

Year 1's Physical Education Journey

Outdoor and Adventure— Children will learn about the outdoors through physical activities. Children will visit outdoor adventure parks, walks and playgrounds while also doing cross curricular learning. As well as their cross curricular skills, children will also practice some simple navigation skills, cognitive and physical skills in mazes and playgrounds.

| Cognitive: | Social | Health and Fitness |
|---|--|---|
| Can name some things I'm good at. | Can work sensibly with others, taking turns and sharing. | Awareness of why exercise is important for good health. |
| Can understand and follow simple rules. | | |

Ball skills—Children will learn to catch consistently through a variety of games. They will also learn to bounce and catch a ball and begin to improve their response and reaction times.

Fundamental Movement—Children will work together in pairs to create counter balances, fluidly moving between these.

Fundamental Movement—Unit 6— Children will develop their ball skills through ball chasing. Children should be aware of the different changes in the way they feel after they have exercised. Children will learn why exercise is important for good health.

Fundamental Movement—Unit 6— Casper the cat. Children will develop their static balance and footwork skills. Children should be aware of the different changes in the way they feel after they have exercised. Children will learn why exercise is important for good health.

Summer Term

Fundamental Movement— Unit 4—Off to the seaside. Children will learn how to counter balance with a partner. Children will be able to explore and describe different movements.

Fundamental Movements— Unit 2—Journey to the blue planet. To develop their dynamic balance and agility skills through jumping and landing.

Dance—Children will learn country and folk dances. Children to dance in large groups and incorporate skipping, hopping and jumping as part of a group. Children will then use these skills to learn and perform a traditional May-pole sequence.

Spring Term

Fundamental Movement— Unit 5—Ringo to the rescue. Children will develop their reaction and response technique through the use of ball skills. They will improve their coordination by sending and receiving balls. Children will be able to perform a single movement with some control. Children will develop a range of skills and will learn how to put two movements together.

Gymnastics—children will continue to climb and use apparatus safely, applying floor skills to the apparatus whilst moving with fluidity. They will begin to preform short sequences.

Children will practice their balancing skills through seated static balance. Children will be able to work with others, as well as taking turns and sharing.

Fundamental Movement— Unit 1—Pirate pranks. Children will develop their footwork and static balance skills. Children will be able to work on tasks independently.

Autumn Term

Fundamental Movement— Unit 1—Birthday bike surprise. Children will continue to develop their coordination skills through use of footwork and balance. Children should enjoy working on simple tasks with help. Children will learn to follow instructions and practise safely as well as begin to work on tasks by themselves.

Games—Children will develop their skills throwing, catching and kicking. Children will also begin to learn to use a range of P.E. equipment (big/small balls, quoits) while working independently and with groups.

