

## Year 1 PE curriculum overview 23/24

Year Group	Term 1A	Term 1B	Term 2A	Term 2B	Term 3A	Term 3B	
<b>Year 1</b>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To move at different speeds over varying distances.</li> <li>To develop balance.</li> <li>To develop changing direction quickly.</li> <li>To explore hopping, jumping and leaping for distance.</li> <li>To develop throwing for distance.</li> </ul> <p>To develop throwing for accuracy.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To explore travelling movements.</li> <li>To develop and combine travelling movements.</li> <li>To develop quality when performing and linking shapes.</li> <li>To develop quality when linking shapes.</li> <li>To develop stability and control when performing balances.</li> <li>To develop stability and control when performing balances.</li> <li>To develop technique and control when performing shape jumps.</li> <li>To develop technique and control when performing shape jumps.</li> <li>To develop technique in the barrel, straight and forward roll.</li> <li>To develop rolls and use them in a sequence.</li> <li>To link gymnastic actions to create a sequence.</li> <li>To develop quality in gymnastics sequences.</li> </ul>			<p style="text-align: center;"><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>To develop dribbling a ball with your hands.</li> <li>To explore accuracy when rolling a ball.</li> <li>To explore throwing with accuracy towards a target.</li> <li>To explore catching with two hands.</li> <li>To explore dribbling a ball with your feet.</li> <li>To explore tracking a ball that is coming towards me.</li> </ul>	<p style="text-align: center;"><b>Target Games</b></p> <ul style="list-style-type: none"> <li>To develop underarm throwing towards a target.</li> <li>To develop throwing for accuracy.</li> <li>To develop underarm and overarm throwing at a target.</li> <li>To develop throwing for accuracy and distance using underarm and overarm.</li> <li>To select the correct throw for the target.</li> </ul> <p>To develop throwing for accuracy and distance.</p>	<p style="text-align: center;"><b>Striking and fielding games</b></p> <ul style="list-style-type: none"> <li>To develop underarm throwing and catching.</li> <li>To develop overarm throwing.</li> <li>To develop hitting a ball.</li> <li>To develop collecting a ball.</li> <li>To learn how to get a batter out.</li> </ul> <p>To play games and understand how to score points.</p>
<b>Vocab Words</b>	Walk, time, quickly, underarm, leap, overarm, further, control.	Action, control, direction, level, speed.	Soft, swing, track, underarm, control, ready, position	Distance, overarm, underarm, swing, balance, further.	Batter, batting, bowl, bowler, fielder, fielding, hit, overarm, out, ready, position, track, underarm.		
	<p style="text-align: center;"><b>Dance</b></p> <p>Dance- <i>penguin small</i>                      Responding to story as a stimulus                      Creating characters using actions and dynamics                      Narrative structure</p>			<p style="text-align: center;"><b>Yoga</b></p> <ul style="list-style-type: none"> <li>To explore yoga and mindfulness.</li> <li>To be able to copy and remember poses.</li> </ul>	<p style="text-align: center;"><b>Fitness</b></p> <ul style="list-style-type: none"> <li>To develop knowledge of how exercise can make you feel.</li> <li>To develop knowledge about</li> </ul>	<p style="text-align: center;"><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>To understand the role of defenders and attackers.</li> <li>To recognise who to pass to and why.</li> </ul>	

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	<p>Dance- <i>Toy story/nutcracker</i>. ROH resources  <a href="https://learning-platform.roh.org.uk/module/explorer-lesson-1-getting-started-2#nutcracker-video-getting-started">https://learning-platform.roh.org.uk/module/explorer-lesson-1-getting-started-2#nutcracker-video-getting-started</a></p> <ul style="list-style-type: none"> <li>• To use counts of 8 to move in time and make my dance look interesting.</li> <li>• To explore pathways in my dance.</li> <li>• To create my own dance using, actions, pathways and counts.</li> <li>• To explore speeds and actions in dance.</li> <li>• To copy, remember and repeat actions</li> <li>• To explore speeds and actions.</li> <li>• To use expression and create actions that relate to the story.</li> <li>• To use a pathway when travelling.</li> <li>• To explore and copy actions in response to a theme.</li> <li>• To create my own actions for an animal.</li> <li>• To explore pathways with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop flexibility when holding poses.</li> <li>• To develop balance whilst holding poses.</li> <li>• To create yoga poses using a hoop.</li> <li>• To create a yoga flow with a partner.</li> </ul>	<p>how exercise can make you strong and healthy.</p> <ul style="list-style-type: none"> <li>• To develop knowledge about how exercise relates to breathing.</li> <li>• To develop my understanding of how exercise helps my brain.</li> <li>• To develop my understanding of how exercise helps my muscles.</li> </ul> <p>To begin to understand the importance of daily exercise.</p>	<ul style="list-style-type: none"> <li>• To move towards goal with the ball.</li> <li>• To support a teammate when playing in attack.</li> <li>• To move into space showing an awareness of defenders.</li> </ul> <p>To stay with a player when defending.</p>
Vocab Words	Pathway, copy, pose, beat, balance, timing. fast, level.	Feel, stretch, focus, breath, pose, listen.	Brain, breathing, calm, exercise, healthy, heart, memory, mood, muscles, bones, quick, active , strong	Defender, dodge, track, mark, goal, attacker.
Links to National curriculum	<p style="text-align: center;"><b>Gymnastics</b> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p style="text-align: center;"><b>Dance</b> – perform dances using simple movement patterns.</p> <p style="text-align: center;"><b>Games</b> - participate in team games, developing simple tactics for attacking and defending</p>			