**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. | |