P.E – Year 1 –Summer Term

Mighty Movers / Field Games (Two lessons per week)

Skip To The Beat / Active Athletics

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| Prior Learning | | |
| EYFS Objectives Covered  Y1 Objectives From Units - Ball Skills, Gymnastic Circuits, Cool Core Strength  Spring Term Units Covered | | |
| Key vocabulary for this unit | | |
| **Mighty Movers**  dome  direction  circuit  relay  **Throwing And Catching (Field Games)**  throw, target, rounders  catch, strike, bat, racket  fielding, scoring | | **Skip To The Beat**  hop, jump,  step overs  circuit, weave  **Active Athletics**  speed, jog, sprint, obstacle, relay  take-off, landing, balance, hop  underarm, overarm throw, mobility |
| Learning Sequence | | |
| **Mighty Movers**  **(Running)** | * To explore running at a variety of speeds and in a variety of styles * To run in different directions with control * To understand the purpose of a circuit and how it can improve fitness * To complete a running circuit and understand the importance of using the arms when running. | |
| **Throwing and Catching**  **(Field Games)** | * To understand the correct technique for catching and throwing underarm * To practice basic striking balls, sending and receiving * To use throwing and catching skills in a game * To strike with a racket or a bat | |
| **Skip to the Beat** | * To develop foot patterns that aid skipping * To learn how to skip with a rope * To skip with good balance and technique * To improve agility, balance and co-ordination | |
| **Active Athletics** | * To travel in different ways from fast to slow * To explore footwork patterns – hop, travel and land * To explore different methods of throwing * To complete an obstacle course with control and agility | |
| Assessment milestones | | |
| **Mighty Movers**   * To be able to run at different speeds with some control * To understand what happens to the heart rate during exercise   **Field Games**   * To perform basic striking, sending and receiving in field games * To demonstrate the correct technique for throwing, catching and fielding. | | **Skip To The Beat**   * To perform a skipping circuit * To skip with good balance and technique   **Active Athletics**   * To perform different methods of throwing * To complete an obstacle course with control and agility |