

KEY STAGE ONE PE YEARLY PLAN YEAR 1

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	GYMNASTICS	DANCE	GYMNASTICS	ATHLETICS	ATHLETICS	DANCE
INDOOR	<p><u>SKILLS TAUGHT</u> (GYMNASTICS UNIT YEAR 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I show basic control and coordination when travelling and when remaining still? • Can I choose and link actions such as rolls, travelling and balances? • Can I remember and repeat these actions? • Can I find and use space safely? • Can I identify and copy basic actions of gymnastics? • Can I use words such as rolling, travelling, balancing and climbing? • Can I make my body tense, relaxed, stretched and curled? • Can I describe what I do in my movement phases? 	<p><u>SKILLS TAUGHT</u> (DANCE UNIT YEAR 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I perform basic body actions? • Can I use different parts of the body singly and in combination? • Can I choose appropriate movements for different dance ideas? • Can I remember and repeat short dance phrase? • Can I move with control? • Can I vary the way I use space? • Can I describe how my heart and lungs work when dancing? • Can I describe basic movements and body actions? 	<p><u>SKILLS TAUGHT</u> (GYMNASTICS UNIT YEAR 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I show basic control and coordination when travelling and when remaining still? • Can I choose and link actions such as rolls, travelling and balances? • Can I remember and repeat these actions? • Can I find and use space safely? • Can I identify and copy basic actions of gymnastics? • Can I use words such as rolling, travelling, balancing and climbing? • Can I make my body tense, relaxed, stretched and curled? • Can I describe what I do in my movement phases? 	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I run at fast, medium and slow speeds, changing speeds and direction? • Can I link running and jumping activities with some fluency? • Can I make a short sequence of linked jumps? • Can I take part in relay activities? • Can I throw a variety of objects changing my action for accuracy and distance? • Can I recognise when my heart rate, breathing and temperature have changed? 	<p><u>SKILLS TAUGHT</u> (ATHLETICS UNIT 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I run at fast, medium and slow speeds, changing speeds and direction? • Can I link running and jumping activities with some fluency? • Can I make a short sequence of linked jumps? • Can I take part in relay activities? • Can I throw a variety of objects changing my action for accuracy and distance? • Can I recognise when my heart rate, breathing and temperature have changed? 	<p><u>SKILLS TAUGHT</u> (DANCE UNIT YEAR 1)</p> <p>Successful lesson</p> <ul style="list-style-type: none"> • Can I perform basic body actions? • Can I use different parts of the body singly and in combination? • Can I choose appropriate movements for different dance ideas? • Can I remember and repeat short dance phrase? • Can I move with control? • Can I vary the way I use space? • Can I describe how my heart and lungs work when dancing? • Can I describe basic movements and body actions?

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	MULTISKILLS (FOOTBALL)	MULTISKILLS (BENCH BALL)	MULTISKILLS (HOCKEY)	MULTISKILLS (ROUNDERS)	MULTISKILLS (RUGBY)	MULTISKILLS (TENNIS)
OUTDOOR	SKILLS TAUGHT (STRIKING AND FIELDING GAMES UNIT YEAR 1)	SKILLS TAUGHT (NET GAMES UNIT YEAR 1)	SKILLS TAUGHT (STRIKING AND FIELDING GAMES UNIT YEAR 1)	SKILLS TAUGHT (NET GAMES UNIT YEAR 1)	SKILLS TAUGHT (STRIKING AND FIELDING GAMES UNIT YEAR 1)	SKILLS TAUGHT (NET GAMES UNIT YEAR 1)
	Successful lesson <ul style="list-style-type: none"> • Can I kick a ball in a variety of ways? • Can I choose different ways to hit, kick, throw and strike a ball? • Can I describe what I and others are doing? 	Successful lesson <ul style="list-style-type: none"> • Can I use basic underarm rolling skills? • Can I sometimes use overarm skills? • Can I sometimes catch a bean bag and medium sized ball? • Can I choose different ways to throw a ball? • Can I describe what I and others are doing? 	Successful lesson <ul style="list-style-type: none"> • Can I use basic underarm rolling and hitting skills? • Can I sometimes use overarm skills? • Can I hit a ball in a variety of ways? • Can I choose different ways to hit and strike a ball? • Can I describe what I and others are doing? 	Successful lesson <ul style="list-style-type: none"> • Can I use basic underarm rolling and hitting skills? • Can I sometimes use overarm skills? • Can I hit a ball in a variety of ways? • Can I choose different ways to hit and strike a ball? • Can I describe what I and others are doing? 	Successful lesson <ul style="list-style-type: none"> • Can I sometimes use overarm skills? • Can I sometimes catch a bean bag and medium sized ball? • Can I choose different ways to throw a ball? • Can I describe what I and others are doing? 	Successful lesson <ul style="list-style-type: none"> • Can I use basic underarm rolling and hitting skills? • Can I sometimes use overarm skills? • Can I hit a ball in a variety of ways? • Can I choose different ways to hit and strike a ball? • Can I describe what I and others are doing?