

<b>Year 1 Fitness</b> <b>Curriculum Link:</b> <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
<b>Unit</b> Subject Name: PE Year Group: 1 Term: 2 (H1) Unit Name: Fitness  <b>Spiritual Development</b> 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. Do for other people the same things you want them to do for you.  Matthew 7:12	<b>Previous Learning</b> <b>Physical Development</b> <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> <b>Personal, Social and Emotional Development</b> <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> <b>Other</b> <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>	<b>Competing and Performing</b> <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 explore and develop agility, balance, co-ordination, speed and stamina.	<ul style="list-style-type: none"> <li>To develop knowledge about how exercise can make you strong and healthy.</li> <li>To develop knowledge about how exercise relates to breathing.</li> <li>To develop an understanding about how exercise helps my brain.</li> <li>To develop an understanding about how exercise helps my muscles.</li> <li>To begin to understand about the importance of daily exercise.</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>
Key Information	Learning	Key PE Skills
<b>Vocabulary</b>	<b>Future Learning:</b>	<b>Evaluation and Communication</b>

<p>stretch shape repeat roll direction speed balance turn warm-up cool-down run jog jump throw speed height distance teamwork</p>		<ul style="list-style-type: none"> <li>• To learn how to run for a long time.</li> <li>• To develop co-ordination in individual skipping.</li> <li>• To develop stamina and change of direction.</li> <li>• To explore exercises to develop strength.</li> <li>• To develop agility, balance and co-ordination.</li> <li>• To learn how to run for a long time.</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>
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**Glossary**

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