

Year 1 PE – Learning Journey

Summer

Athletics: Running

- Techniques for running as fast as possible
- Pacing and running for distance.
- Throwing accurately/ throwing for distance

Ball skills: Rackets, Bats, Balls

- Control using a racket
- Hitting using a ball and a racket
- Accuracy and space in games

Hands 2: Ball skills

- Roll a ball towards a target.
- Combine ending and
- stopping

Games for Understanding:

Attack v Defence

- Apply principles of attack vs defence
- Create tactics to win
- Developing how, where and why to attack/defend



Autumn

Gymnastics: Wide, Narrow, Curled

- Wide, narrow and curled movements and balances
- Transitioning between movements
- Linking two movements

Locomotion: Running 1

- Running using different body parts
- Running at different speeds/directions
- Racing

Locomotion: Jumping 1

- Jumping in different directions/speeds/levels
- When, where and why we jump in different ways

Dance: Heroes

- Showing character expression
- Creating a sequence
- Perform and share short dances based on themes

Spring

Ball Skills: Feet

- Applying dribbling skills.
- Accuracy kicking and passing a ball
- Working as a team

Gymnastics: Body Parts

- Movements/balances on big and small body parts in wide, narrow and curled ways (floor and apparatus)
- Linking movements

Ball skills: Hands 1

- Sending and receiving
- Understanding of where to send a ball and why
- Combine sending and receiving
- Stopping the ball

Dance: The Zoo

- Responding to stimulus (different zoo animals)
- Movements to express character
- Co-ordinating/controlling movements
- Creating a sequence