

### Physical Education (Year 1) Skills

Curriculum statement - Pupils should develop fundamental movement skills, 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 engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Multi skills	Gymnastics	Dance	Athletics
<b>Skills</b> <b>To know and show different ways of using a ball</b>  <b>To throw and catch using a variety of apparatus and to understand the concept of aiming games. REALLY IMPORTANT</b>  <b>To use and develop their sending, receiving and travelling with skills in games and with a partner</b>  <b>To play running games and use apparatus safely</b>  <b>To steer and send a ball safely using a bat/ racket</b>  <b>Roll and push the ball along the ground with a bat/ racket and balance ball on a bat/ racket</b>  <b>Push ball and weave through “slaloms”</b> <b>Skip accurately and effectively</b>  <b>Understand how races should be run including certain children running twice and going to the back</b>	<b>Skills</b> <b>To bounce, hop, spring and jump using a variety of take offs</b>  <b>To observe recognise and copy different body shapes</b>  <b>To link together two or more actions with control and be able to repeat them</b>  <b>To describe what they see using appropriate vocabulary</b>  <b>To travel confidently on different parts of the body</b>  <b>To hold still balances positions on large or small body parts</b>  <b>To link two balances together</b>  <b>To adapt floor work safely onto apparatus</b>	<b>Skills</b> <b>To perform simple rhythmic patterns and repeat them in different formations</b>  <b>To work alone with guidance of teacher to create movement ideas in response to a story</b>  <b>To select movements from those they practise to create a dance</b>  <b>Talk about how they felt after dancing</b>	<b>Skills</b> <b>To run in a variety of races</b>  <b>To run in team races where they have to “Tig” the next participant</b>  <b>Throw a variety of objects in an appropriate manner</b>  <b>Practise standing long jump and vertical jump</b>  <b>Learn to be competitive in races and have the desire to try their best</b>  <b>Observe and describe another child’s activity</b>

### Physical Education (Year 1) Vocabulary

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Vocabulary	Vocabulary	Vocabulary	Vocabulary
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Throw	Propel (something) with force through the air by a movement of the arm and hand.	Bounce	Move quickly up, back, or away from a surface after hitting it.	Rhythm	A strong, regular repeated pattern of movement or sound.	Run	Move at a speed faster than a walk, never having both or all the feet on the ground at the same time.
Catch	Intercept and hold (something which has been thrown, propelled, or dropped).	Hop	Move by jumping on one foot.	Feelings	An emotional state or reaction.	Jump	Push oneself off a surface and into the air by using the muscles in one's legs and feet.
Apparatus	The technical equipment or machinery needed for a particular activity or purpose.	Balance	An even distribution of weight enabling someone or something to remain upright and steady.			Vertical Jump	A vertical jump or vertical leap is the act of raising one's centre of gravity higher in the vertical plane solely with the use of one's own muscles; it is a measure of how high an individual or athlete can elevate off the ground (jump) from a standstill.
Competition	The activity or condition of striving to gain or win something by defeating or establishing superiority over others.	Travel	Typically in a constant or predictable way.				
		Link	Make, form, or suggest a connection with or between.				