

National Curriculum: Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: - 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 - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.

	Term 1 Lesson 1- Multi Skills Invasion games	Term 1 Lesson 2- Gymnastics	Term 2 Lesson 1- Dance	Term 2 Lesson 2- Multi Skills Net and wall	Term 3 Athletics	Term 3 Multi Skills Striking and fielding
Y e a r 1	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore different ways of using a ball.</p> <p>Explore ways to send a ball or other equipment.</p> <p>Retrieve and stop a ball using different parts of the body. A&D</p> <p>Play a variety of running and avoiding games.</p> <p>Practise skills to make them warmer.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Respond to instructions and commands.</p> <p>Move between mats and small apparatus and change the speed of movement.</p> <p>Learn a variety of basic gym actions.</p> <p>Be still in different body shapes and</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Learn basic movements relating to feelings. A&D</p> <p>Show that they have a clear starting and finishing position.</p> <p>Respond to different music showing a range of emotions.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Focus on throwing and catching.</p> <p>Play games based on net games (like tennis and badminton).</p> <p>Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3. A&D</p> <p>Play running and avoiding games.</p> <p>Explain how practicing skills can help you feel</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Take part in multiskills festivals. Designed to develop the fundamental movement skills of balance, co-ordination and agility.</p> <p>Activities to include bat and ball relay, throw clap and catch, slalom run, standing long jump etc.</p> <p>Develop balance, agility and co-ordination. A&D/H&F</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Be confident and safe in the spaces used to play games.</p> <p>Explore and use skills, actions and ideas individually and in combination to suit the game they are playing. A&D</p> <p>Understand that being active is good for them and fun.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways</p>

	<p>Explain why they enjoy playing games and physical activities.</p> <p>Talk about what our bodies do during exercise e.g. breathing Participate in team games.</p> <p>Develop simple attacking and defending techniques.</p> <p>Pass and receive a ball in different ways with increased control. H&F</p> <p>Core Task - The aim of the game is to throw bean bags into your opponents hoop to score points. The game is played 1 v 1.</p>	<p>balances and combine different ways of travelling. A&D</p> <p>Handle apparatus safely.</p> <p>Recognise how it feels when the body is tense.</p> <p>Discuss how the body changes during exercise.</p> <p>Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction. H&F</p> <p>Explain which balances are easy and which</p>	<p>Perform dance movements and simple routines using simple movement patterns. S&A</p>	<p>warmer and why is it good to play and get out of breath.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination. H&F</p> <p>Core Task - The aim of the game is to throw beanbags into your opponents hoop to score points. The game is played 1 v 1.</p>	<p>Core Task - Chn to take it in turns to run 1 activity in the festival. Chn rotate round, staying at 1 station for 2-3 minutes. Teachers to assess balance, coordination and agility.</p>	<p>with control and increased accuracy. Perform fielding techniques with increased control and co-ordination. H&F</p> <p>Core Task - The aim of the game is for the thrower (the batter) to score as many points as possible by throwing beanbags into a channel and then counting how many times they can move in and out of a hoop before fielders retrieve beanbag.</p>
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