**Year 1 P.E. Curriculum – Summer Term 2**

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| **Theme:** | | | | | | | |
| **Curriculum objectives** | | **Vocabulary** | | | | | **Links across the curriculum** |
| Athletics  To move at different speeds over varying distances. To develop balance. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy. | | **Keyword** | Definition |  |  | | Maths – Measurment and time |
| agility | How quickly you can change direction |  |  | |
| Co-ordination | How your body works together |  |  | |
| leaping | A big jump |  |  | |
| accuracy | If the object goes where you aim |  |  | |
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| **Prior Learning:**    EYFS  Fundamentals  To develop balancing whilst stationary and on the move. To develop running and stopping. To develop changing direction. To develop jumping and landing. To develop hopping and landing with control. To explore different w | | | | **Future Learning:**    Athletics  To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel. | | | |
| **Lesson Sequence** | **Key Knowledge** | | | | | **Key Skills** | |
| To move at different speeds over varying distances | Social: To make safe decisions when moving around others.  Emotional: To persevere when things get hard.  Thinking: To reflect on how different exercises affect the body. | | | | | Run using opposite leg forward to arm.  Take bigger strides when running faster.  Use a slower pace for longer distances. | |
| To develop balancing | Social: To make safe decisions when moving around others.  Emotional: To work independently.  Thinking: To identify what helped me to maintain balance. | | | | | Jump and land with soft knees.  Keep your chest up whilst moving.  Move slowly to help you maintain balance. | |
| To develop changing direction quickly | Social: To make safe decisions when moving around others.  Emotional: To play to the rules.  Thinking: To identify what helps me to change direction. | | | | | Bend low and push off quickly to change direction.  Keep your chest up whilst moving.  Keep your feet shoulder width apart when changing direction. | |
| To explore hopping, jumping and leaping for distance | Social: To be aware of others and move around safely.  Emotional: To work to my personal best.  Thinking: To understand that landing on the balls of my feet helps me to land with control. | | | | | Bend your knees and land with control.  Look forwards as you jump.  Swing your arms forward when jumping. | |
| To develop throwing for distance | Social: To work safely showing an awareness of others.  Emotional: To show determination to improve on my previous throw.  Thinking: To choose a throw that will make it harder for the opposition to return. | | | | | Step forward with opposite foot to throwing arm.  Throw with a balanced stance.  Use an underarm throw for a short distance and an overarm throw for a further distance. | |
| To develop throwing for accuracy | Social: To work collaboratively with others.  Emotional: To show determination to achieve my personal best.  Thinking: To understand that where my hand releases an object has an effect on the throw. | | | | | Increase the swing of your arm to throw the beanbag further.  Point your hand at your target after you throw.  Step forward with opposite foot to throwing arm. | |