

KS1 - Movement

Knowledge

- To access a broad range of opportunities to extend their agility, balance and co-ordination.
- To master basic movements.
- To perform dances using simple movement patterns

Gymnastics

Skills

- I can copy basic gymnastic movements.
- I understand how to jump and land safely.
- I can perform simple sequences that I have put together with my group, on the floor and on simple equipment.

Vocabulary

frog, rabbit, crab, snake, fox, kangaroo, sequence, benches, equipment

Dance and Movement to Music

Skills

- I can copy phases of movement and add movements on.
- I can try to move in time to either a beat or music.

Vocabulary

phase of movement, sequence, patterns, rhythm, beat

Underlying Vocabulary

physical exercise, healthy, diet, safe, dressing/dressed, change, items in PE kit, warm up, fitness, well-being, enjoyment, proud, determined

KS1 - Basic Skills

Knowledge

- To begin to master basic throwing and catching.
- To begin to apply hitting styles to a range of situations.
- To begin/master different ways of moving including, running and jumping in different activities by accessing a broad range of opportunities to extend their agility, balance and co-ordination.

Sending and Receiving

Skills

- I can find ways to stop a balloon (Year 1) or a soft ball from falling to the floor.
- I can find a variety of ways to send an object to a partner and develop catching skills.
- I can apply these skills when using different objects (balloon, small ball, large ball, bean bags).

Vocabulary

send, receive, throw, catch, eyes, hands, time, ready, position

Hitting Objects

Skills

- I can use a range of equipment to explore hitting different objects, including a tennis racket, cricket bat and a rounders bat.
- I can begin to hit objects with some accuracy.

Vocabulary

eyes, hands, position, accuracy, hitting, striking, aim, send, receive

Multi-Skills

Skills

- I can master basic movement skills (picking up and handling equipment, placing it down, using different parts of the body to send and receive objects to and from a partner or target).
- I can do all of the above with more control and purpose.

Vocabulary

games, direction, balance, hands, feet, eyes, rules, control, send, receive

Underlying Vocabulary

physical exercise, healthy, diet, safe, dressing/dressed, change, items in PE kit, warm up, fitness, well-being, enjoyment, proud, determined

KS1 - Games and Sports Day

Knowledge

- To continue to develop throwing, catching and co-ordination skills in small team games.
- To master basic movements, including agility, balance and co-ordination when participating in team games and to develop simple tactics for attacking and defending.
- To apply throwing, running and jumping skills to competitive situations against themselves and others to achieve their personal best, whilst earning points for their team.

Target and Small-Sided Games

(Matball, Balloon Volleyball, Kick Rounders)

Skills

- I can play small games, in teams, against class mates where throwing and catching is required.
- I can get into position ready for catching.
- I can demonstrate my sending and receiving (throwing and catching) skills.
- I know what 'attack' and 'defend' means.

Vocabulary

rules, balance, positive, try, striking, upwards, downwards, time, attack, defend, space, tactics, strategies, moving into position, ready, hands, eyes

Sports Day

Skills

- I can use a range of different running speeds, throwing techniques and jumps to meet the demands of different activities.
- I can take part in a variety of activities which involve running, jumping and throwing.
- I will keep trying different activities so I can beat my best score.
- I can sequence the different jumps together.

Vocabulary

run, slow, fast, jump, win, lose, draw, overarm, underarm, personal best, competitive, teamwork

Underlying Vocabulary

physical exercise, healthy, diet, safe, dressing/dressed, change, items in PE kit, warm up, fitness, well-being, enjoyment, proud, determined