

PE - Year 1 Swimming



Water Safety

What should I already know?

- I can listen and answer safety rules.
- I can enter the water from poolside.
- I can blow bubbles into the water with face submerged.

Overview

Practise	Move through the water while on front/back using alternating leg action
Application	Use paddle technique when moving through the water.
Evaluation	Explain the breathing technique used for both front and back stroke.
Health and fitness	Remain safe in the water at all times and be able to be jump or step into the pool safely.

Key Outcomes:

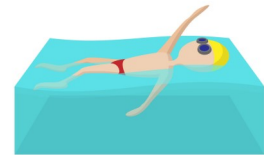
- Answer 2 questions on poolside safety.
- Enter and exit the pool safely from.
- Blow bubbles with face submerged.
- Swim 5 meters on front/back.
- Push and glide on back, tuck and roll forward to return to poolside.
- Move through the water on front/back using an alternating leg action for 5 meters.
- Roll from back to front performing a star float and mushroom.
- Treading water with action with legs on woggle (seahorse)
- Jump or step into the water from poolside (with assistance if needed)
- Complete a 360 degree turntable with feet off the pool floor.
- Show treading water with action legs or woggle.

Key vocabulary

Front Paddle



Back Paddle



Star Float

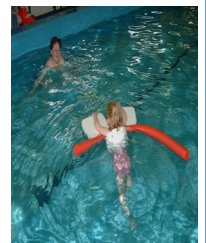


Push and Glide

Push and glide - Feet flat against the wall holding arms in a triangular shape, face down in the water and push, stretching arms out in front.

Woggles and Floats

To show treading water action using a woggle and float as a water aid.



Pencil Jump

Keep the body Straight like a pencil as you jump into the pool.

Tread Water

Keep the body upright, head above the surface. Arms and legs move to keep you afloat.

Safety

Protect themselves from harm and danger

Personal development Connecting Concept

Healthy lifestyle



Develop increased strength and stamina and understand the health benefits to swimming regularly.

PE - Year 1 - Games



Fundamentals Skills

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What should I already know?

- How to use a variety of balls, beanbags, quoits and bats
- Developed simple motor skills, e.g. running and changing direction, hopping, jumping and stopping
- Practised following a ball and moving to collect it
- Practised rolling a ball and underarm throwing
- Practised kicking and controlling a ball with their feet.



Core task:

Net Game: Throw beanbags into your opponent's hoop to score points.

Net-type game: Slide a beanbag over your opponent's line to score a point.

Striking and Fielding game: Throw beanbags into an area. How many times can you move in and out of a hoop, before your opponents retrieve all the beanbags

Personal development connecting concepts

Healthy Lifestyle 	Be aware of how the body changes during exercise.
Movement 	Develop movement skills during multi-sports games and develop speed and control

Overview

Practise	Be confident and safe in spaces for games.
	Explore and use skills, actions and ideas individually and in combination to suit the game they are playing.
Application	How to choose skills effectively for certain games
	How to use skills effectively for certain games
Evaluation	Watch, copy and describe what others are doing.
	Describe what others are doing.
Health and Fitness	What happens to your breathing if you run faster or slow down
	Why do we get out of breath?

Key vocabulary

Aim	Point or direct something at a target.
Demonstrated	Someone showing you how to complete an action.
Direction	Something moving in different ways.
Adaptations	The body or other things changing in different ways.

PE - Year 1 - Athletics



Fundamental skills

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What should I already know?

Fundamental Movement Skills

Walk, run, jump, hop, skip, dodge, throw, catch, strike with hands/feet/a piece of equipment, balance, land, rotate

Core task:

Run: Get as many beanbags out of a treasure chest in the middle of the playground by running to fetch them and running back to drop them off at your base

Jump: Island jumping. Jump or hop from one hoop (island) to the next.

Throw: Throw a ball or a beanbag into a hoop. Make it more challenging by pulling the hoop closer or pushing it further away.

Personal development con-

Healthy Life-style



Be aware of how the body changes during exercise.

Personal Best



The best time or score ever achieved by a sports player in a particular event.

Overview

Practise	Run jump and throw
Application	Follow safety instructions to keep safe when throwing and jumoing
Evaluation	Who threw the furhestest?
	What would help you to run for longer?
Health and Fitness	How do you feel when you run?

Key vocabulary

Run	move at a speed faster than a walk
Jump	Push off a surface and into the air using legs and feet
Distance	The length or space between two points
Compare	To look at the similarities and differences between
Throw	To push something through the air using your arm and
Speed	How fast something or someone moves or can move

PE - Year 1 Gymnastics





Travel & Shape

What should I already know?
You will be able to follow simple instructions.
You will have gained confidence lifting, carrying and placing small apparatus.
You will be able to jump and land well.
You will have experienced using space safely.
You will know basic vocabulary for the key actions of gymnastics—roll, jump, climb

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Key vocabulary	
Travelling	To move around space in a particular way i.e. forwards
Apparatus	The equipment we use to perform our gymnastic moves, like mats and benches
Movement phrases	Link two or more movements together to create a performance.
Tension	When you squeeze a muscle in your body to gain more control in your movements.

Overview	
Practise	Try different gymnastic actions including rolling, jumping and travelling.
	Try to be still in some gymnastic shapes and to move in others.
Application	Copy and create movement phrases, linking two or more movements together.
	Perform these movement phrases using different body actions and body parts.
Evaluation	Watch others' performances, and name the gymnastic actions they are performing.
	Remember your short sequence of actions, and explain which actions you have used.
Health and fitness	Learn how to move apparatus safely.
	Know when your body feels tension and when it is relaxed.
	Explain how your body has changed during exercise.

Personal development Connecting Concepts	
Teamwork 	Work well in a team or partnership, listening to ideas.
Movement 	Link movements together to travel in different ways

Core task:

To choose two ways of travelling, and link these to make as short movement phrase. These will be performed on the floor and on apparatus.

Choose three 'like' actions e.g. three different jumps, and link these into a short movement phrase on the floor and apparatus.

PE - Year 1 Dance

Musical Theatre



What should I already know?

You will be able to follow simple instructions.

You will have moved using simple rhythms and explored basic body actions.



You will have watched and talked about movement, and had some experience of action songs and actions rhymes.



Key vocabulary	
Stimuli	Different sounds, songs and pictures that you can move your
Demonstrated	Someone showing you how to complete an action.
Movement phrases	Link two or more movements together to create a perform-
Expressive	To show feeling through your dance movements.

Overview	
Practise	Copy and explore basic body actions, like travel, jump, turn to music, words, poems and objects.
	Play follow the leader, copying the movements and movement patterns.
	Change the speed of your movement.
Application	Choose some of the explored movements and create your own movement phrase.
	Have clear starting and finishing positions when completing movement phrases.
Evaluation	Watch others dancing and talk about their dances. Say how the dance makes you feel.
	Watch and describe actions and movements.
Health and fitness	Say what happens to your breathing when you are moving quickly and when you are standing still.



Personal development Connecting Concept	
Teamwork 	Work well in a team or partnership, listening to ideas.
Personal development 	Movement, shape, space, balance and strength will all be developed.

Core task:

Create, perform and share short dances based on themes e.g. penguins—huddling, flapping, waddling.

- Start and finish your dance correctly., Remember the actions you have used in the middle and keep the actions the same in your movement phrase.

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