

<b>Year 1 Sending and Receiving</b> Curriculum Link: <b>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</b>		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
Subject Name: PE Year Group: 1 Term: 2 (H2) Unit Name: Sending and receiving	<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Show increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul> <p><b>Personal, Social and Emotional Development</b></p> <ul style="list-style-type: none"> <li>Work and play cooperatively and take turns with others</li> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>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.</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Create a short sequence of movements.</li> <li>Roll in different ways with control.</li> <li>Travel in different ways.</li> <li>Stretch in different ways.</li> <li>Jump in a range of ways from one space to another with control.</li> <li>Begin to balance with control.</li> </ul>	<ul style="list-style-type: none"> <li>Engage in competitive activities and team games.</li> </ul>
Big Ideas	Year 1 Learning	Health and Fitness & Preparation
To develop throwing, catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.	<ul style="list-style-type: none"> <li>Develop dribbling with hands.</li> <li>Develop throwing to a teammate.</li> <li>Develop co-ordination when throwing and catching.</li> <li>To identify areas of hands to use when dribbling or travelling with a ball.</li> <li>Develop dribbling with feet.</li> <li>Develop kicking a ball and stopping a ball using a confident foot.</li> <li>Develop passing to a teammate with feet.</li> <li>Develop taking a ball towards a target.</li> <li>Show how to hold a hockey stick.</li> </ul>	<ul style="list-style-type: none"> <li>Recognise and describe how the body feels during and after different physical activities.</li> <li>Explain what they need to stay healthy.</li> </ul>

		<ul style="list-style-type: none"> <li>• Develop dribbling with hockey stick.</li> <li>• Develop sending ball towards a target.</li> <li>• Develop co-ordination when throwing and catching.</li> <li>• Throw underarm, bounce &amp; catch ball by self &amp; with partner.</li> <li>• Strike or hit a stationary ball with different equipment (e.g. tennis racket).</li> <li>• To identify the importance of keeping an eye on the ball and attempt to do so.</li> <li>• To identify the importance of grip and position when holding equipment and attempt to do so correctly.</li> </ul>	
Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
attack defend shoot hit throw catch net space	racket warm-up cool-down score pass dribble kick score	<ul style="list-style-type: none"> <li>• Develop control when dribbling with hands.</li> <li>• Identify that dribbling can use both hands (not simultaneously).</li> <li>• Develop control and accuracy when throwing to a teammate.</li> <li>• To identify the importance of having hands ready to catch (w shape).</li> <li>• Develop the bounce and chest pass.</li> <li>• Begin to combine stopping and pick up/collect to send a ball accurately to other players.</li> <li>• Develop control when dribbling a ball with feet.</li> <li>• Develop control when kicking a ball, using some correct technique i.e. inside foot.</li> <li>• Show how to hold a hockey stick and begin to know which side to use if using a non-universal hockey.</li> <li>• Develop control when dribbling with hockey stick.</li> <li>• Develop control when sending and receiving a ball with a hockey stick.</li> <li>• Develop control when sending ball towards a target.</li> <li>• Develop ability to strike or hit a moving ball with different equipment (e.g. tennis racket).</li> <li>• Develop control when using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch or describe performances of themselves and others - begin to say what went well and what didn't go well.</li> <li>• Follow simple rules to play games, including team games.</li> </ul>
Glossary			



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'

