

Year 1: Physical Education – Autumn 1: MultiSkills- Balance + Ball

What I have learnt already? throwing, rolling and catching(EYFS).

What will I learn

You will learn to master important movement skills such as:

- jumping
- running
- throwing
- catching
- rolling.

We will work together to develop your confidence, competence, precision and accuracy.

Key words: roll, **balance**, jump, **control**, bend, climb, **safely**, crawl, **coordination**, throwing, **confidence**, catching, **agility**,

Activity: You will need a partner and something you can throw- ball, beanbag, teddy.

Start 2 steps apart.

Face each other and throw your object.

If your partner catches it they move 1 step back.

When they throw it back to you if you catch it take 1 step back. See how far apart you can get before dropping the object.

Was it easier or harder the further apart you got?



THROWING AND CATCHING CUES

UNDERHAND THROW

SWING - STEP - THROW
STEP WITH YOUR OPPOSITE FOOT



OVERHAND THROW

SIDE TO TARGET
UPPERCASE 'L'
STEP - TWIST - THROW
STEP WITH YOUR OPPOSITE FOOT



CATCHING

READY POSITION - HANDS UP - REACH, GRAB, GIVE
OVER BELLY BUTTON = THUMBS TOGETHER
UNDER BELLY BUTTON = PINKIES TOGETHER



downward facing dog pose



shoulder stand pose



tree pose

Key Questions:

How can I control a ball when I bounce/roll & throw it?

What parts of my body do I use to throw a ball?

What parts of my body do I use to kick a ball?

What helps me to balance?

Year 1: Physical Education Autumn 2: Hockey + Tennis

What I have learnt already? To develop control when using equipment (EYFS).

What I will I learn? You will begin to learn the foundation skills required to play tennis and hockey. We will work together learning how control a ball using a tennis racket or hockey stick. You will begin to learn that games involve strategy.

Key Questions:

If you were showing a reception child how to dribble the ball between the cones, how would you explain it?

How do I need to hold a tennis racket/hockey stick to be able to control it well?

Why is it important to control the racket/stick when I play sport?

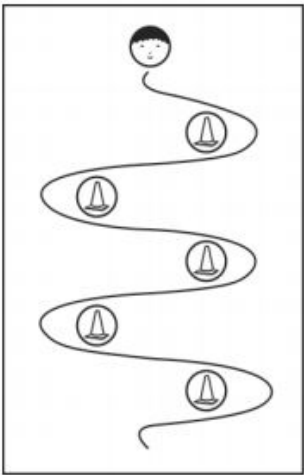
- Hold the stick with your hands apart.
- The ball should be out in front of you and in line with your right foot.
- Keep your stick out in front of you.
- Keep your knees bent.
- Keep your head up.
- Try not to let the ball leave your stick.



Activity: Set up an obstacle course and practice weaving in and out of cones. Can you make it into a game with a partner?

Develop your dribbling skills using a hockey stick-household objects work brilliantly for this. A broom or mop pushing an item along. Cones can be replaced with shoes!

Key words: Hockey stick, tennis racket, ball, net, goal, weave, stop, push, dribble, pass **Technique, decision making, tactical awareness**



Year 1– Physical Education Spring 1 & 2: Gymnastics and Dance

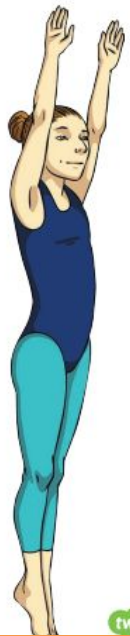
What I have learnt already? how to move our bodies in time to music to create a sequence (EYFS).

What will I learn?

We will learn about the different ways we can move our body with rhythm and in time to music.
We will try different poses and think about how to hold them with control.
We will learn how to sequence a group of moves to create a performance.

Key Questions:

Listen to some different pieces of music, how would you move in different ways?



- Take off with two feet.
- Use your arms to swing up.
- Make a stretched shape (straight arms and legs) in the air.
- Extend and stretch through to your fingers and toes.
- Toes pointed.
- Land on two feet with your arms forward for balance.

twi

Key words: rhythm, pencil, tuck, roll, control, freeze



Activity:

Choose 3 of the moves above to create your own gymnastics routine.
Can you do it in time to music?

Year 1– Physical Education – Summer 1 & 2: Games

Key Questions:

What does it mean to be a good sportsman?
What strategies can you use to help you win this race...?
What are the rules for a relay race?
Is it ok not to be good at every race?

What have I learned already?

We have learned about the rules of each athletic sport in preparation for sports day.
We started to consider how our peers feel and ways we should behave if we win or lose.
We looked at how to handle the equipment safely and we thought about strategies to help us win.

Activity:

How many different speeds can you move at?



Can you run quickly?



What is fast running called?



Can you run slowly?



What is slow running called?



Can you walk at different speeds?



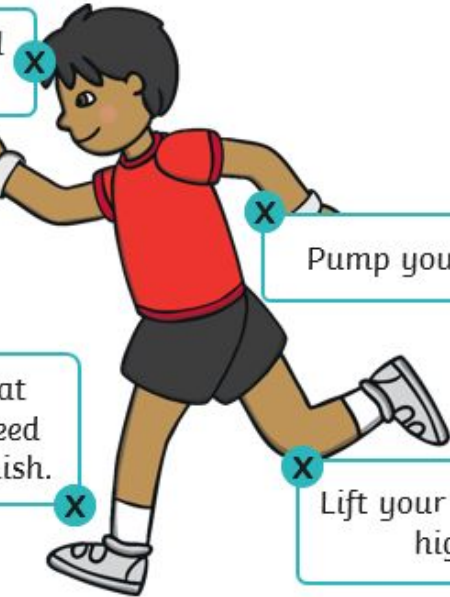
What will I learn?

We will learn to use varying speeds when running. We will also learn how to move our feet and arms.
We will explore different methods of throwing.
We will also practice short distance running.

Different Speeds Sprinting

Sprinting is running as fast as you can over a short distance.

Keep your head still and looking forwards.



Pump your arms.

Keep running at your fastest speed from start to finish.

Lift your knees up high.

Key words:

Baton, start, finish, pace, speed, sprint, technique, strategy.