

Year 1 Pilates Curriculum Link: To develop 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
<p>Subject Name: PE Year Group: 1 Term: 1 (H2) Unit Name: Pilates</p> <p>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.</p>	<p>Physical Development</p> <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. <p>Personal, Social and Emotional Development</p> <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. <p>Other</p> <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

<p>To develop strength, flexibility and balance.</p>	<ul style="list-style-type: none"> • To be able to copy and repeat actions and movements. • To be able to link actions to make a sequence. • 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. 	<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.
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Key Information		Learning	Key PE Skills
Vocabulary		Future Learning:	
stretch shape repeat roll direction speed balance turn warm-up	cool-down pike tuck straddle hop spring skip gallop tiptoe	<ul style="list-style-type: none"> • Copy, repeat and remember actions and movements. • Link actions to make a sequence with a clear beginning and end. • 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

Communication: Giving, receiving, and sharing information

Cool Down: Using gentle stretches and exercises to allow the body to return to rest after physical activity.

Core: Main muscles in centre of your body that help you to control and stabilize your body.

Levels: Whether a movement is low and close to the ground, medium and standing or high off the ground.

Pilates: Exercises designed to improve physical strength, flexibility and posture.

Respect: You treat people in a way that shows that you care about their well-being and how they feel. You treat equipment with care and consideration.

Routine: Is combination of skills or movements in one sequence.

Sequence: Movements that link from one to the next.

Shape: The form created by putting the body in a certain position.

Skill: The ability to use techniques or moves correctly and repeatedly.

Teamwork: Working together with other people to achieve a goal.

Tempo: How fast or slow a movement is made.

Theme: The main idea in a movement pattern.

Time/Timing: How movements in a dance relate to each other in terms of speed and length, how the movements of different people fit together and with the music.

Transition: Movement or change from one position/section to another.

Unison: Where a group of people perform the same routine at the same time.

Warm Up: Using gentle stretches and exercises to allow the body to be ready for physical activity.