

Physical Education Long Term Overview- Year 1

Autumn 1			
Dance	Pupils will create short dance performances based on the story Three Little Pigs. They will explore how to move like the wolf and the pigs carrying different building resources. Working individually and in pairs, they compose a short dance to music that involves them recreating the story using expressive body language and movement.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught to;</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Convey a character linking two movement ideas. • Link travel, jump and gesture to convey the fear from the pigs with fluency and control. • Work in pairs to repeat and remember a short sequence showing contrasting actions and emotions of differing characteristics. • Repeat and remember a short dance sequence which includes three travelling and three gestures. • Retell the whole story working collaboratively, showing a beginning, middle and end. • Perform, remembering and repeating their sequences with control and with a sense of rhythm. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Travel around exploring different wolf movements. • Pounce, launch themselves, low jump, high jump onto a spot. • Evaluate movements - how can we make them better? • Travel using a range of different movements. • Create short sequences that include a travel; jump and gesture. • Perform own sequence with others and evaluate.

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Rolling	Autumn 2		
	Pupils will develop fundamental movement skills, become increasingly confident with games and tactics, and further their skills of rolling a ball for a purpose.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught to;</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Explore the skill of running fast. • Explore, develop and apply the skill of rolling different equipment. • Explore the skill of jumping. • Explore the skill of dodging. • Apply simple tactics in a game. <p>Work cooperatively in a small group.</p>	<p>Pupils will;</p> <ul style="list-style-type: none"> • Move/roll the ball around their bodies without it dropping. • Pass the ball to their partner using different parts of their body i.e. wrists, elbows etc. • Roll a ball through a target and sprint after it. • Knock down skittles by rolling a ball. • Jump over a rolling ball.

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Underarm throw	Spring 1		
	Pupils will develop fundamental movement skills, become increasingly competent and confident and carry out many activities that increase their accuracy, agility and underarm throwing skills.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught to;</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Explore throwing equipment underarm. • Develop the skill of the side gallop. • Develop the skill of running. • To apply the skill of an underarm throw in different ways. • Develop the skill of dodging. <p>Apply simple tactics in a team games.</p>	<p>Pupils will;</p> <ul style="list-style-type: none"> • Use beanbags to develop their underarm throw. • Side gallop from place A to B. • Run and dodge between cones. • Use tactics within a game. <p>Develop underarm throw using different equipment and aiming it at a target.</p>

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Overarm throw	Spring 2		
	Pupils will develop fundamental movement skills, become increasingly competent and confident and carry out many activities that increase their accuracy, agility and overarm throwing skills.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught to;</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Explore and develop the skill of running fast. • Explore and explore the skill of throwing overarm. • Develop the skill of throwing overarm for distance and accuracy. • Understand simple tactics in a game. • Work cooperatively in a small group. • Strike a ball off a tee. • Apply simple tactics in a game. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Overarm throw beanbags, shuttlecocks, small foam balls as far as they can and to each other. • Overarm throw for accuracy at a target. • Throw overarm using the opposite arm to leg. • Travel around in different ways for example hopping, skipping, jumping etc. • Play team games that involve overarm throwing for example rounders, dodgeball, cricket.

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Gymnastics	Summer 1		
	Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Children will look at the value self-belief.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught about;</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Demonstrate a travel and pencil roll. • Show a jump 2 feet to 2 feet with a straight shape. • Demonstrate travelling actions i.e. frog and bunny hop. • To show an egg roll. • Show a jump 2 feet to 2 feet with a tuck shape. • Demonstrate travelling actions. • To show a travel and roll with a shape. • Show a jump 2 feet to 2 feet with a wide shape. • To apply the skills of travelling, rolling and jumping into a sequence. • To apply the skills of travelling, rolling, jumping into a sequence with 2 different shapes. • To apply the skills of travelling, rolling, jumping into a sequence with 2 different shapes using apparatus. • Focus on what they can do to improve. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Master a straight shape. • Show rhythm of toe, ball, heel, ball, toe, heel landing. • Land on the balls of their feet with bent knees. • Master a pencil roll. • Travel confidently on hands and feet. • Master a tuck shape. • Master an egg roll. • Confidently roll sideways. • Master a star shape, star shape standing and a star shape sitting. • Master a rock and roll. • Master an egg roll. • Master a pencil roll.

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Catching and Bouncing a ball	Summer 2		
	Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their catching and bouncing of a ball.		
	NC Objectives	Overview	Developing Fundamental Skills
	<p>Pupils will be taught about;</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • Participate in team games, developing simple tactics for attacking and defending. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Focus on an object throughout the catch. • Move their bodies onto the path of the ball. • Move their hands to meet an object. • Pull a ball in towards their body. • Push a ball down with finger tips. • Use their wrist to control the bounce. • Bounce a ball to hip height. • Pretend to throw one way then throw the other. 	<p>Pupils will;</p> <ul style="list-style-type: none"> • Demonstrate catching a ball with some accuracy. • Show a simple tactic in a game.