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| **Physical Education** **Core Curriculum** **Year 1&2****Spring Term Year A** |
|  | **Spring Term 1** | **Spring Term 2** |
| **Unit of Work** | Run, Jump & ThrowUnit 1 (Year 1) | DanceUnit 1 (Year 1) | Send & ReturnUnit 1 (Year 2) | Attack, Defend & ShootUnit 1 (Year 2) |
| **Prior Learning** | Experienced sending a variety of balls, quoits and beanbags. Can use a range of motor skills. Able to walk, run and travel at a variety of speeds. | Followed simple instructions. Moved using simple rhythms and actions. Copy and repeating. | Tracked the path of a ball over a net and move towards it. Begun to hit and return a ball with some consistency. Played modified net/wall games throwing, catching and sending over a net. | Can recognise rules and apply them. Can use and apply simple strategies for invasion games. Describe why we take part in exercise and enjoy it. |
| **Unit Focus – Key Knowledge & Skills** | Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances. | Respond to a range of stimuli. Explore space, direction, levels and speeds and performing with different body parts. | Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics. Transfer net/wall skills. Improve agility and coordination and use in a game. | Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g., dribbling and passing. |
| **5 Essential Key Knowledge and/or Skills**  | * Begin to use our arms when running at different speeds.
* Take off on two feet to jump for distance.
* Use a leading arm to direct a throw over a longer distance.
* Know the difference between an over arm and under arm throw.
* Compete using running, jumping and throwing skills
 | * Explore ideas, moods and feelings through body movement.
* Perform with an awareness of body shape with a partner.
* Move in unison with my partner.
* Demonstrate show mirroring, leading and following in a movement sequence.
* Perform a short dance with a clear start, middle and end.
 | * Feed a ball to our partner over a net with consistency.
* Send the ball to different parts of the court.
* Serve the ball off my hand with a hit confidently.
* Return a ball with my hand using an underarm/overarm technique.
* Hit a ball using my hand with control.
 | * Begin to kick the ball over long and short distances.
* Begin to stop the ball with my foot.
* Move with the ball at my feet.
* Bounce the ball to players using one hand and two hands.
* Bounce a ball whilst moving in a space.
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| **Progression of Learning in lessons-Objectives covered** | * I can start and stop moving at speed.
* I can use my arms when running at different speeds.
* I can take off on two feet to jump for distance.
* I can use correct technique to throw different objects.
* I can show improvements in my throwing.
* I can take part in competition using running, jumping and throwing skills.
 | * I can show moods and feelings I would experience in the jungle.
* I can move as if I was living in the jungle.
* I can create and show movements which show friendship.
* I can perform leading and following movements.
* I can perform a short dance with a clear start, middle and end.
* I can use repeated actions in my dance.
 | * I can feed a ball to our partner with consistency.
* I can to send the ball to different parts of the court.
* I can to throw and catch in a seated position.
* I can to accurately serve the ball to different parts of the court.
* I can to use overarm attacking shots in a game.
* I can to manage what we should be doing within the competition.
 | * I can kick the ball over long and short distances.
* I can stop a ball with control using my foot.
* I can work as a team to keep the ball.
* I can bounce a ball with my partner.
* I can bounce the ball while I am moving (dribbling).
* I can pass the ball forward in a game.
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| **Vocabulary** | Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, fastest. | Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle, end. | Front, back, tactics, compete, score, wide, deep, rotate, point. | Aim, attack, compete, controlling, cooperate, receive, control. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Recognise and implement concepts such as waiting your turn.
* Hand: Start and stop at speed, run in straight lines at different speeds.
* Heart: Put in effort and stay motivated when challenged.
 | * Head: Demonstrate understanding that a dance has a start, middle and end.
* Hand: Perform basic body actions to music.
* Heart: Work with a partner to use repeating motifs.
 | * Head – Develop tactics to outwit your opponent so they cannot return the ball.
* Hand – Start games using basic serving skills.
* Heart – Work as a team to get the ball over the net.
 | * Head: Recognise you sometimes needs to stay in defined areas.
* Hand: Can send a ball using feet.
* Heart: Show awareness of teammates and opponents in games.
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| **Application Task** | Improve on personal best throughout unit | Perform dance to the class | Take part in a class volleyball tournament | Intra-competition in house groups |