



Curriculum Plans – Key Stage 1 Physical Education

Year 1

Block 1	Block2	Block 3	Block 4/ Block 5	Block 6/ Block 7
<p>Movement Composition Unit: Locomotive Skills</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Fall and stand correctly -Change direction safely -Stop safely -Control over large movements -Control over fine motor movement -Correctly perform the following locomotive movements <p>*Hopping *Marching *Skipping *Sidestepping *Sliding *Leaping *Gallop *Running *Heel dig walks *Grapevine *Vertical jumping on a plane *horizontal jumping on a plane *Sit and tuck *V-sit</p> <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate complex movements -Demonstrate travelling in different directions with balance and control 	<p>Movement Composition Unit: Gymnastics/ Dance</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate travelling with balance and control -Demonstrate jumping and landing safely and under control -Create a routine that includes balance, flexibility, strength and movement in a group -Follow a different dance choreography in rhythm -Learn at least one dance routine <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate travelling in different directions with balance and control aesthetically -Jump and land with control while also keeping all parts of the body inline -Create a combination routine as an 	<p>Movement Composition Unit: Fundamental Movement Skills</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Throw the ball understanding the correct technique -Catch the ball understand the correct technique - Pass the ball (short, long), understanding the correct throwing and kicking technique -Dribble with the ball using hands and feet - Strike the ball using the correct technique <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Throw the ball using correct technique and biomechanics - Catch the ball using correct technique and biomechanics - Pass the ball (short, long) using the correct throwing and kicking technique and biomechanics -Dribble with the ball using hands and feet - Strike the ball using the correct technique and biomechanics 	<p>International Games: Tag Games, Football, Basketball</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Change direction -Attack/defence -Footwork - Pivot -Kick -Shoot -Stop -Balance -Body control -Emotional regulation skills -Understand what a rebound is <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use team strategy - Gauge distance and speed -Understand basic team tactics -Have a basic understanding of movement off the ball 	<p>Net and Barrier Games: Nitroball/ Volleyball Variations</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Show an understanding there is a net or barrier between teams -Start to understand the correct way to pass the volleyball -Understand the volleyball must go over the net <p>Some students will be able to:</p> <ul style="list-style-type: none"> - Show good technique when passing the volleyball -Pass the volleyball between teammates -Strike the volleyball over the net



	-Jump and land with control while also keeping all parts of the body inline	individual for 60-90 seconds	using feet and wrist		
Assessment	- Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills