**Year 1 P.E. Curriculum – Autumn Term 1**

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| **Theme:**  |
| **Curriculum objectives**   | **Vocabulary**   | **Links across the curriculum**   |
|      **Ball skills**To develop control and co-ordination when dribbling a ball with your hands.To explore accuracy when rolling a ball.To explore throwing with accuracy towards a target.To explore catching with two hands.To explore control and co-ordination when dribbling a ball with your feet.To explore tracking a ball that is coming towards me. | **Keyword**   | Definition    |  |  |  |
| Co-ordination | Your body working together |    |    |
| Accuracy | The ball going where you are aiming |    |    |
| Control | Keeping the ball close to you |    |    |
| Dribbling | Moving the ball along close to you |    |    |
| tracking | Keeping your eye on a moving object or ball |    |    |
| **Prior Learning:**        **Ball Skills**To develop rolling a ball to a target.To develop stopping a rolling ball.To develop accuracy when throwing to a target.To develop bouncing and catching a ball.To develop dribbling a ball with your feet.To develop kicking a ball | **Future Learning:**      **Ball skills**To be able to roll a ball to hit a target.To develop co-ordination and be able to stop a rolling ball.To develop technique and control when dribbling a ball with your feet.To develop control and technique when kicking a ball.To develop co-ordination and technique when throwing and catching.To develop control and co-ordination when dribbling a ball with your hands. |
| **Lesson Sequence**   | **Key Knowledge**   | **Key Skills**   |
| To develop dribbling with your hands |   Social: To communicate with other pupils in my class.Emotional: To persevere in the challenges I am set.Thinking: To explore actions. | •Use soft touches with your hands to keep good control.•Use wide fingers to move the ball. |
| To explore accuracy when rolling a ball | Social: To support others.Emotional: To show honesty in the games I play.Thinking: To explore actions. | •Keep your eyes on the target.•Release the ball when your fingertips are pointing at your target.•Use wide fingers to control the ball. |
| To explore throwing with accuracy toward a target | Social: To co-operate with other children in my class.Emotional: To challenge myself in the tasks I am set.Thinking: To make my own decisions in the games I play. | •Face your body and target arm towards the target.•Release the ball when your fingertips are pointing at your target.•Stand with your legs split (one in front of the other). |
| To explore catching with 2 hands | Social: To support others in my class.Emotional: To challenge myself in the tasks I am set.Thinking: To recognise changes in my body when I exercise. | •Keep your eyes on the ball.•Use a ready position with knees bent, feet shoulder width apart, on your toes.•Use wide fingers with little fingers together (hands-down position). |
| To explore dribbling a ball with your feet | Social: To co-operate with other pupils in my class.Emotional: To challenge myself in the tasks I am set.Thinking: To use simple tactics. | •Keep the ball close to you (under your nose).•Keep your head up.•Use both feet to move the ball.•Use different parts of your foot (sole, toe, heel, inside, outside). |
| To explore tracking a ball that is coming towards me | Social: To communicate with other children in my class.Emotional: To challenge myself.Thinking: To understand the teaching points and how they can help me to improve. | •Adjust your body, so that it is in line with the ball.•Keep your eyes on the ball. |