

	<b>Year 1</b>	<b>Subject: PE</b>	
<p><u>KS1 Key Knowledge</u>  Pupils will develop the fundamental skills of object control, locomotion and stability which are essential for a lifelong love of sport and physical activity. They will take part in a variety of activities, including those with competitive elements, to practice these skills. Through a range of exciting opportunities within and beyond lessons, children will develop a passion for sport and physical activity, leading to individuals with a strong understanding of how to keep fit and healthy.</p>			

Prior learning	Future learning
<p>Within the early years children will have started to develop their fundamental skills. They will have had the opportunity to play collaboratively and work alongside others. They will have had opportunities to explore their bodies and how they can move within different environment.</p>	<p>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.</p> <p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• Perform dances using simple movement patterns.</li> </ul>

**WHAT PUPILS NEED TO KNOW OR DO TO BE SECURE**

Key learning	Possible evidence
<p><b>Pupils will be taught the following practical physical skills:</b></p> <ul style="list-style-type: none"> <li>• Travelling techniques such as running, side-stepping, galloping, sliding, skipping and leaping, applying those to game-like situations.</li> <li>• Roll and throw balls and similar objects accurately.</li> <li>• Jump and land effectively and safely.</li> <li>• Use space during game situations.</li> <li>• Work with others to achieve an outcome, i.e. winning a game / scoring.</li> <li>• Support and encourage teammates and show sportsmanship to opponents.</li> <li>• Lead and follow others in game situations.</li> <li>• Ability to use each of the fundamental skills in isolation and in competitive game play.</li> <li>• Show confidence using each of the skills with purpose.</li> <li>• Show adaptability and flexibility to alter strategies depending on the game in play.</li> <li>• Demonstrate a good ability to follow warm ups/ cool downs</li> <li>•</li> </ul> <p><b>Knowledge and understanding:</b></p> <ul style="list-style-type: none"> <li>• Understand how body parts can move and how they can be used in isolation/ coordination.</li> <li>• Begin to show understanding of the importance of a healthy balanced diet and active lifestyle.</li> <li>• Name the fundamental skills and know what they need to do to improve further.</li> </ul>	<p><b>Possible observations to be completed:</b></p> <ul style="list-style-type: none"> <li>• break and lunchtimes</li> <li>• PE lessons (using the different skills within a range of different sporting activities and games)</li> <li>• sports events (sports day)</li> <li>• outdoor learning time</li> </ul> <p><b>Assessments to be completed:</b></p> <ul style="list-style-type: none"> <li>• Baseline termly fitness assessment</li> <li>• Baseline fundamental skills test each term</li> <li>• Health and fitness knowledge (understanding a balanced diet)</li> </ul>

Key vocabulary

**Locomotion**

Walking

Running

Jogging

Sprinting

Jumping

Leaping

Hopping

Landing

Skipping

Side-Stepping

Gallop

Sliding

Rotation/Twisting

Rolling

**Object Control**

Rolling

Overarm Throw

Underarm Throw

Throwing

Catching

Chest Pass

Dribbling

Kicking

Hitting

Trapping (Football)

**Stability**

Static Balance

Dynamic Balance

Centre Of Gravity

Points Of Contact

## Common misconceptions

### **During game situations:**

- Lack of understanding regarding the positions to play
- Lack of knowledge regarding rules of the sport/ activity
- Limited understanding of the areas on the court/ pitch and what happens at each point
- Lack of Understanding of team work
- Limited knowledge of sportsmanship and what it entails
- Limited experience playing competitively leading to frustration and anger

### **During cooperative skill building exercises/ drills:**

- Lack of control/ experience using fundamental skills
- Lack of knowledge using techniques needed for the specific sport
- Unable to work collaboratively with a partner or small group

### **During adult led activities**

- Inability to listen and follow clear instruction
- failure to observe and take in simple instructions
- distractions from equipment and unfamiliar learning area

### **personal misconceptions/ difficulties**

- lack of experience leads to poor self-assessment
- inability to understand and show awareness of personal strengths and weaknesses
- getting frustrated if they cannot complete a task or learn a skill straight away
- Struggle to give constructive feedback to others
- Fear of making mistakes
- Fear loosing
- Be too aggressive and unable to cooperatively play mini games

## Apply knowledge in familiar related contexts

### Activities

#### Throwing-

Over arm, under arm, accuracy, distance, height, rolling, grip, one hand, two hand

#### Catching-

Stance, hand positioning, motion, from height, at speed, more than one item,, different sized objects, cushioning

#### Jumping-

2,2 2,1 1,2 1,1 from different heights, forwards and backwards side to side

#### Striking-

Use striking skills in isolated practise. Practise basic striking, sending and receiving. Use different rackets and sports bats. Learn how to hold the different equipment correctly and wield them safely. Learn about stance. Hit short vs long. Directional aiming.

#### Running-

Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space effectively in mini games.

#### Kicking-

Pass the ball to another player in a game. Kick short, long distances. Move a ball with accuracy. Move the ball with different parts of your feet. Use kicking skills in a mini game situation.

#### Agility-

Travel in different ways.

Travel in different directions (side to side, forwards and backwards) with control and fluency.

#### Balance-

balance in different ways using different numbers of body parts

#### Coordination-

Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Engage in competitive activities and team games.

### Evidence

To be gathered during PE lessons, Daily mile, play times, collaborative opportunities, health based science lessons

### Children secure for their year will demonstrate

- Confidence
- Consistent performance
- A good understanding of rules,
- A good use of simple tactics and strategies
- Clear, consistent technique
- The ability to adapt and change depending on the situation
- Good/growing ability to collaboration
- Evidence of sportsmanship.
- Beginning to demonstrate the ability to help others to improve
- Developing a rounded self-awareness demonstrating clear accurate understanding of targets and strengths...

