

KNOWLEDGE

Competent learner

Practice a range of movements with control demonstrating balance & coordination
Perform fundamentals of movement (ABC's) with control and confidence
Safely negotiate space both indoors and outdoors

Active & healthy learner

Recognise and describe how their body feels during and after activities
Understand and explain the importance of good health, physical exercise and healthy food
Understand and explain which activities are good for our health

Reflective learner

Describe, explain and comment on their own and others' actions and feelings
Listen, respond to set tasks and sounds following expectations and rules
Make judgements to improve their work

Engaged learner

Communicate, select, prepare and handle appropriate resources effectively
Cooperate and work in small teams
Dress and undress for PE promptly
Listen to others and follow instruction

Disciplined Learner

Show a positive attitude towards activities and other pupils
Work well with others by showing respect
Stay on task throughout the lesson

SKILLS

Running Technique

- Smaller steps quicker
- Arms with a bend at the elbow alternate forwards and backwards, opposite arm and leg leading at a time (arms help momentum)
- Straight back and head/eyes facing the direction of travel

Throwing action - Underarm

- Stand facing the target, holding the object in throwing hand
- Raise hand backwards in a swinging motion, with a slight bend at elbow
- Look at the target area to help with accuracy
- Swing hand forwards and release when passes hip

Throwing action - Overarm

- Stand shoulder width apart, side on to the target
- Raise throwing arm to behind the head at a 90° angle
- Point non-throwing arm at target
- Transfer body weight from back foot to front foot, rotating hips and torso towards target
- Pull throwing arm through and release object

Jumping

- Feet hip to shoulder width apart with knees bent
- Swing both arms simultaneously forward and backwards to gain momentum
- When arms are at the furthest point behind the body, push through feet and swing arms forward, landing on both feet

EXPERIENCES

A variety of activities using agility, balance and co-ordination

A variety of equipment including hoops, beanbags and balls

Working individually and in small groups

Simple competition alone and in pairs

Working indoors and outdoors

Running at different speeds for short and long distances and durations

Throwing for accuracy and distance

Jumping for distance

Year 1 | Athletics

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Control	Stay within an area whilst moving, managing all body parts
Agility	Change direction quickly
Balance	Clear intent of direction when travelling, managing their weight
Co-ordination	Can use arms and legs simultaneously to jog, jump and throw
Safely negotiate space	Can remain in an area without colliding with others/objects
Changes to the body	Able to identify heart beating faster and sweating
Good health	Can talk about the different types of foods and the importance of choosing sensibly when eating snacks or treats
Activity types	Can suggest movements that increase heart rate
Actions and feelings	Know and show the importance of sharing with others
Rules	Can follow rules given without prompt
Improve	Provide a relevant example of what they can do better
Handling equipment	Can collect and carry sensibly alone, when prompted and used for its intended purpose
Co-operate	Can work well with others, taking turns and sharing
Preparing for PE	Can dress promptly without help
Listen to others	Allow others to speak and listen
Positive attitude	Respond to instructions and do not disrupt others
Respect	Share and include others equally
Stay on task	Follow instructions given by deliverer
Additional key vocabulary	Definition
Momentum	The force gained by a moving object
Target	The place you intend to send an object to
Accuracy	The closeness of an object to its target
Underarm	A throw made with the arm below shoulder level
Overarm	A throw made with the arm above shoulder level
Simultaneously	Occurring at the same time