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 CoveredY1 Objectives From Units - Ball Skills, Gymnastic Circuits, Cool Core StrengthSpring Term Units Covered |
| Key vocabulary for this unit |
| **Mighty Movers**domedirectioncircuitrelay**Throwing And Catching (Field Games)**throw, target, rounderscatch, strike, bat, racketfielding, scoring | **Skip To The Beat**hop, jump,step overscircuit, weave**Active Athletics**speed, jog, sprint, obstacle, relaytake-off, landing, balance, hopunderarm, 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.
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| **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
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| **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
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| **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
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| 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
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