



Physical Education

Ball Skills Feet Year 1

Unit Purpose

The unit of work will develop pupils' ability to apply effective **dribbling** skills.

Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to **collaborate** and work together in a team.

Inspire Me

The youngest ever player to play for England's mens international football team is **Theo Walcott**, who came on as a substitute against Hungary in 2006 aged 17 years and 75 days.



Key Success Criteria

- P** Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.
- C** Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball need to identify open spaces to move into to keep the ball away from the defenders.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously kicks the ball, keeping it close to them in order to move around the pitch.

Passing: is a method of sending (kicking) the ball to our partner or another member of our team in order to keep possession of the ball.

Control: means keeping the ball close to us, preventing the defenders from gaining possession.





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.

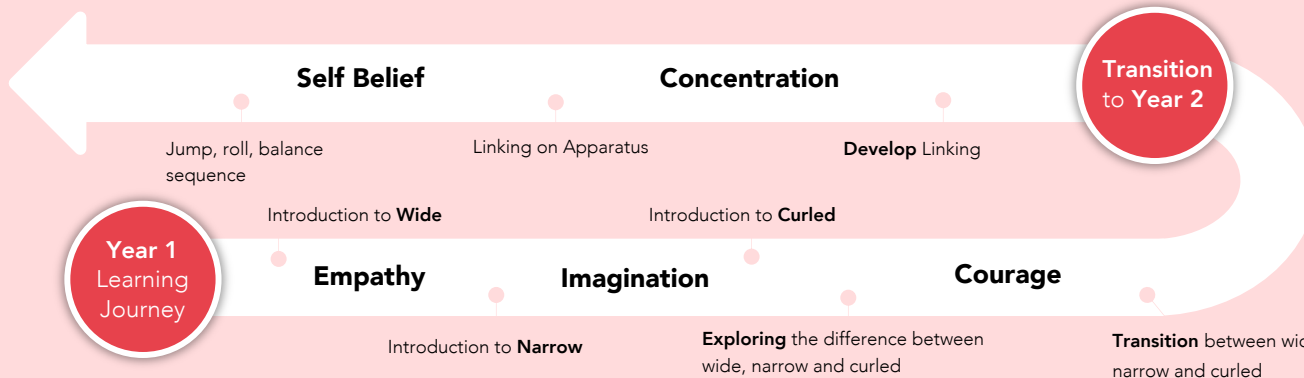


Sport Specific Vocabulary

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

Gymnastics Year 1

Unit Purpose

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

Inspire Me

Did you know... Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness 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 stretching (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.

Big: This means moving or balancing in ways where the body is extended as large as possible.

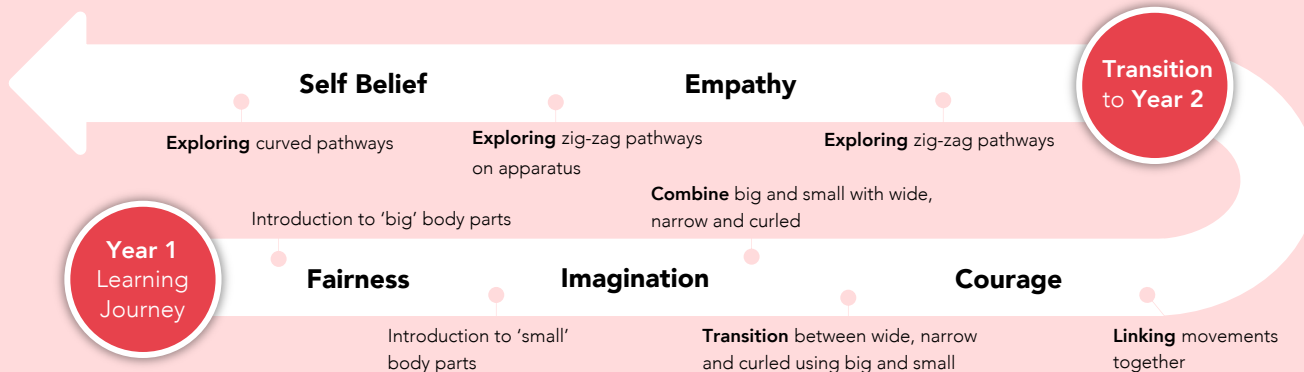
Small: This means moving or balancing in ways where the body is made as small as possible.



Sport Specific Vocabulary

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

Ball Skills Hands 1 Year 1

Unit Purpose

The unit of work will **develop** pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why.

Pupils will combine their **sending** and **receiving** skills to keep **possession**. Pupils will explore stopping the ball.

Inspire Me

Did you know... that Basketball, Handball and Gaelic Football are sports that require us to dribble a ball with our hands. Water Polo is a sport that requires us to swim and dribble a ball using our hands at the same time.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.
- C** Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
- S** Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.
- W** Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.

Vocabulary for Learning

Possession: is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

Space: is an open area on the pitch that is unoccupied by another player. The attacker in possession of the ball needs to identify open spaces to move into keeping control.

Control: means keeping the ball close to us when we are dribbling, preventing the defenders from gaining possession.

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

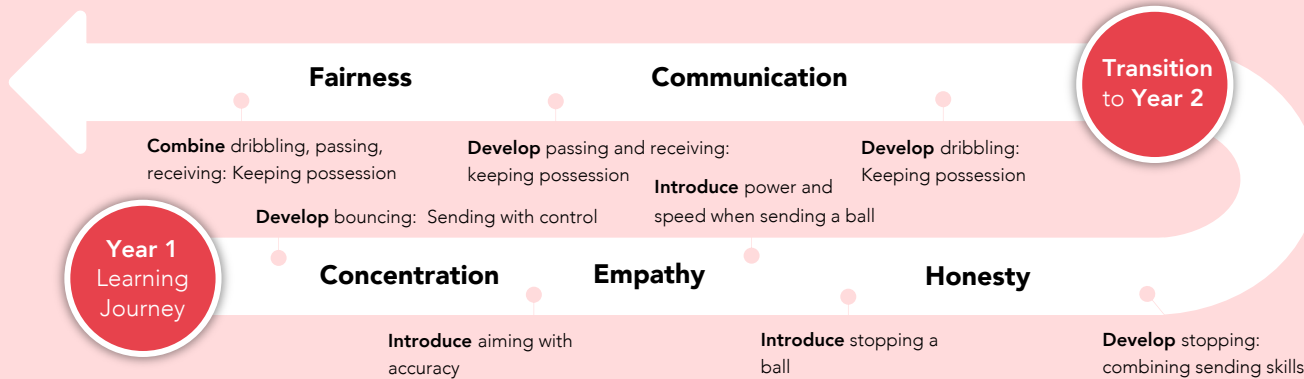


Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball continuously bounces the ball on the floor in order to move around the court.

Accuracy: is the ability to control where we roll, bounce or push a ball.

Power: is the intensity and speed that a ball is rolled, bounced or pushed.





Physical Education

Rackets, Bats and Balls Year 1

Unit Purpose

The focus of the learning is for pupils to **develop** their ability to keep a ball controlled using a racket. Pupils will also explore and develop their **hitting (pushing)** skills using a ball and a racket **accurately**.

Pupils will apply their understanding of accuracy and space in a variety of games.

Inspire Me

Did you know... that the world record for the longest time to keep a tennis ball under control on a racket (most bounces) is a whopping 5 hours, 1 minute and 8 seconds.



Key Success Criteria

- P** Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target.
- C** Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.
- S** Pupils will develop life skills such as fairness and empathy as they listen to others and work collaboratively together.
- W** Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, even if they find it challenging.

Vocabulary for Learning

Possession is when we have physical control of the ball.

Control: means keeping the ball close to us when we are dribbling or pushing with our racket.

Attacker: We are considered an 'attacker' when we are in possession of the ball or in control of the ball. Our aim is to keep the ball away from the defenders.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball. The attacker in possession of the ball uses their racket to push the ball around in order to move around the space.

Accuracy: is the ability to control where we are pushing or hitting the ball with our racket.

Hitting: means striking the ball with a racket with the purpose towards a target.

Power: is the intensity and speed that we hit a ball with our racket.

Fairness

Hitting a ball (with a racket) with accuracy and power to beat an opponent

Explore pushing (dribbling) a ball with a racket

Integrity

Combine hitting a ball (with a racket) with accuracy and power

Refine pushing (dribbling) a ball with a racket

Transition to Year 2

Extend hitting the ball (with a racket) with accuracy

Year 1 Learning Journey

Empathy

Develop pushing (dribbling) a ball with a racket: Introducing control

Concentration

Explore hitting and develop pushing a ball (with a racket) towards a target

Self Belief

Explore hitting a ball (with a racket) with power