

Year 1 Sending and Receiving

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
<p>Subject Name: PE Year Group: 1 Term: 2 (H2) Unit Name: Sending and receiving</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. An honest witness tells the truth. But a dishonest witness tells lies.</p> <p>Proverbs 12:17</p>	<p>Physical Development</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Show increasing control over an object in pushing, patting, throwing, catching or kicking it. <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 throwing, catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.</p>	<ul style="list-style-type: none"> • To develop rolling and throwing a ball towards a target. • To develop receiving a rolling ball and tracking skills. • To be able to send and receive a ball with your feet. • To develop throwing and catching skills over a short distance. • To develop throwing and catching over a longer distance. 	<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 catch net space	racket warm-up cool-down score pass dribble kick score	<ul style="list-style-type: none"> To roll a ball towards a target. To track and receive a rolling ball. To send and receive a ball with your feet. To develop catching skills. To develop throwing and catching skills. To send and receive a ball using a racket. 	<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			