Understand the significance of passing and sharing responsibilities. • Demonstrate effective teamwork through passing, strategising, and working towards a common goal. 	<ul style="list-style-type: none"> • Listen actively to instructions during group activities. • Take turns when participating in team-based exercises. • Share personal experiences of working together and taking turns. • Participate in activities that require clear communication within a team. • Demonstrate the ability to work together to achieve a common goal. • Encourage and uplift teammates during physical challenges. • Share positive feedback with peers about their efforts. • Participate in activities that showcase the strengths of each team member. • Experience cooperation in team sports like football, basketball etc.
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Year One: Summer One		
Topic title: Target Games		
<p>Prior learning:</p> <p>€ Collect and control a ball with two hands.</p>	<p>Knowledge:</p> <ul style="list-style-type: none"> • To develop basic game playing skills. 	<p>Skills:</p>

<ul style="list-style-type: none"> ∄ Move a ball with feet, with minimal control. ∄ Throw and roll a variety of beanbags and larger balls. ∄ Throw a beanbag with minimal direction or control. ∄ Attempt to stop a large ball sent to them using feet. ∄ Run and stop when instructed, with minimal balance or control. ∄ Travel around an area showing limited awareness of others. ∄ Make simple decisions in response to a situation. <p>Future learning:</p> <ul style="list-style-type: none"> ∄ Dribble a ball with 2 hands on the move. ∄ Dribble a ball with some success stopping it when required. ∄ Throw and roll towards a target using varying techniques with some success. ∄ Show balance when kicking towards a target. ∄ Catch an object passed to them, with and without a bounce. ∄ Move to track a ball and stop it using feet with limited success. ∄ Strike a bat using a racket. ∄ Run, stop and change direction with balance and control. ∄ Move to a space to help score goals or limit others' scoring. ∄ Use simple tactics. 	<ul style="list-style-type: none"> • To listen to instructions and be aware of safety issues surrounding the activities they are doing. • To be aware that it is important to stay healthy and know the effects exercise has on their bodies. • Understand how to increase speed over a short distance. 	<ul style="list-style-type: none"> ∄ To watch, copy, describe, and evaluate what they and others are doing. ∄ Be able to show an understanding of spatial awareness. ∄ They will be able to run at different speeds. ∄ Learn to run on the balls of their feet to make it easier to change direction. ∄ To use different techniques, speeds and efforts to meet challenges set for running and throwing. ∄ Be able to put basic skills learnt into a game setting. ∄ Be able to relate skills learnt to a different sport.
Year One: Summer Two		
Topic title: Multi Skills		
<p>∄ Prior learning: Run and stop, showing some control of direction and stopping.</p>	<p>Knowledge:</p>	<p>Skills:</p>

<p>Jump with bent knees, avoiding falling over. Throw different balls and beanbags into space, aiming for large targets but expecting minimal success.</p> <p>Balance in a stationary position, and while moving.</p> <p>Explore the coordination of different limbs, in a free play environment.</p> <p>∉ Future learning:</p> <p>Show balance and coordination when running at different speeds, regularly avoiding peers and using effective techniques.</p> <p>Connect running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique.</p> <p>Show some understanding of different throws.</p> <p>Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and coordination when changing direction.</p> <p>Demonstrate coordination with increased control, with and without equipment.</p>	<ul style="list-style-type: none"> ● Understand how to increase their speed over a short distance. ● Understand how to avoid attackers in a game situation. ● Know what throws to use in different situations. ● Understand how different throwing techniques can create different amounts of power. ● Begin to understand what body parts are used when throwing. ● Understand the importance of finding a space. 	<ul style="list-style-type: none"> ● Be able to show they have body control when performing different movements. ● Perform both jumping and hopping for a set distance without losing balance and control. ● Be able to perform short strides to create power. ● Perform both side steps and change of direction to evade attackers. ● Accurately perform an underarm throw to hit a target. ● Demonstrate changing directions at different speeds. ● Create power from both their arms and legs to be able to throw further. ● Run over ladders on the balls of their feet. ● Accurately throw a ball at 2 different targets at different distances, multiple times.
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