

Yellow – shows transition between each year group as they build on their thread of knowledge and skills



Moorside Primary School

Year 1 PE Overview

	Dance	Individual Sports	Team Sports	OAA and Health Related Fitness
National Curriculum reference	Perform dances using simple movement patterns.	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.	
Knowledge	<p>Can create a simple dance phrase using basic actions such as jump, travel and turns.</p> <p>Can recognise timing and can count/clap in time along with the music (1,2,3,4,5,6,7,8).</p> <p>Knows how to identify corrections given by the teacher and give feedback to others.</p>	<p>Gymnastics</p> <p>Can warm up effectively, identifying pulse raising movements such as running, star jumps and bounces.</p> <p>Can begin to explain the technical process involved in executing certain movements for example a pencil roll.</p> <p>Can change direction (forwards to backwards), work at different levels (high and low) and use floor space effectively.</p> <p>Can work safely alongside others whilst travelling.</p> <p>Can identify and demonstrate the following Shapes: Straight, Tuck, Star and Landing shape</p> <p>Can identify and demonstrate the following Balances: 1-point balances: Arabesque and Flamingo.</p> <p>Can identify and demonstrate the following Jumps: Straight, Tuck and Star.</p> <p>Can identify and demonstrate the following Rolls: Pencil and Egg.</p>	<p>Invasion Games</p> <p>Can send and receive the ball over short-medium distances.</p> <p>Can move into space effectively.</p> <p>Can change direction on command of teacher or teammates and can identify the basics of dribbling and shooting.</p> <p>Can identify tactics within a game scenario.</p> <p>Striking and Fielding Games</p> <p>Can attempt to strike a ball using a bat, off a tee perched on a stump.</p> <p>Children can begin to hold a bat correctly.</p> <p>Can stop and pick up a ball in partner or group work.</p> <p>Can identify the basics of underarm and overarm throwing.</p> <p>Net & Wall Games</p> <p>Children can get into a ready position with a racket.</p> <p>Can keep a ball balanced on a racket during drills and races.</p>	<p>OAA</p> <p>Children can demonstrate simple map reading and find clues individually.</p> <p>Can solve simple problems, communicating ideas and solutions to others.</p> <p>Health Related Fitness N/A</p>

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		<p><u>Athletics</u></p> <p>Can demonstrate a Standing long jump.</p> <p>Can run and jump low size hurdles.</p> <p>Can Sprint over a short distance showing a ready start and identifying the correct time to begin and complete the race.</p> <p>Children can demonstrate a standing overarm throw for distance.</p>	<p>Can strike a ball with the racket using their hand and eye coordination.</p> <p><u>Target Games</u></p> <p>Can roll a ball at a target with some degree of accuracy – using both hands/feet.</p> <p>Can aim for a target using overarm and underarm throwing.</p> <p>Can begin to bounce a ball identifying the correct 'push' technique, using the tips of their fingers and not the palm of their hands.</p>	
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