

PHYSICAL EDUCATION Long Term Planning - Summary of YEAR 1 Units

AUTUMN 1	AUTUMN 2
<p><u>Space and Movement - Decision Making</u> Children will be able to make different movements around a space and will know best when to change direction. They will also know how to change direction when moving quickly.</p> <p>They will be able to move through, around, over and under apparatus whilst holding equipment, with control.</p> <p>Children will be able to balance in a range of ways and will be able to hold balances for at least two seconds whilst on a piece of apparatus.</p> <p>Children will be able to apply their moving and balancing knowledge to a game situation and will learn how to make decisions during the game as to the most appropriate course of action to take.</p>	<p><u>Dance</u> Children will begin to refine the different moves that they can make around a space and develop them further by carrying out moves to music. Movements made by the children will be made with increasing control and coordination.</p> <p>Children will learn how to perform movements at different levels and will cooperate with a partner or small group to put them to music.</p> <p>By the end of the unit children will be able to perform a routine to others with control and coordination, incorporating a range of movements and levels.</p>
SPRING 1	SPRING 2
<p><u>Gymnastics</u> Children will be able to perform and hold a shape and perform a jump with a strong body, control and pointed toes.</p> <p>Children will be able to balance in an increasing range of positions both with and on apparatus.</p> <p>Children will be able to perform body rocks and rolls with an increasingly strong body shape, good control and pointed toes.</p> <p>They will then be able to apply their knowledge and skills to performing a sequence, to others, with control, always showing a strong start and finish position.</p>	<p><u>Throwing & Catching</u> Children will be able to throw and roll an object underarm and then catch it using both hands. They will also be able to control a ball using their feet, their hands or another object.</p> <p>Children will be able to roll and throw a ball from an increasing distance whilst still having control. Then using both their feet and their hands they will be able to pass the ball to a team mate.</p> <p>Children will be able to apply their throwing and catching skills into a game situation where they are doing so under pressure e.g. rounders.</p> <p>They will then be introduced to chest pass, bounce pass, shoulder pass and overhead pass before applying all skills learnt into a further game situation.</p>
SUMMER 1	SUMMER 2
<p><u>Team Games</u> Children will be able to cooperate in team games that require attacking and defending skills to be applied.</p>	<p><u>Athletics</u> Children will be able to see the benefits of pumping and/or swinging their arms whilst running and will be able to apply this into their own style of running.</p> <p>Children will know why we need to bend our knees and use our arms when we take off for a jump.</p> <p>Children will be able to stand in the correct stance in order to throw an object accurately towards a target. They will develop this skill until they can do this with increasing height and distance. Children will rehearse the skills required in order to take part in Sports Day</p>