

Year 1 Fitness Curriculum Link: 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		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 1 Term: 2 (H1) Unit Name: Fitness	Physical Development <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Show increasing control over an object in pushing, patting, throwing, catching or kicking it. Personal, Social and Emotional Development <ul style="list-style-type: none"> Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Other <ul style="list-style-type: none"> Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. 	<ul style="list-style-type: none"> Engage in competitive activities and team games.
Big Ideas	Year 1 Learning	Health and Fitness & Preparation
To explore and develop agility, balance, co-ordination, speed and stamina.	<ul style="list-style-type: none"> Vary their pace and speed when running/jogging. Maintain control and stay in a straight line when jogging/running/sprinting. Show good posture and balance. Hold still shapes and simple balances. Travel in different ways, changing direction and speed. Move around, under, over, and through different objects and equipment. Begin to move with control and care. 	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.
Key Information	Learning	Key PE Skills

Vocabulary		Future Learning:	Evaluation and Communication
stretch shape repeat roll direction speed balance turn warm-up cool-down run jog jump throw speed height distance teamwork		<ul style="list-style-type: none"> • Run/jog at different paces, describing the different paces. • Run/jog a variety of distances and begin to select the most suitable pace and speed for the distance. • Begin to select the most suitable pace and speed for distance. • Use a variety of different stride lengths. • Copy, repeat and remember actions and movements. • Hold a still shape whilst balancing on different points of the body. • Travel using a range of direction and speed, with control and care. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others - begin to say what went well and what didn't go well. • Follow simple rules to play games, including team games.
Glossary			