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

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| **Sending and Receiving**    To develop rolling and throwing a ball towards a target.  To develop receiving a rolling ball and tracking skills.  To be able to send and receive a ball with your feet.  To develop throwing and catching skills over a short distance.  To develop throwing and catching skills over a longer distance.  To apply sending and receiving skills to small games. | | **Keyword** | Definition | target | Where the object should go | | **PSHE** – Team work, honesty  **Science –** Human body and senses (Touch) |
| throw | To send an object with your hand in the air | aim | Where you want the object to go | |
| roll | To send an object along the floor | fielders | People trying to collect the ball or object | |
| release | To let go of something | pass | Send the ball to someone else with your hands or feet | |
| receiver | Person the ball is going to |  |  | |
| position | Where you are |  |  | |
| **Prior Learning:**  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:**  To roll a ball towards a target.  To be able to track and receive a rolling ball.  To be able to stop, send and receive a ball with your feet.  To develop throwing and catching skills.  To develop throwing and catching skills.  To send and receive a ball using a racket. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To develop rolling and throwing a ball towards a target | Social: To support other people in my class.  Emotional: To challenge myself.  Thinking: To understand how to aim at a target that is further away. | | | | | Bend down low, opposite foot to the arm you release with steps forward.  •Finish with your hand where you want the ball to go. | |
| To develop receiving a rolling ball and tracking skills | Social: To identify when my partner is ready to receive the ball.  Emotional: To be honest in the games I play.  Thinking: To listen and understand what to do with my body to control my movements. | | | | | Check the receiver is looking at you before passing.  •Move from the ready position to track the ball.  •Watch the ball and get your body behind it by moving your feet as it comes towards you. | |
| To be able to send and receive a ball with your feet | Social: To use kind words when working with others.  Emotional: To play honestly.  Thinking: To keep the score. | | | | | Place your foot behind the ball to cushion it.  •Watch the ball as it comes towards you. | |
| To develop throwing and catching skills over a short distance | Social: To communicate with others and recognise when they are ready to receive a pass.  Emotional: To explore skills independently.  Thinking: To select the best action for the ball I am using. | | | | | Check the receiver is looking at you before passing.  •Use two hands and wide fingers to catch the ball.  •Watch the ball as it comes towards you. | |
| To develop throwing and catching over a longer distance | Social: To support and encourage others.  Emotional: To be honest in the games I play.  Thinking: To identify what movements to choose to send the ball further. | | | | | Let go of the ball when your hand is pointing at the target.  •Use two hands and wide fingers to catch the ball. | |
| To apply sending and receiving skills to small games | Social: To be supportive of others in my group.  Emotional: To be honest in the games I play.  Thinking: To select the appropriate pass for the situation. | | | | | After you have passed the ball move to a new space.  •Send the ball into space away from fielders. | |