

Long Term Plan: Physical Education

Key Stage 1 / Year 1



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<p>real PE Unit 1: Personal Pupils learn fundamental foot skills, coordination and static balance through a range of games like The Instructor Says and Popping Pirates. They will develop their ability to work on simple tasks independently.</p> <p>Gymnastics: Shape and Travel Pupils learn shape and travel by travelling and working on footwork patterns. Pupils learn individual skills and challenge themselves by mastering basic movements.</p>	<p>real PE Unit 4: Creative Pupils learn creative coordination ball skills and counter skills with a partner. Pupils implement these in games such as Hold on Tight and Seaside Sculptures. Through these games they will be able to explore and describe different movements that they make.</p> <p>Gymnastics: Flight and Rotation Pupils select and link their own movement together. They work with a partner to develop their skills and master basic movements that they have learnt.</p>	<p>real PE Unit 6: Health and fitness Pupils learn health and fitness skills through agility such as ball chasing and static balance through floor work. They will begin to be aware of the way they feel when they exercise.</p> <p>Dance Pupils describe how their bodies move and how they feel. Pupils move their bodies in different ways and perform dances using simple movement patterns.</p>
<p>real PE Unit 5: Physical Pupils learn fundamental movement skills, coordination and agility through warm ups and games such as Ball skills and Magic Beans. In these games they will perform a range of skills and start to link movements together.</p> <p>Hand eye coordination/Ball handling/Tagging and dodging Pupils learn hand eye coordination by performing a range of skills with different equipment. Pupils will master these basic movements.</p>	<p>real PE Unit 3: Cognitive Pupils learn cognitive skills of dynamic balance on a line and static balance stance through activities such as warm ups and balancing games. They will be able to start explaining aspects that they are good at.</p> <p>Team building/Tactics Pupils work with others and look at performances from their peers and how they perform. Pupils play games as a team and develop simple tactics for attacking and defending within a game or activity.</p>	<p>real PE Unit 2: Social Pupils learn social skills like taking turns and sharing. They learn dynamic balance to agility such as jumping and landing. Pupils also learn static balance skills through completing activities where they are required to be seated.</p> <p>Athletics Pupils show others different ways of performing skills that have been learnt (jumping, throwing and running). Pupils continue to master basic movement skills.</p>