



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

Games For Understanding

Unit Purpose

The unit of work will develop pupils' ability to apply simple principles of **attack vs defence**, with a particular focus on creating simple tactics in order to win the game. Pupils will develop their understanding of how, where and why to attack and defend in a game.

Inspire Me

Did you know... that American football teams use one set of players when they are attacking and a different set of players when they are defending. They even have a player whose role is only to kick the ball.



Key Success Criteria

- P** Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.
- C** Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.
- W** Pupils will continue to develop and apply honesty as they play by the rules and keep the score.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we, or our team are in possession of the ball or when we are trying to stop a defender from scoring a point. The aim 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.

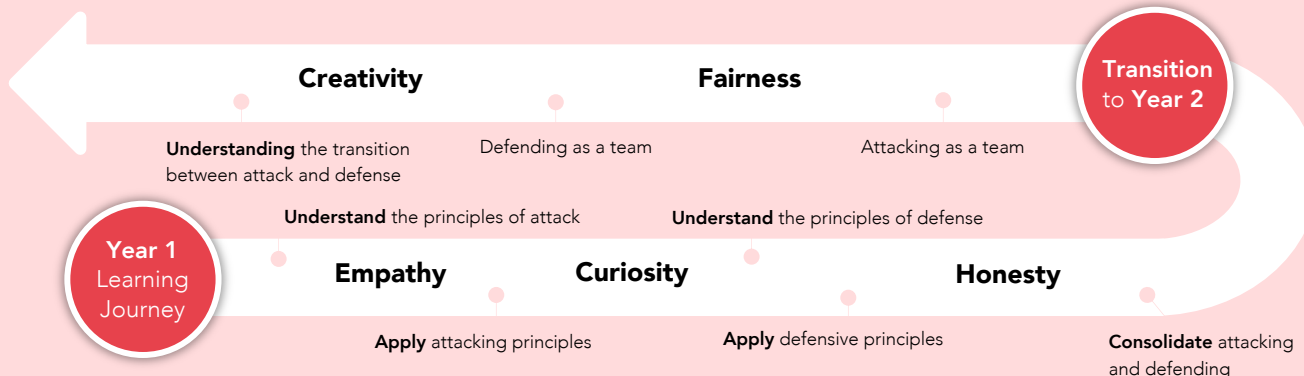


Sport Specific Vocabulary

Rules: are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Team: A team is a group of people who work together with the objective of achieving the same a goal.





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.

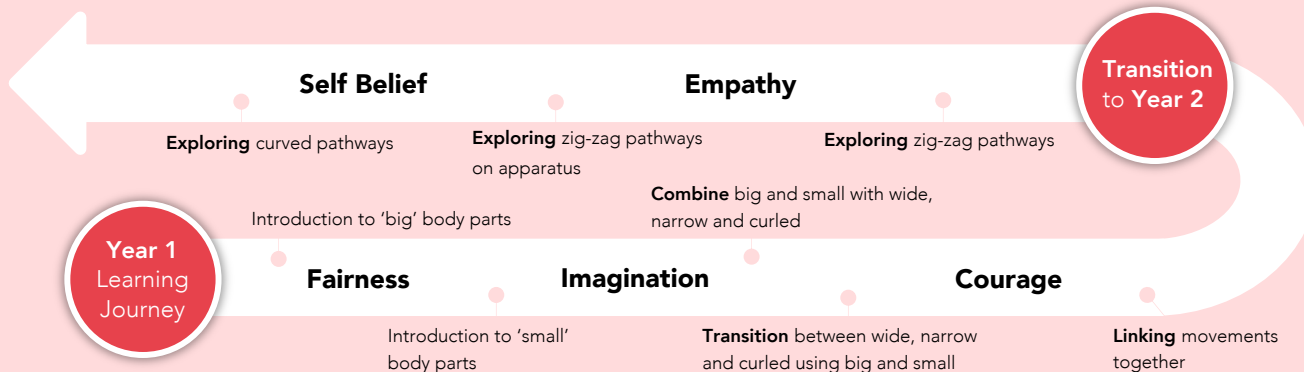
Small: This means moving or balancing in ways where the body is made as small as possible.



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

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.

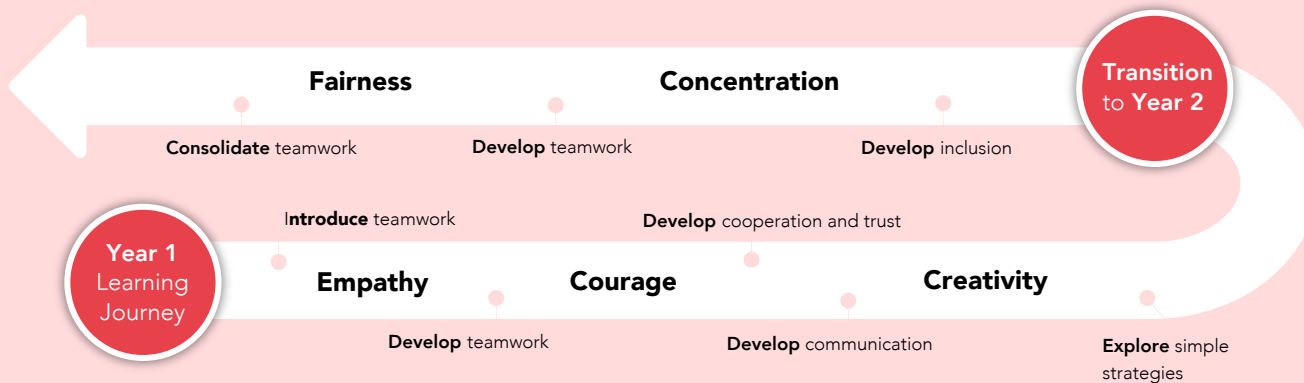
Trust: Is the ability to have the confidence to believe in the actions of your partner or team.



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.





Physical Education

Health and Wellbeing Year 1

Unit Purpose

The unit of work will introduce pupils to **agility, balance** and **co-ordination**, understanding what they mean and why they are important.

Pupils will perform **circuits** to develop their **application** and understanding.

Inspire Me

“When it comes to **health and well-being**, regular exercise is about as close to a magic potion as you can get.”

By Nhat Hanh a Vietnamese Monk



Key Success Criteria

- P** Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
- C** Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.
- W** Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.

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. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a ‘defender’ when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

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

Aiming: means how we use our bodies to direct a ball or an object to a specific target.





Physical Education

Team Building Year 1

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- 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.

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