

Year 1 Net and Wall 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 (H2) Unit Name: Net and Wall 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 throwing, catching and racket skills, learning to track and hit a ball. Use rules and simple tactics.	<ul style="list-style-type: none"> To strike or hit a stationary ball with different equipment (e.g. tennis racket). To identify the importance of keeping an eye on the ball and attempt to do so. To identify the importance of grip and position when holding equipment and attempt to do so correctly. To develop the ability to strike a ball at a target. 	<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
attack defend shoot hit throw net space racket warm-up cool-down score	<ul style="list-style-type: none"> • Develop ability to strike or hit a moving ball with different equipment (e.g. tennis racket). • To attempt to keep an eye on the ball and position racket in response to this. • Develop control when using a racket. • Develop ability to strike a ball at a target. • Play over a net. 	<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

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