

YEAR 1 PE KEY LEARNING OBJECTIVES

Yr 1				
GYMNASTICS	Unit D	Unit E	Unit F	Unit G
	<ul style="list-style-type: none"> To bounce, hop, spring and jump using a variety of take offs and landings. To observe, recognise and copy different body shapes. To link together two or more actions with control and be able to repeat them. To describe what they see using appropriate vocabulary. 	<ul style="list-style-type: none"> To travel confidently and competently on different parts of the body including hands. To hold still balance positions on large or small body parts. To link two balances together. To adapt floor work safely onto apparatus. 	<ul style="list-style-type: none"> To spin, rock and roll with control, on various parts of the body. To plan and link a series of movements together. To work safely with an awareness of others. To adapt, working from the floor safely onto apparatus. 	<ul style="list-style-type: none"> To travel, balance and jump confidently showing a variety of body shapes. To understand and demonstrate contrasts in level and shape. To observe, copy and describe what others are doing. Select and link together three different movements.

	Unit 1	Unit 2	Unit 3	Unit 4
GAMES	<ul style="list-style-type: none"> • To know and show different ways of using a ball. • To understand how to use apparatus for its intended purpose. • To observe, copy and play games as an individual and in two's. • To move safely and actively about the space. 	<ul style="list-style-type: none"> • To throw and catch using a range of apparatus. • To understand the concept of aiming games. • To change the rules to make the game harder. • Move actively and safely about the space when using equipment. 	<ul style="list-style-type: none"> • To steer and send a ball safely in different directions using a bat. • To skip with a rope. • To change the rules of a game to make it better or more challenging. • Understand the importance of 'rules' when playing with a bat. 	<ul style="list-style-type: none"> • To play running games and use apparatus safely. • To use and develop their sending, receiving and travelling skills in games with a partner. • To change the rules of the game to make it more challenging. • Observe and describe another child's activity.

	Unit 1	Unit 2	Unit 3	Unit 4
DANCE	<ul style="list-style-type: none"> Respond to a range of stimuli. Make rounded and spiky shapes with their bodies and create different patterns in the air or on the floor. Choose appropriate movements to express the dance ideas. 	<ul style="list-style-type: none"> Perform simple rhythmic patterns and repeat them in different formations. Work alone, with guidance from the teacher, to create movement ideas in response to a story or repeated rhythm. Select movements from those they practise to create a dance. Observe each other and themselves. 	<ul style="list-style-type: none"> Explore actions in response to the stimuli. (<i>natural elements and story</i>) Use a variety of basic actions to create a dance (<i>turning, rolling, jumping, travelling in different ways, shape, stillness and gesture</i>) Communicate mood, feelings and ideas through dance. Observe each other and talk about their dances using appropriate language. 	<ul style="list-style-type: none"> Perform the basic actions of travelling, jumping, turning, gesture and shape. Choose appropriate dance actions and phrases to convey the meaning of the story. Vary speeds, directions and pathways. Perform actions on different pathways and in different formations.

	Unit 1	Unit 2		
ATHLETICS	<ul style="list-style-type: none"> • To remember and repeat a series of running, throwing and jumping activities with growing control. • Familiarise themselves with equipment and use it appropriately. • Recognise how their bodies feel in different activities. • To watch, copy and describe what others have done. 	<ul style="list-style-type: none"> • To remember, repeat and link combinations of actions. • To choose equipment suitable for the task or challenge. • To describe what their bodies feel like during different activities. • To watch, copy and describe what others have done. 		