

Long Term Plan: Physical Education Key Stage 1 / Year 1



<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<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>Fundamental Movement Skills Pupils will be able to move at different speeds keeping their body under control. They will develop their balancing along a line with and without objects. They will move and dodge away from others and in a out of objects</p>	<p>Ball Games Pupils will be able to use different equipment to play in a ball game. They will be able to listen to the rules of a game and play by these. They will be able to ask for help. Pupils will use the ball skills from the previous unit and apply these to different games.</p> <p>Coordination & Agility (S&R, Reaction and response) Pupils will be able to perform a small range of skills and link 2 movements together. They will be able to retrieve a ball safely and react quickly to a ball being dropped.</p>	<p>Target Games Pupils will be able to roll an object towards a target. Pupils will begin to throw an object at a target from a distance with some success</p> <p>Footwork and Jumping Skills Pupils will move with good control and balance. They will follow instructions and work independently. Pupils will jump from 2 feet to 2 feet in a number of directions. They will explore different ways of jumping and moving safely.</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>Hand eye coordination/Ball Skills Pupils learn hand eye coordination by performing a range of skills with different equipment. Pupils will master these basic movements.</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>Attacking and Defending 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>Coordination & Agility (Ball chasing & Ball Skills) Pupils will start and stop quickly to chase a ball. They will maintain control of their bodies whilst doing this. Pupils are aware of why exercise is important for good health</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>