

Year 1 Fundamentals 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: 1 (H1) Unit Name: Fundamentals 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 <ul style="list-style-type: none"> 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 <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 develop the basic movements of running, jumping, balance, agility and co-ordination.	<ul style="list-style-type: none"> To be able to copy and repeat actions and movements. To be able to hold still shapes and simple balances. To travel in different ways, changing direction and speed. To move around, under, over, and through different objects and equipment. To begin to move with control and care. To vary their pace and speed when running/jogging. To maintain control and stay in a straight line when jogging/running/sprinting. To show good posture and balance. 	<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.

		<ul style="list-style-type: none"> • To perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • To perform a short jumping sequence. • To jump as high as possible. • To jump as far as possible. • To land safely. 	
Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	Evaluation and Communication
stretch shape repeat direction speed balance	turn warm-up cool-down jump skip	<ul style="list-style-type: none"> • Copy, repeat and remember actions and movements. • Hold a still shape whilst balancing on different points of the body. • 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. • Perform a short jumping sequence with developing control and accuracy. • Jump for distance from a standing position with accuracy and control. • Choose the most appropriate jumps to cover different distances. • Land safely and with some control. 	<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			