

Year group Year 1 - PE

Games	Gym	Dance	Evaluation
G1 I can travel in a variety of ways including running, jumping and changing directions.	Gy1 I can copy and explore explores basic movements with some control and coordination (roll, jump and balance)	D1 I can copy and explore basic movements and body patterns	E1 I can comment on own and other performance
G2 I can begin to perform a range of throws including underarm and chest pass.	Gy2 I can begin to perform different body shapes (core)	D2 I can remember simple movements and dance steps	E2 I can give comments on how to improve performance
G3 Receives a ball with basic control.	Gy3 I can begin to perform at different levels.	D3 I can begin to link movements to sounds and music.	E3 I can use appropriate vocabulary when giving feedback
G4 I can begin to develop hand-eye coordination.	Gy4 I can perform a 2 footed jump.	D4 I can respond to a range of stimuli (clap)	
G5 I can participate in simple games.	Gy5 I can begin to use the equipment safely		
	Gy6 I can perform balances with some control.		
	Gy7 I can begin to perform simple rolls (teddy bear roll, log roll)		
	Gy8 I can link 2-3 movements in a sequence.		

Topic coverage

Autumn Light and Dark	Spring Once Upon a Time	Summer Let's Explore Outside
G1, G2, G3, G4, G5 E1, E2, E3	D1, D2, D3, D4 E1, E2, E3	Gy1, Gy2, Gy3, Gy4, Gy5, Gy6, Gy7, Gy8 E1, E2, E3
Vocabulary	Vocabulary	Vocabulary

<p>Running, Jumping, Skipping, Galloping, Direction, Forwards, Backwards, Sideways Throwing, Underarm, Overarm, Chest, Bounce, Pass, Receive, Control, Position, Space, Opposite team, Co-ordination, Participate, Team, Score, Like, Dislike, Improve, Warm up, Cool down</p>	<p>Movement, Pattern, Rhythm, Steps, Stimuli Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways Space - near, far, in and out, on the spot, own, beginning, middle end Mood and feelings - happy, angry, calm, excited, sad, lonely Body actions Levels high, medium, low Speed - fast, slow Pathways - curved, zigzag Co-ordination, Copy, Like, Dislike Improve, Warm up, Cool down</p>	<p>Stretch, Balance, Tension, Zig-zag, Travelling, Rolls – teddy bear, log roll, Jumping, Climbing, Repeat, Sequence, Space, Perform, Adapt, Direction, Speed, Sequence Levels – high, low Shapes – Pike, Star, Straddle, Straight, Tuck, Landing, Like, Dislike, Improve, Arm up, Cool down</p>
<p>I will know.....</p>	<p>I will know.....</p>	<p>I will know.....</p>
<ul style="list-style-type: none"> - How to travel in a variety of ways - How to throw including underarm, overarm and chest pass. - How to receive a ball with hands and feet. - How to develop hand-eye co-ordination - How to participate in small games - How to comment on likes and dislikes - How to suggest how to improve performances - How to use the appropriate vocabulary when giving feedback 	<ul style="list-style-type: none"> - How to copy and explore basic movements - How to copy and explore basic body patterns - How to begin to link movements to sounds and music. - How to remember simple movements - How to remember simple dance steps - How to respond to a range of stimuli - How to comment on likes and dislikes - How to suggest how to improve performances - How to use the appropriate vocabulary when giving feedback 	<ul style="list-style-type: none"> - How to control basic movements with increasing co-ordination and control - How to explore basic movements with increasing co-ordination and control - How to perform core body shapes/balances - How to perform at different levels - How to perform a 2 footed jump - How to use the equipment safely - How to perform balances with some control - How to perform simple rolls - How to combine movements to dance - How to link movements in a sequence - How to comment on likes and dislikes - How to suggest how to improve performances - How to use the appropriate vocabulary when giving feedback

