

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

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Control	Stay within an area stopping and starting on command
Agility	Change direction quickly avoiding others
Balance	Able to adjust weight to transfer into different positions
Co-ordination	Can use arms and legs simultaneously to run quickly, jump and throw
Safely negotiate space	Consistent in finding new spaces whilst remaining in an area
Changes to the body	Able to discuss change in temperature and needing more air
Good health	Can talk about different food groups and understand their nutritional value and frequency of consumption
Activity types	Can suggest activities that increase heart rate
Actions and feelings	Share with others and include all involved equally
Rules	Can follow rules and suggest changes/new rules in an activity
Improve	Can say what they do well, what they need to change and how
Handling equipment	Use for its intended purpose and can work with others to collect and carry sensibly, placing it back in its correct storage position
Co-operate	Work well with others, taking turns, sharing and supporting/encouraging others
Preparing for PE	Can dress promptly without help and keep area tidy
Listen to others	Allow others to speak and listen and respond to instructions from others
Positive attitude	Respond to instructions, do not disrupt others and offer support where needed
Respect	Share, include others equally and support/encourage others
Stay on task	Remain on task throughout the lesson and ignore any distractions
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