P.E – Year 1 – Spring Term

STORYTIME DANCE / BOOT CAMP   (Two lessons per week)

MULTI SKILLS / FITNESS FRENZY

Prior Learning
EYFS OBJECTIVES COVERED Y1 OBJECTIVES FROM UNITS - BALL SKILLS, GYMNASTIC CIRCUITS, COOL CORE STRENGTH
Key vocabulary for this unit

STORY TIME DANCE Rap Beat Gesture Perform Beats of 4 and 8 MULTI SKILLS Balance Push Agility Co-ordination	BOOT CAMP Exercise Fitness Heart rate Co-ordination Circuit FITNESS FRENZY Flexible Fitness Circuit Crab

Balance Agility Aim Balance Transition	Core strength

Learning Sequence	

Story Time Dance	- To link travelling moves with a change in direction - To develop gestures as an image in dance and ways of travelling in time to music - To dance in beats of 4 or 8 - To perform a dance in time to music
Multi-Skills	- To aim a variety of balls and equipment accurately - To travel in different directions with control and fluency - To use agility, balance and co-ordination when performing activities
Boot Camp	- To understand how to prepare the body for exercise - To understand what fitness means - To understand what happens to the heart rate during exercise - To develop agility and co-ordination
Fitness Frenzy	- To complete circuits of activities which develop agility and co-ordination - To explore running at different speeds - To improve agility and co-ordination and improve core strength

Assessment milestones	
STORY TIME DANCE	**MULTI SKILLS**

- To move in time to the music
- To perform dance moves that flow smoothly
- To use gesture and expression

BOOT CAMP
- To perform simple patterns of movement
- To demonstrate the correct technique for activities
- To understand what happens to the heart rate during exercise

- To aim a variety of balls accurately
- To perform balances using a number of different parts of the body
- To co-ordinate the upper and lower body together
- To change direction quickly whilst running

FITNESS FRENZY
- To perform a skipping circuit
- To perform simple patterns of movement
- To understand the importance of core strength and agility