



Physical Education

Jumping Year 1

Unit Purpose

The unit of work will **develop** pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique.

Pupils will begin to understand the different reasons when, where and why we jump in different ways

Inspire Me

The mens world record for the high jump (height) is held by by **Javier Sotomayor**, who jumped 2.45m in 1993. The womens world record is held by **Stefka Kostadinova**, who jumped 2.09m in 1987.



Key Success Criteria

- P** Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders.
- C** Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.
- S** Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.
- W** Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.

Vocabulary for Learning

Jumping: is a form of moving where we use our body to propel ourselves off a surface and into the air.

Distance: is defined as the length of space between two points. This might mean how far an athlete has jumped.

Space: is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.

Attacker: We are considered an 'attacker' when we are trying to move into space to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are are trying to catch an attacker.

Sport Specific Vocabulary

Skipping: is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.

Landing: Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.





Physical Education Gymnastics Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they move and develop simple sequences, linking movements together.

Inspire Me

Did you know... that the Ancient Greeks used to prepare their young men ready for war by doing gymnastics!



Key Success Criteria

- P** Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.

Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: This means moving or balancing in ways where the body stretches (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

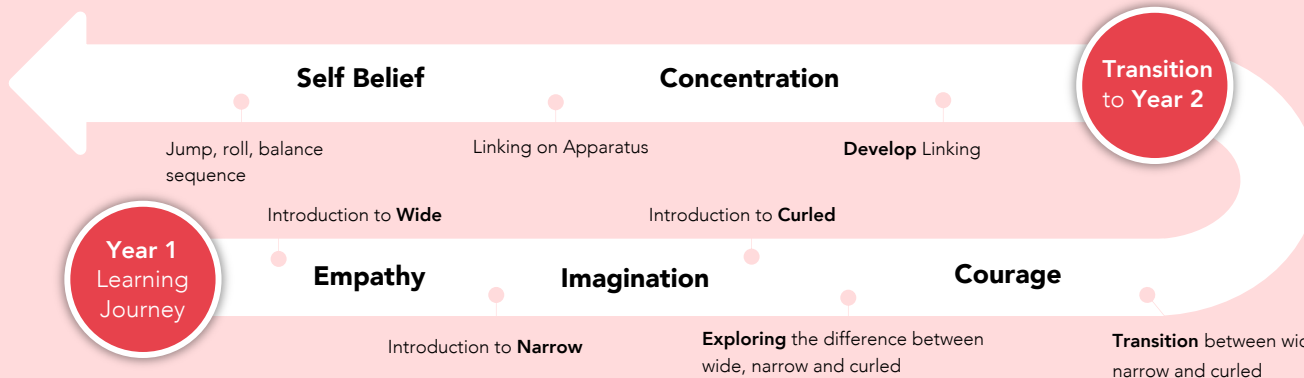


Sport Specific Vocabulary

Transition: The term transition means to move into and out of basic movements, actions or balances.

Interesting: This means pupils are thinking and being creative.

Linking: This means successfully adding two movements together so that they flow one after the other.





Physical Education

Locomotion Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to run using different parts of their bodies.

Pupils will begin to understand the basic principles of **attack** and **defence** as they develop their understanding of where we need to run and why.

Inspire Me

Did you know... that in 2005 Dean Karnazes ran 350 miles across Northern California without stopping. He did not stop to sleep or to eat! Dean ran continuously for 80 hours, 44 minutes without a break!



Key Success Criteria

- P** Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.
- C** Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.
- S** Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- W** Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.





Physical Education

Team Building Year 1

Unit Purpose

The unit of work will introduce **teamwork**. Pupils will explore and learn why it is important to **include** everyone when working as a team and what makes an **effective** team. Pupils will begin to explore simple **strategies** to **solve** problems.

Inspire Me

The **Apollo 11** mission to the moon in 1969 is an excellent example of team work. Neil Armstrong became the first man to walk on the moon, but without his supporting team he would not have been able to achieve his mission.



Key Success Criteria

- P** Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully.
- C** Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.
- S** Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges.
- W** Pupils will develop life skills such as courage and self belief as they try their hardest to complete the different challenges.

Vocabulary for Learning

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Inclusion: Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

Trust: Is the ability to have the confidence to believe in the actions of your partner or team.



Sport Specific Vocabulary

Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.

Fairness: Fairness: is when we make judgements in accordance with the rules and treat everyone equally and fairly.

