









PE Long Term Plan Hadrian Y1



Y1 PE	
National Curriculum Objectives KS1	Key Links
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.• participate in team games, developing simple tactics for attacking and defending.• perform dances using simple movement patterns.	<p>Home - Association for Physical Education - Association For Physical Education P.E. (afpe.org.uk) National PE Curriculum - Association for Physical Education - Association For Physical Education P.E. (afpe.org.uk) Google Shared PE Drive - PE - Google Drive Twinkl Move - PE Planning - PE Resources - Primary PE Schemes of Work (twinkl.co.uk) YST - Youth Sport Trust - Youth Sport Trust School Games - Your School Games - Your School Games</p>

Topics		N.C Objectives	Key skills	Key Vocab
Autumn 1	Fundamental skills: Running & Jumping	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. • participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> • To use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game. • To begin to run at different speeds • To move along some basic pathways, for example • To move in a straight or curved line • To begin to use the correct technique for jumping as high and as far as they can • To explore different types of jumps; • To land safely • To make a simple sequence of jumps. 	Running Jumping Teamwork Communication Balance Coordination Agility Attacking Defending speed
Progression 	By the end of Year 1 children should be able to complete the following: <ul style="list-style-type: none"> • Use different ways of travelling in different directions or pathways. • Run at different speeds. • Begin to use space in a game. • begin to use the correct technique for jumping • Make a simple sequence of jumps 			
Teacher Subject Knowledge	Primary-PE-model.pdf (afpe.org.uk) National Curriculum - Physical education key stages 1 to 2 (publishing.service.gov.uk)			

	<p>PE Planning - PE Resources - Primary PE Schemes of Work (twinkl.co.uk)</p> <p>Youth Sport Trust - Youth Sport Trust</p>			
<p>Cross Curricular Links</p> 	<p>Science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene</p> <p>PSHE - importance of a healthy lifestyle, mental health and wellbeing.</p>			
<p>Autumn 2</p>	<p>Fundamental skills: Throwing & Catching</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. • participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> • To roll a ball and pick it up as it slows down • To use a simple underarm and overarm throw • To throw a ball into a space; • To catch a ball with two hands • To know that we need to warm up and cool down before and after exercise • To run or walk forwards and backwards • To follow simple rules to play games, including team games. • To use simple attacking skills such as dodging to get past a defender. • To use simple defensive skills such as marking a player or defending a space. 	<p>Throw Catch Ball Exercise Overarm Underarm Roll Space movement</p>
<p>Progression</p> 	<p>By the end of Year 1 children should be able to do the following:</p> <ul style="list-style-type: none"> • Throw underarm and overarm. • Catch and bounce a ball. • Use rolling skills in a game. • Practise accurate throwing and consistent catching 			

	<ul style="list-style-type: none"> ● Follow simple rules to play games, including team games. ● Use simple attacking skills such as dodging to get past a defender. ● Use simple defensive skills such as marking a player or defending a space. 			
<p>Teacher Subject Knowledge</p> 	<p>Primary-PE-model.pdf (afpe.org.uk)</p> <p>National Curriculum - Physical education key stages 1 to 2 (publishing.service.gov.uk)</p> <p>PE Planning - PE Resources - Primary PE Schemes of Work (twinkl.co.uk)</p> <p>Youth Sport Trust - Youth Sport Trust</p>			
<p>Cross Curricular Links</p> 	<p>science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene</p> <p>PSHE - importance of a healthy lifestyle, mental health and wellbeing.</p>			
<p>Spring 1</p>	<p>Invasion Games</p>	<ul style="list-style-type: none"> ● master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. ● participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> ● To throw underarm and overarm. ● To catch and bounce a ball. ● To practise accurate throwing and consistent catching. ● To travel with a ball in different ways and directions (side to side, forwards and backwards) with control and fluency. ● To pass the ball to another player in a game. ● To use kicking skills in a game. 	<p>Attacking Defending Running Passing Dribbling Moving Space Movement Throwing Catching Travel</p>

			<ul style="list-style-type: none"> • To run at different speeds. • To begin to use space in a game. • To begin to use the terms attacking and defending. • To use simple defensive skills such as marking a player or defending a space. • To use simple attacking skills such as dodging to get past a defender. • To follow simple rules to play games, including team games. 	
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Progression



By the end of Year 1 children should be able to complete the following:

- Throw underarm and overarm.
- Catch and bounce a ball.
- Practise accurate throwing and consistent catching.
- Travel with a ball in different ways and directions (side to side, forwards and backwards) with control and fluency.
- Pass the ball to another player in a game.
- Use kicking skills in a game.
- Run at different speeds.
- Begin to use space in a game.
- Begin to use the terms attacking and defending.
- Use simple defensive skills such as marking a player or defending a space.
- Use simple attacking skills such as dodging to get past a defender.
- Follow simple rules to play games, including team games.

Teacher Subject Knowledge	<p>Primary-PE-model.pdf (afpe.org.uk)</p> <p>National Curriculum - Physical education key stages 1 to 2 (publishing.service.gov.uk)</p>			
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[PE Planning - PE Resources - Primary PE Schemes of Work \(twinkl.co.uk\)](#)

[Youth Sport Trust - Youth Sport Trust](#)

Cross Curricular Links



Science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene
PSHE - importance of a healthy lifestyle, mental health and wellbeing.



Spring 2

Gymnastics

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

- To create and perform a movement sequence.
- To copy actions and movement sequences with a beginning, middle and end.
- To link two actions to make a sequence.
- To recognise and copy contrasting actions (small/tall, narrow/wide).
- To travel in different ways, changing direction and speed.
- To hold still shapes and simple balances.
- To carry out simple stretches.
- To carry out a range of simple jumps, landing safely.

Balance
Agility
Coordination
Travel
Speed
Direction
Movement
Stretch
Jump
Equipment
Control
Range
Perform shapes

			<ul style="list-style-type: none"> • To move around, under, over, and through different objects and equipment. • To begin to move with control and care. • To perform using a range of actions and body parts with some coordination. • To begin to perform learnt skills with some control 	
<p>Progression</p> 	<p>By the end of Year 1 children should be able to complete the following:</p> <ul style="list-style-type: none"> • Create and perform a movement sequence.. • Copy actions and movement sequences with a beginning, middle and end. • Link two actions to make a sequence. • Recognise and copy contrasting actions (small/tall, narrow/wide). • Travel in different ways, changing direction and speed. • Hold still shapes and simple balances. • Carry out simple stretches. • Carry out a range of simple jumps, landing safely. • Move around, under, over, and through different objects and equipment. • Begin to move with control and care. • To perform using a range of actions and body parts with some coordination. • To begin to perform learnt skills with some control 			
<p>Teacher Subject Knowledge</p> 	<p>Primary-PE-model.pdf (afpe.org.uk)</p> <p>National Curriculum - Physical education key stages 1 to 2 (publishing.service.gov.uk)</p> <p>PE Planning - PE Resources - Primary PE Schemes of Work (twinkl.co.uk)</p> <p>Youth Sport Trust - Youth Sport Trust</p>			

Cross Curricular Links



Science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene
PSHE - importance of a healthy lifestyle, mental health and wellbeing.

Summer 1

Dance

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- perform dances using simple movement patterns.

- To copy and repeat actions.
- To put a sequence of actions together to create a motif.
- To vary the speed of their actions.
- To use simple choreographic devices such as unison, canon and mirroring.
- To begin to improvise independently to create a simple dance
- To perform using a range of actions and body parts with some coordination.
- To begin to perform learnt skills with some control.



Dance
Perform
Sequence
Unison
Canon
Mirroring
Improvise
Range
Actions
Control
Music
counting

Progression



By the end of Year 1 children should be able to complete the following:

- Copy and repeat actions.
- Put a sequence of actions together to create a motif.
- Vary the speed of their actions.
- Use simple choreographic devices such as unison, canon and mirroring.
- Begin to improvise independently to create a simple dance
- Perform using a range of actions and body parts with some coordination.
- Begin to perform learnt skills with some control.

<p>Teacher Subject Knowledge</p> 	<p>Primary-PE-model.pdf (afpe.org.uk)</p> <p>National Curriculum - Physical education key stages 1 to 2 (publishing.service.gov.uk)</p> <p>PE Planning - PE Resources - Primary PE Schemes of Work (twinkl.co.uk)</p> <p>Youth Sport Trust - Youth Sport Trust</p>			
<p>Cross Curricular Links</p> 	<p>Science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene</p> <p>PSHE - importance of a healthy lifestyle, mental health and wellbeing.</p> <p>Maths - basic counting when performing dance routines/performances.</p>			
<p>Summer 2</p>	<p>Health & Fitness</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> • To describe how the body feels before, during and after exercise. • To carry and place equipment safely. • To travel with a ball in different ways. • To use different ways of travelling in different directions or pathways. • To run at different speeds. • To perform using a range of actions and body parts with some coordination. • To begin to perform learnt skills with some control. • To watch and describe performances. • To begin to say how they could improve. 	<p>Travel Speed Direction Run Space Movement Equipment Forwards Backwards coordination</p>
<p>Progression</p>	<p>By the end of Year 1 children should be able to complete the following:</p>			



- Describe how the body feels before, during and after exercise.
- Carry and place equipment safely.
- Travel with a ball in different ways.
- Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency
- Use different ways of travelling in different directions or pathways.
- Run at different speeds.
- Perform using a range of actions and body parts with some coordination.
- Begin to perform learnt skills with some control.
- Watch and describe performances.
- Begin to say how they could improve.

Teacher Subject Knowledge



[Primary-PE-model.pdf \(afpe.org.uk\)](https://www.afpe.org.uk/primary-pe-model.pdf)
[National Curriculum - Physical education key stages 1 to 2 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/424242/national-curriculum-key-stages-1-to-2-physical-education.pdf)
[PE Planning - PE Resources - Primary PE Schemes of Work \(twinkl.co.uk\)](https://www.twinkl.co.uk/resources/primary/primary-pe-schemes-of-work)
[Youth Sport Trust - Youth Sport Trust](https://www.youthsporttrust.org/)

Cross Curricular Links



Science - the importance of exercise and eating the right amounts of different foods as well as personal hygiene
PSHE - importance of a healthy lifestyle, mental health and wellbeing.

Key texts



AFPE - **'Safe Practice: in Physical Education, School Sport and Physical Activity'**
Maisy learns to Swim by Lucy Cousins – **Trying new things – Early Years**
The Yoga Ogre – Peter Bently – **Healthy Lifestyle – Early Years**
Dora plays sports – Alison Inches – **Trying new things – Year 1/2**
Zach gets some exercise by The Duchess of York – **Healthy Lifestyle – Year 1/2**