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| **Year 1 Invasion Games**  **Curriculum Link:**  **To participate in team games, developing simple tactics for attacking and defending; 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** | | |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**  Year Group: **1**  Term: **3 (H2)**  Unit Name: **Invasion Games**  **Spiritual Development**  Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | **Physical Development**   * Negotiate space and obstacles safely, with consideration for themselves and others. * Demonstrate strength, balance and coordination when playing. * Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.   **Personal, Social and Emotional Development**   * 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**   * 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. | * Engage in competitive activities and team games. |
| **Big Ideas** | **Year 1 Learning** | **Health and Fitness & Preparation** |
| To develop skills in sending, receiving and dribbling a ball. To understand attacking and defending and what ‘being in possession’ means. To play competitively, score points, follow rules and use simple tactics. | * To be able to use simple attacking and defending skills in a game. * To develop dribbling with hands. * To develop throwing to a teammate. * To develop co-ordination when throwing and catching. * To be able to identify areas of hands to use when dribbling or travelling with a ball. * To develop dribbling with feet. * To develop kicking a ball and stopping a ball using a confident foot. * To develop passing to a teammate with feet. * To develop taking a ball towards a target. * To develop co-ordination when throwing and catching. * To be able to throw underarm, bounce & catch ball by self & with partner. | * Recognise and describe how the body feels during and after different physical activities. * Explain what they need to stay healthy. |

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| **Key Information** | | **Learning** | **Key PE Skills** |
| **Vocabulary** | | **Future Learning:** | **Evaluation and Communication** |
| attack  defend  shoot  hit  throw  pass  catch  dribble | goal  warm-up  cool-down  kick  score  pitch  teamwork | • Use at least one technique to attack or defend to play a game successfully.  • Develop control when dribbling with hands.  • Identify that dribbling can use both hands (not simultaneously).  • Develop control and accuracy when throwing to a teammate.  • To identify the importance of having hands ready to catch (w shape).  • Develop the bounce and chest pass.  • Begin to combine stopping and pick up/collect to send a ball accurately to other players.  • Develop control when dribbling a ball with feet.  • Develop control when kicking a ball, using some correct technique i.e. inside foot.  • Develop awareness of avoiding opposition whilst in control of the ball.  • Develop taking a ball towards goal with some control.  • Develop control and accuracy when throwing to a teammate.  • Develop the bounce and chest pass.  • To identify the importance of having hands ready to catch (w shape).  • Make simple decisions about when/where to move to receive a ball. | * 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** | | | |
| **Attack:** The team or parts of a team trying to score or get points, those in control of the ball. It is not just simply scoring; it is the actions of all the players on the team who have possession of the ball.  **Defend:** The team or parts of a team trying to prevent the opponents from scoring or getting points, those trying to gain possession of the ball  **Dribble:** Travelling with the ball in a particular direction.  **Invasion Game**: A type of game that involves attacking an opponent’s zone with the aim of scoring a goal or point.  **Cool Down**: Using gentle stretches and exercises to allow the body to return to rest after physical activity.  **Possession**: When a player or team has the ball.  **Striking and Fielding Games:** Players on the batting team strike an object and attempt to run between two points before the fielding team can get the object back.  **Tactics**: Methods and plans that players and teams use to increase their chances of winning.  **Warm Up**: Using gentle stretches and exercises to allow the body to be ready for physical activity. | | | |