



Subject	PE
Year Group	Year 1
Knowledge Essential facts (Directly correlating to NC document) Key vocabulary / technical terms	
<p><u>Children will know:</u></p> <ul style="list-style-type: none"> • The importance of physical activity including a warm-up. • How to talk about different ways to keep healthy and safe. • How to talk about what our bodies do during exercise. • How to warm up. • The meaning of the terms <i>travelling, movement, pathway</i> and <i>sequence</i>. • The meaning of the terms <i>safe</i> and <i>controlled</i>. • What a <i>safe place</i> is. • What <i>spatial awareness</i> is. <p><u>Fundamental Movements</u></p> <ul style="list-style-type: none"> • How to hold a balance whilst walking along a straight line. • How to zigzag through a series of markers spaced evenly, about 2m apart. • How to hop on the spot using the same foot. • How to jump for distance and height. • How to catch a beanbag. • How to roll a small ball. • The correct technique to use when throwing a small ball underarm. • How to send a ball into a space. • How to move with control and care. • How to use equipment safely. • How to describe and comment on performance. • How to make their body curled, tensed, stretched and relaxed. • How to control their body when travelling and balancing. • How to perform different rolls i.e. a log and tuck roll. • How to balance their weight on their hands. • How to show narrow and wide shapes. • How to travel by walking, running, hopping, sliding, bouncing and leaping. • How to use their body parts to make contact with the floor. • How to turn to change direction <p><u>Team Games</u></p> <ul style="list-style-type: none"> • How to hit a ball with a bat. • How to move and stop safely. • How to throw and catch with both hands. • How to throw and kick in different ways. • How to move into a safe place. • The importance of throwing accurately • The meaning of the terms <i>attacking, defending, retrieve, fielding, tactic, intercept, opponent, opposition, contact, accuracy</i> and <i>return</i>. • How to communicate when participating in team games. • How to make simple decisions when working in a team. 	



- How to stop the opposition from scoring.
- How to demonstrate the “ready” position.
- How to perform a tactic to stop a partner from scoring.
- How to score against an opponent.
- How to change power.
- How to retrieve a partner’s tail.
- How to plan a simple fielding tactic.
- How to follow the rules of a game.
- How to decide the best space to be in during a game.

Performing Dances

- How to talk about their body movements to a story being told and brought to life by an adult.
- How to create their own dance movements.
- How to copy actions including dance moves.
- How to move to music.
- How to change rhythm, speed, level and direction within their dance.
- How to dance with control and coordination.
- How to use dance to show a mood or emotion.