



Physical Education

Dance: The Zoo

Unit Purpose

The unit of work will challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled **movements** showing character **expression**.

Pupils will learn how to **co-ordinate** and **control** their bodies to perform movements, creating a sequence.

Inspire Me

Did you know... The first zoo was opened in Paris in 1794. London Zoo is the world's oldest scientific zoo and was opened on the 27th April 1828.



Key Success Criteria

- P** Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.
- C** Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- S** Pupils can demonstrate fairness and empathy as they work well with others, creating their movements and sequences.
- W** Pupils will develop life skills such as self belief and courage as they create their sequences including more advanced compositional elements.

Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Beat: The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.



Sport Specific Vocabulary

Sequence: This is a combination of controlled movements that have been added together in a particular order.

Motif: is a series of movements that are repeated.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Gratitude

Apply choreography to our motifs

Creating movements as 'big' animals: Exploring expression

Curiosity

Developing our motif with expression and emotion

Creating an animal sequence: Motifs

Transition to Year 2

Preparing for an expedition: Responding to Stimuli

Year 1 Learning Journey

Fairness

Developing our movements as 'small' animals: Adding movements together

Imagination

Responding to a rhythm: Introducing partner work

Courage

Exploring relationships within our motifs



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.

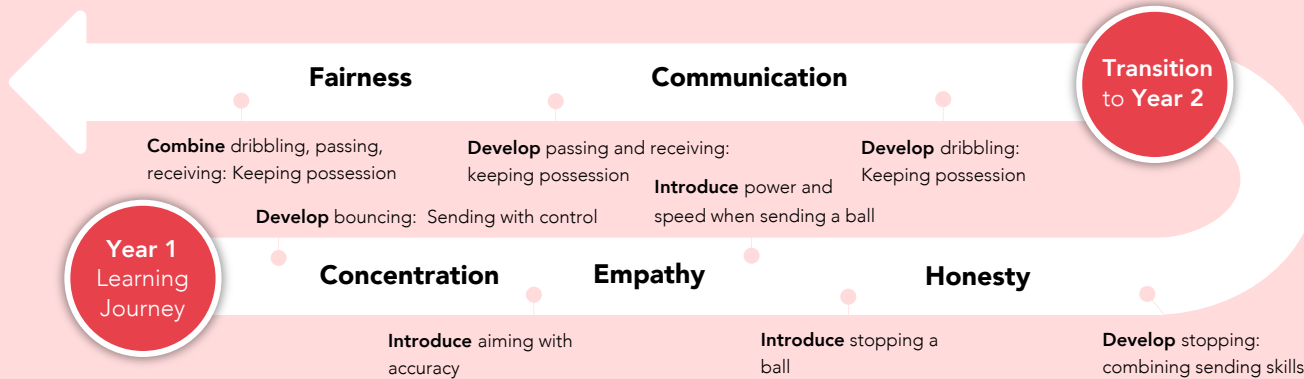


Sport Specific Vocabulary

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

Ball Skills Hands 2 Year 1

Unit Purpose

The unit of work will **consolidate** pupil's ability to **accurately** roll a ball towards a target.

Pupils will combine their **sending** and **stopping** skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.

Inspire Me

Did you know... in ten pin bowling the most points you can score is 300, this is known as the 'perfect game'. As of 2021 there have been only 37 officially certified 'perfect games'.



Key Success Criteria

- P** Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.
- C** Pupils will develop their 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, playing 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, always keeping the score and playing fairly.

Vocabulary for Learning

Batter: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

Fielder: A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to prevent the batter from scoring.

Opponent: means a player on the other team.

Aiming: is the ability to use our bodies to direct an object towards a target.

Accuracy: is the ability to control where we throw or roll and object.



Sport Specific Vocabulary

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Catching: means holding the ball with our hands when it is hit or thrown to us, usually before it touches the ground.

Rolling: is a method of sending the ball along the floor. A ball can be rolled using our hands towards a target or our partner.





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

Dance: Growing

Unit Purpose

The unit of work will challenge pupils to respond to **rhythm** and patterns through their movements. Pupils will learn how to **control** and **co-ordinate** their bodies to perform a **motif**.

In addition, pupils will explore various dynamics and movement qualities as they create **movement patterns**.

Inspire Me

Did you know... The flower with the world's largest bloom is the *Rafflesia arnoldii*. This rare flower is found in the rainforests of Indonesia. It can grow to be 3 feet across and weigh up to 15 pounds!



Key Success Criteria

- P** Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.
- C** Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- S** Pupils can demonstrate fairness as they work well with others, ensuring everyone is included.
- W** Pupils will be able to develop their honesty skills as they give feedback to others describing their performances.

Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Beat: The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.



Sport Specific Vocabulary

Timing: In dance, timing refers to moving to the beat of the music.

Sequence: This is a combination of controlled movements that have been added together in a particular order.

Opposite: refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.





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.

