

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Title	Physical Literacy	Dance	Games	Physical literacy	Dance	Games
Year 1	<p>PE</p> <p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Explore different ways of using a ball. - Explore ways to send a ball or other equipment. - Retrieve and stop a ball using different parts of the body. - Play a variety of running and avoiding games. - Practise skills to make them warmer. - Explain why they enjoy playing games and physical activities. - Talk about what our bodies do during exercise e.g. breathing - Participate in team games. - Develop simple attacking and defending techniques. - Pass and receive a ball in different ways with increased control. 	<p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Learn basic movements relating to feelings. - Show that they have a clear starting and finishing position. - Respond to different music showing a range of emotions. - Perform dance movements and simple routines using simple movement patterns. 	<p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Focus on throwing and catching. - Play games based on net games (like tennis and badminton). - Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3. - Play running and avoiding games. - Explain how practicing skills can help you feel warmer and why is it good to play and get out of breath. - Participate in team games. - Pass and receive a ball in different ways with control and increased accuracy. - Perform fielding techniques with increased control and co-ordination. 	<p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Respond to instructions and commands. - Move between mats and small apparatus and change the speed of movement. - Learn a variety of basic actions. - Be still in different body shapes and balances and combine different ways of travelling. - Handle apparatus safely. - Recognise how it feels when the body is tense. - Discuss how the body changes during exercise. - Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction. 	<p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Learn basic movements relating to feelings. - Show that they have a clear starting and finishing position. - Respond to different music showing a range of emotions. - Perform dance movements and simple routines using simple movement patterns. 	<p>Children will be taught to:</p> <p>L.O. to develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <ul style="list-style-type: none"> - Be confident and safe in the spaces used to play games. - Explore and use skills, actions and ideas individually and in combination to suit the game they are playing. - Understand that being active is good for them and fun. - Participate in team games. - Pass and receive a ball in different ways with control and increased accuracy. - Perform fielding techniques with increased control and co-ordination. - Activities to include bat and ball relay, throw clap and catch, slalom run, standing long jump etc. - Develop balance, agility and co-ordination.

