



## Year 1 – PE Overview

<b>Autumn</b> Games- Throwing and Catching Dance- Responding to music	<b>Spring</b> Gymnastics- Shape and Balance Games- Target	<b>Summer</b> Athletics Games- Invasion
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Games	Gym	Athletics	Dance	Evaluation
G1 I can travel in a variety of ways including running, jumping and changing directions.	Gy1 I can copy and explore explores basic movements with some control and coordination (roll, jump and balance)	A1 To move at different speeds	D1 I can copy and explore basic movements and body patterns	E1 I can comment on own and other performance
G2 I can begin to perform a range of throws including underarm and chest pass.	Gy2 I can begin to perform different body shapes (core)	A2 To develop balance, agility and coordination	D2 I can remember simple movements and dance steps	E2 I can give comments on how to improve performance
G3 Receives a ball with basic control.	Gy3 I can begin to perform at different levels.	A3 To be able to throw for distance and accuracy	D3 I can begin to link movements to sounds and music.	E3 I can use appropriate vocabulary when giving feedback



G4 I can begin to develop hand-eye coordination.	Gy4 I can perform a 2 footed jump.	A4 To explore hopping, jumping and leaping for distance	D4 I can respond to a range of stimuli (clap)	
G5 I can participate in simple games.	Gy5 I can begin to use the equipment safely			
	Gy6 I can perform balances with some control.			
	Gy7 I can begin to perform simple rolls (teddy bear roll, log roll)			
	Gy8 I can link 23 movements in a sequence.			

Topic Coverage		
G1, G2, G3, G4, G5 D1, D2, D3, D4 E1, E2, E3	Gy1, Gy2, Gy3, Gy4, Gy5, Gy6, Gy7, Gy8 G1, G2, G3, G4, G5 E1, E2, E3	G1, G2, G3, G4, G5 A1, A2, A3, A4 E1, E2, E3
<b>Vocabulary</b>	<b>Vocabulary</b>	<b>Vocabulary</b>
<u>Games- Throwing and Catching</u> Underarm, Racket, Throw, Ready, Position, Track	<u>Gymnastics- Shape and Balance</u> Action, Control, Direction, Level, Speed, Apparatus	<u>Athletics</u> Walk, Quickly, Leap, Underarm, Further, Overarm  <u>Games- Invasion</u>



<p><u>Dance- Responding to music</u> Beat, Balance, Fast, Level, Pose, Timing</p>	<p><u>Games- Target</u> Distance, Overarm, Underarm, Swing, Balance, Further</p>	<p>Attacker, Defender, Goal, Track, Mark, Dodge</p>
<p><b>I will know...</b></p>	<p><b>I will know...</b></p>	<p><b>I will know...</b></p>
<p><u>Games- Throwing and Catching</u></p> <ul style="list-style-type: none"> <li>- To develop rolling and throwing a ball towards a target.</li> <li>- To develop receiving a rolling ball and tracking skills.</li> <li>- To be able to send and receive a ball with your feet.</li> <li>- To develop throwing and catching skills over a short distance.</li> <li>- To develop throwing and catching over a longer distance.               <ul style="list-style-type: none"> <li>- To apply sending and receiving skills to small games</li> </ul> </li> </ul> <p><u>Dance- Responding to music</u></p> <ul style="list-style-type: none"> <li>- To create own dance using, actions, pathways and counts.</li> <li>- To explore speeds and actions in a dance               <ul style="list-style-type: none"> <li>- To copy, repeat, create and perform actions in a dance</li> <li>- To use a pathway when travelling.</li> </ul> </li> </ul> <p>To explore pathways with a partner.</p>	<p><u>Gymnastics- Shape and Balance</u></p> <ul style="list-style-type: none"> <li>- To explore travelling movements.</li> <li>- To develop quality when performing and linking shapes.</li> <li>- To develop stability and control when performing balances.</li> <li>- To develop technique and control when performing shape jumps.</li> <li>- To develop technique in the barrel, straight and forward roll.</li> <li>- To link gymnastics actions to create a sequence</li> </ul> <p><u>Games- Target</u></p> <ul style="list-style-type: none"> <li>- To develop underarm throwing towards a target               <ul style="list-style-type: none"> <li>- To develop throwing for accuracy</li> </ul> </li> <li>- To develop underarm and overarm throwing at a target               <ul style="list-style-type: none"> <li>- To develop throwing for accuracy and distance using underarm and overarm</li> <li>- To select the correct throw for the target</li> </ul> </li> </ul> <p>To develop throwing for accuracy and distance</p>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>- To move at different speeds over varying distances.               <ul style="list-style-type: none"> <li>- To develop balance.</li> </ul> </li> <li>- To develop changing direction quickly</li> <li>- To explore hopping, jumping and leaping for distance.               <ul style="list-style-type: none"> <li>- To develop throwing for distance.</li> <li>- To develop throwing for accuracy.</li> </ul> </li> </ul> <p><u>Games- Invasion</u></p> <ul style="list-style-type: none"> <li>- To understand the role of defenders and attackers.               <ul style="list-style-type: none"> <li>- To recognise who to pass to and why.</li> <li>- To move towards the goal with the ball.</li> <li>- To support a teammate when playing in attack.</li> </ul> </li> <li>- To move into space showing an awareness of defenders               <ul style="list-style-type: none"> <li>- To stay with a player when defending.</li> </ul> </li> </ul>



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