



What are we learning in Year 1:

# P.E

Term: Autumn

Focus: Fundamentals

1	To explore balance, stability and landing safely.
2	To explore how the body moves differently when running at different speeds.
3	To explore changing direction and dodging.
4	To explore jumping, hopping and skipping actions.
5	To explore co-ordination and combination jumps.
6	To explore combination jumping and skipping in an individual rope

What are we learning in Year 1:

# P.E

Term: Autumn

Focus: Dance

1	THEME: Weather To use counts of 8 to move in time and make my dance look interesting. To create my own dance using, actions, pathways and counts.
2	THEME: Pirate To explore speeds and actions in our pirate inspired dance. To copy, remember and repeat actions that represent the theme.
3	THEME: The Lost Toy To explore speeds and actions in our toy inspired dance. To use expression and create actions that relate to the story. To use a pathway when travelling.
4	THEME: The Lost Toy To use expression and create actions that relate to the story. To use a pathway when travelling.
5	THEME: On Safari To explore and copy actions in response to a theme. To create my own actions for an animal. To explore pathways with a partner.
6	THEME: On Safari To create my own actions for an animal. To explore pathways with a partner.



What are we learning in Year 1:

# P.E

Term: Spring

Focus: Gymnastics

1	To explore travelling movements.
2	To develop quality when performing and linking shapes.
3	To develop stability and control when performing balances.
4	To develop technique and control when performing shape jumps.
5	To develop technique in the barrel, straight and forward roll.
6	To link gymnastic actions to create a sequence.



What are we learning in Year 1:

# P.E

Term: Spring

Focus: Ball skills

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|---|---|
| 1 | To develop control and co-ordination when dribbling a ball with your hands. |
| 2 | To explore accuracy when rolling a ball.                                    |
| 3 | To explore throwing with accuracy towards a                                 |
| 4 | To explore catching with two hands.   |
| 5 | To explore control and co-ordination when dribbling a ball with your feet.  |
| 6 | To explore tracking a ball that is coming towards me.                       |



What are we learning in Year 1:

# P.E

Term: Summer 1

Focus: Athletics

1	To move at different speeds over varying distances.
2	To develop balance.
3	To develop agility and co-ordination.
4	To explore hopping, jumping and leaping for distance.
5	To develop throwing for distance.
6	To develop throwing for accuracy.



What are we learning in Year 1:

# P.E

Term: Summer 2

Focus: Net and wall

1	To defend space, using the ready position.
2	To play against an opponent and keep the score.
3	To explore hitting with a racket.
4	To develop racket and ball skills..
5	To develop sending a ball using a racket.
6	To develop hitting over a net.