

Curriculum Intent: PE (2024 - 2025)

Year 1 PE					
ADVENT 1 Children will...	ADVENT 2 Children will...	LENT 1 Children will...	LENT 2 Children will...	PENTECOST 1 Children will...	PENTECOST 2 Children will...
Team Building L1: know how to co-operate with a partner to complete challenges. L2: know how to explore and develop working as a team. L3: know how to develop talking, listening and sharing skills. L4: know how to use speaking and listening skills to lead a partner. L5: know how to plan with a partner and small group to complete challenges. L6: know how to use talking, listening and sharing skills to complete challenges.	Fitness L1: know how to develop my understanding of how exercise can make you feel. L2: know how to develop my understanding of how exercise can make you strong and healthy. L3: know how to develop my understanding of how exercise relates to breathing. L4: know how to develop my understanding of how exercises helps my brain. L5: know how to develop my understanding of how exercise helps my muscles. L6: know how to develop my understanding of the	Yoga L1: know how to explore yoga and mindfulness. L2: know how to copy and remember poses. L3: know how to develop flexibility when holding poses. L4: know how to develop balance whilst holding poses. L5: know how to create yoga poses using a hoop. L6: know how to create a yoga flow with a partner.	Sending and Receiving L1: know how to develop rolling and throwing a ball towards a target. L2: know how to develop receiving a rolling ball and tracking skills. L3: know how to send and receive a ball with your feet. L4: know how to develop throwing and catching skills over a short distance. L5: know how to develop throwing and catching over a longer distance. L6: know how to apply sending and receiving skills to small games.	Net and Wall L1: know how to defend space, using the ready position. L2: know how to play against an opponent and keep the score. L3: know how to explore hitting with a racket. L4: know how to develop racket and ball skills. L5: know how to develop sending a ball using a racket. L6: know how to develop hitting over a net.	Striking and Fielding L1: know how to develop underarm throwing and catching. L2: know how to develop overarm throwing. L3: know how to develop hitting a ball. L4: know how to develop collecting a ball. L5: know how to get a batter out. L6: know how to play games and understand how to score points.
Fundamentals L1: know how to explore balance, stability and landing safely. L2: know how to explore how the body		Invasion L1: know how to understand the role of defenders and attackers. L2: know how to recognise who to pass to and why. L3: know how to move towards a goal with the ball.	Ball Skills L1: know how to develop dribbling a ball with your hands.	Dance (Pirates and Lost Toy) L1: know how to explore speeds and actions in our pirate inspired dance. L2: know how to copy, remember and repeat actions that represent the theme.	Athletics L1: know how to learn to move at different speeds over varying distances. L2: know how to develop balance. L3: know how to develop changing direction quickly. L4: know how to explore hopping,

<p>moves differently when running at different speeds.</p> <p>L3: know how to explore changing direction and dodging.</p> <p>L4: know how to explore jumping, hopping and skipping actions.</p> <p>L5: know how to explore co-ordination and combination jumps.</p> <p>L6: know how to explore combination jumping and skipping in an individual rope.</p>	<p>importance of daily exercise.</p> <p>Gymnastics</p> <p>L1: know how to explore travelling movements.</p> <p>L2: know how to develop and combine travelling movements.</p> <p>L3: know how to develop quality when performing and linking shapes.</p> <p>L4: know how to develop quality when linking shapes.</p> <p>L5: know how to develop stability and control when performing balances.</p> <p>L6: know how to develop stability and control when performing balances.</p>	<p>L4: know how to support a teammate when playing in attack.</p> <p>L5: know how to move into space showing an awareness of defenders.</p> <p>L6: know how to stay with a player when defending.</p>	<p>L2: know how to explore accuracy when rolling a ball.</p> <p>L3: know how to explore throwing with accuracy towards a target.</p> <p>L4: know how to explore catching with two hands.</p> <p>L5: know how to explore dribbling a ball with your feet.</p> <p>L6: know how to explore tracking a ball that is coming towards me.</p>	<p>L3: know how to copy, repeat, create and perform actions that represent the theme.</p> <p>L4: know how to explore speeds and actions.</p> <p>L5: know how to use expression and create actions that relate to the story.</p> <p>L6: know how to use a pathway when travelling.</p>	<p>jumping and leaping for distance.</p> <p>L5: know how to develop throwing for distance.</p> <p>L6: know how to develop throwing for accuracy.</p>
VOCABULARY					
<p>Team Building</p> <p>Solve, teamwork, lead, direction, co-operate, instructions, share, listen, safely, travel</p>	<p>Fitness</p> <p>Exercise, heart, lungs, oxygen, mood, healthy, body</p>	<p>Yoga</p> <p>Space, listen, copy, pose, breath, balance, slowly, breathe, stretch</p>	<p>Sending and Receiving</p> <p>Aim, throw, roll, kick, catch, safely, racket</p>	<p>Net and Wall</p> <p>Safely, ready position, partner, score, racket, net, underarm, space, points</p>	<p>Striking and Fielding</p> <p>Throw, points, target, pass, space, score, team, hit, catch, send, batter, bowler, fielder</p>
<p>Fundamentals</p> <p>Balance, direction, land, fast, safely, jump, hop</p>	<p>Gymnastics</p> <p>Action, travel, balance, jump, direction, roll, point, shape, speed, fast, slow, level</p>	<p>Invasion</p> <p>Safely, defender, dribbling, pass, attacker, space, points, score, team</p>	<p>Ball Skills</p> <p>Far, aim, safely, throw, send, roll, catch, direction, balance</p>	<p>Dance</p> <p>Counts, action, travel, pose, move, direction, forwards, backwards, speed, fast, slow, level, shape</p>	<p>Athletics</p> <p>Fast, slow, jump, aim, direction, far, bend, improve, hop, safely, travel, balance</p>