



P.E at Great Whelnetham

C of E Primary School

Year EYFS/Year 1 Cycle 1

The National Curriculum states pupils in KS1 should be taught to:

- 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.
- Perform dances using simple movement patterns.

At Great Whelnetham we believe KS1 pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to be physically active for a sustained period.

Cycle 1

Title Autumn	Gymnastics/Dance
Overview	In this unit, children will learn and perform basic gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required. They will manage space safely, showing good awareness of each other, mats and apparatus. They will make up and perform simple movement phrases in response to simple tasks. They will link and repeat gymnastic actions. They will perform movement phrases with control and accuracy. They will know when their body is active and talk about the difference between tension and relaxation. They will be able to carry and place apparatus safely, with guidance. They will watch and describe accurately a short sequence of basic gymnastics actions, using appropriate language. They will be able to copy a partner's sequence of movement. Children will perform clearly and show an awareness of music choosing movements that show a clear understanding of the dance idea. Children will create, perform and share short dances based on a traditional story. They will create dances using a range of shapes, actions with clear starting and finishing positions.
Knowledge Acquisition	At the end of this unit, children will be able to know what a point balance is and be able to hold it to the count of 5. They will be able to travel around a large space safely changing direction when needed showing good awareness of each other. They will be able to use their bodies to travel in different ways. Children will be able to use and put away equipment safely. Children will have learnt

	<p>three different ways to roll; log/pencil roll, teddy bear roll and forward roll. They will show confidence travelling and balancing on different pieces of apparatus and be able to dismount safely. Children will have learnt to make up and perform simple movement phrases and perform to an audience using control and accuracy. They will be able to demonstrate clear starting and finishing positions. They will know when their body is active and be able to talk about the difference between tension and relaxation. Children will start to understand why exercise is good for them and the importance of warming up and cooling down and the affect this has on their heart. Children will build their strength and fitness in order to be physically active for a sustained period.</p>
Key LOs	<p>To be able to perform basic gymnastics and dance movements including travelling, rolling, jumping and climbing.</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To listen to instructions ➤ To improve balance and coordination ➤ To be able to manage space and travel safely ➤ To be able to carry and place apparatus safely <p>Year 1</p> <ul style="list-style-type: none"> ➤ To be able to balance using control ➤ To be able to perform simple gymnastic movements with control ➤ To have an understanding of why exercise is important ➤ To be able to travel on apparatus in a variety of ways ➤ To show improvement in skills and stamina
Key vocabulary	<p>Warm up, cool down, heart, exercise, travel, direction, point balance, control, safety, balance, dismount, movement, log roll, forward roll, teddy bear roll, strength, active, perform, starting position, finishing position, apparatus, beam, vault, mats, climbing, create, stamina.</p>
Key Learning experiences	<ul style="list-style-type: none"> ➤ To use gymnastic equipment ➤ Warm up games ➤ Meditation cool down ➤ Perform and share ➤ To improve fitness, agility and confidence ➤ Being active for a sustained period

Title Spring	Games
Overview	<p>In this unit, children will learn how to throw underarm. They will explore throwing in different ways. They will learn the skills involved in hitting a ball with a bat. Children will learn to catch using both hands. They will learn to kick a ball in different ways. Children will develop skills for simple net, striking, fielding and invasion type games. They will learn how important it is to be active. Children will recognise and describe how their bodies feel during different activities. They will use what they have learnt to improve the quality and control of their skills. Children will observe, describe and copy what others have done. They will explore how to choose and apply skills and actions in sequence and combinations.</p>
Knowledge Acquisition	<p>At the end of this unit, children will be able throw in different ways. They will be able to catch using both hands. Children will have learnt to hit a ball with a bat. They will have learnt the skills in order to play various net, striking, fielding and invasion type games. Children will be able to observe, describe and copy the actions of others. They will use their improved skills in order to demonstrate the quality and control of their actions. Children will understand how important it is to be active and how to exercise safely. They will be more confident and be able to describe what they have done. Children will be able to participate and show an understanding of simple tactics of playing games. They will be able to play simple games with a partner. Children will show skill in controlling, sending and receiving a ball. They will demonstrate an increased level of stamina and fitness and understand more about how their body responds to exercise.</p>
Key LOs	<p>To be able to participate in a range of net, striking, fielding and invasion games</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To show control when throwing ➤ To be able to balance a bean bag on a bat ➤ To participate in a team game ➤ To understand how to exercise safely <p>Year 1</p> <ul style="list-style-type: none"> ➤ To be able to throw in different ways ➤ To be able to hit a ball with a bat ➤ To be able to catch with both hands ➤ To begin to understand simple tactics of playing games ➤ To be able to copy, remember, repeat and explore simple actions ➤ To know the effect exercise has on your body

Key vocabulary	Throw, catch, improve, control, fitness, stamina, net, invasion, striking, fielding, skills, balance, defend, attack, position, observe, demonstrate, exercise, warm up, cool down, quality, chase, dodge, tactics, racket, evaluate, health
Key Learning experiences	<ul style="list-style-type: none"> ➤ To use a range of net, fielding, striking and invasion equipment ➤ To play team games ➤ To improve fitness and stamina ➤ To improve throwing and catching skills ➤ To experience competitive games ➤ Being active for a sustained period

Title Summer	Athletics/Games
Overview	In this, unit children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. Children will learn to run in a co-ordinated way over obstacles. Children will identify different pieces of equipment and be able to say what they are used for. This unit lays the foundations for athletic activities in which children will learn the importance of strength and stamina. They will improve their throwing skills and begin to associate different throwing actions with particular types of equipment. They will cover more distance in single and linked jumps, keeping good posture and control. They will be encouraged to watch and comment on the differences between successful and unsuccessful attempts. This unit builds on previously taught skills in Gymnastics and Games where children improve on their control of movement, running, jumping and throwing actions. All units place value on working well as a member of a group or team, and help children develop their stamina, strength and suppleness.
Knowledge Acquisition	At the end of this unit, children will be able to use a variety of equipment with greater control and co-ordination. They will be able to compete in running, jumping and throwing events. Children will have a better understanding and awareness of how to improve their speed, height, distance and accuracy. They will be able to run in a co-ordinated way in order to jump over obstacles. Children will be more familiar with a variety of equipment and its purpose. Children will have improved throwing skills and will begin to associate different throwing styles with certain equipment.

	They will have improved posture and control in order to jump further. Children will be able to peer assess and be able to offer suggestions on how to improve. They will know how to work well within a team. Children will show improved stamina, strength and suppleness.
Key LOs	<p>To explore different ways of travelling, jumping and throwing increasing awareness of speed and distance.</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To be able to throw underarm ➤ To listen to instructions ➤ To be aware that certain equipment is used for a particular activity <p>Year 1</p> <ul style="list-style-type: none"> ➤ To show control when running, throwing or jumping ➤ To have an awareness of how to improve ➤ To know a variety of equipment and its purpose ➤ To show improved stamina and fitness ➤ To be a team player ➤ To compete within a competitive environment
Key vocabulary	Explore, experiment, distance, speed, technique, equipment, obstacle, fitness, stamina, suppleness, competition, team work, control, co-ordination, accuracy, improve, posture, sprint, pace, warm up, cool down
Key Learning experiences	<ul style="list-style-type: none"> ➤ Use a range of equipment ➤ Competitive Sports Day ➤ Team games including rounder's and relay races ➤ Being Active for a sustained period ➤ Understanding of why exercise is so important

Cycle 2

Title Autumn	Gymnastics/Dance
Overview	In this unit, children will learn and perform basic gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required. They will manage space safely, showing good awareness of each other, mats and apparatus. They will make up and perform simple movement phrases in response to simple tasks. They will link and repeat gymnastic actions. They will perform movement phrases with control and accuracy. They will know when their body is active and talk about the difference between tension and relaxation. They will be able to carry and place apparatus safely, with guidance. They will watch and

	describe accurately a short sequence of basic gymnastics actions, using appropriate language. They will be able to copy a partner's sequence of movement. Children will perform clearly and show an awareness of music choosing movements that show a clear understanding of the dance idea. Children will create, perform and share short dances based on a traditional story. They will create dances using a range of shapes, actions with clear starting and finishing positions.
Knowledge Acquisition	At the end of this unit, children will be able to know what a point balance is and be able to hold it to the count of 5. They will be able to travel around a large space safely changing direction when needed showing good awareness of each other. They will be able to use their bodies to travel in different ways. Children will be able to use and put away equipment safely. Children will have learnt three different ways to roll; log/pencil roll, teddy bear roll and forward roll. They will show confidence travelling and balancing on different pieces of apparatus and be able to dismount safely. Children will have learnt to make up and perform simple movement phrases and perform to an audience using control and accuracy. They will be able to demonstrate clear starting and finishing positions. They will know when their body is active and be able to talk about the difference between tension and relaxation. Children will start to understand why exercise is good for them and the importance of warming up and cooling down and the affect this has on their heart. Children will build their strength and fitness in order to be physically active for a sustained period.
Key LOs	<p>To be able to perform basic gymnastics and dance movements including travelling, rolling, jumping and climbing.</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To listen to instructions ➤ To improve balance and coordination ➤ To be able to manage space and travel safely ➤ To be able to carry and place apparatus safely <p>Year 1</p> <ul style="list-style-type: none"> ➤ To be able to balance using control ➤ To be able to perform simple gymnastic movements with control ➤ To have an understanding of why exercise is important ➤ To be able to travel on apparatus in a variety of ways ➤ To show improvement in skills and stamina
Key vocabulary	Warm up, cool down, heart, exercise, travel, direction, point balance, control, safety, balance, dismount, movement, log roll, forward roll, teddy bear roll, strength, active, perform, starting position, finishing position, apparatus, beam, vault, mats, climbing, create, stamina

Key Learning experiences	<ul style="list-style-type: none"> ➤ To use gymnastic equipment ➤ Warm up games ➤ Meditation cool down ➤ Perform and share ➤ To improve fitness, agility and confidence
Title Spring Term	Games
Overview	<p>In this unit, children will learn how to throw underarm. They will explore throwing in different ways. They will learn the skills involved in hitting a ball with a bat. Children will learn to catch using both hands. They will learn to kick a ball in different ways. Children will develop skills for simple net, striking, fielding and invasion type games. They will learn how important it is to be active. Children will recognise and describe how their bodies feel during different activities. They will use what they have learnt to improve the quality and control of their skills. Children will observe, describe and copy what others have done. They will explore how to choose and apply skills and actions in sequence and combinations.</p>
Knowledge Acquisition	<p>At the end of this unit, children will be able throw in different ways. They will be able to catch using both hands. Children will have learnt to hit a ball with a bat. They will have learnt the skills in order to play various net, striking, fielding and invasion type games. Children will be able to observe, describe and copy the actions of others. They will use their improved skills in order to demonstrate the quality and control of their actions. Children will understand how important it is to be active and how to exercise safely. They will be more confident and be able to describe what they have done. Children will be able to participate and show an understanding of simple tactics of playing games. They will be able to play simple games with a partner. Children will show skill in controlling, sending and receiving a ball. They will demonstrate an increased level of stamina and fitness and understand more about how their body responds to exercise.</p>
Key LOs	<p>To be able to participate in a range of net, striking, fielding and invasion games</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To show control when throwing ➤ To be able to balance a bean bag on a bat ➤ To participate in a team game ➤ To understand how to exercise safely <p>Year 1</p> <ul style="list-style-type: none"> ➤ To be able to throw in different ways

	<ul style="list-style-type: none"> ➤ To be able to hit a ball with a bat ➤ To be able to catch with both hands ➤ To begin to understand simple tactics of playing games ➤ To be able to copy, remember, repeat and explore simple actions ➤ To know the effect exercise has on your body
Key vocabulary	Throw, catch, improve, control, fitness, stamina, net, invasion, striking, fielding, skills, balance, defend, attack, position, observe, demonstrate, exercise, warm up, cool down, quality, chase, dodge, tactics, racket, evaluate, health
Key Learning experiences	<ul style="list-style-type: none"> ➤ To use a range of net, fielding, striking and invasion equipment ➤ To play team games ➤ To improve fitness and stamina ➤ To improve throwing and catching skills 🏆 To experience competitive games

Title Summer Term	Athletics/Games
Overview	In this, unit children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy. Children will learn to run in a co-ordinated way over obstacles. Children will identify different pieces of equipment and be able to say what they are used for. This unit lays the foundations for athletic activities in which children will learn the importance of strength and stamina. They will improve their throwing skills and begin to associate different throwing actions with particular types of equipment. They will cover more distance in single and linked jumps, keeping good posture and control. They will be encouraged to watch and comment on the differences between successful and unsuccessful attempts. This unit builds on previously taught skills in Gymnastics and Games where children improve on their control of movement, running, jumping and throwing actions. All units place value on working well as a member of a group or team, and help children develop their stamina, strength and suppleness.
Knowledge Acquisition	At the end of this unit, children will be able to use a variety of equipment with greater control and co-ordination. They will be able to compete in running, jumping and throwing events. Children will have a better understanding and awareness of how

	<p>to improve their speed, height, distance and accuracy. They will be able to run in a co-ordinated way in order to jump over obstacles. Children will be more familiar with a variety of equipment and its purpose. Children will have improved throwing skills and will begin to associate different throwing styles with certain equipment. They will have improved posture and control in order to jump further. Children will be able to peer assess and be able to offer suggestions on how to improve. They will know how to work well within a team. Children will show improved stamina, strength and suppleness.</p>
Key LOs	<p>To explore different ways of travelling, jumping and throwing increasing awareness of speed and distance.</p> <p>EYFS</p> <ul style="list-style-type: none"> ➤ To be able to throw underarm ➤ To listen to instructions ➤ To be aware that certain equipment is used for a particular activity <p>Year 1</p> <ul style="list-style-type: none"> ➤ To show control when running, throwing or jumping ➤ To have an awareness of how to improve ➤ To know a variety of equipment and its purpose ➤ To show improved stamina and fitness ➤ To be a team player ➤ To compete within a competitive environment
Key vocabulary	<p>Explore, experiment, distance, speed, technique, equipment, obstacle, fitness, stamina, suppleness, competition, team work, control, co-ordination, accuracy, improve, posture, sprint, pace, warm up, cool down</p>
Key Learning experiences	<ul style="list-style-type: none"> ➤ Use a range of equipment ➤ Competitive Sports Day ➤ Team games including rounder's and relay races ➤ Being Active for a sustained period ➤ Understanding of why exercise is so important