

KNOWLEDGE

Competent learner:

Demonstrate some understanding of simple tactics for attacking and defending
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
Dress and undress for PE promptly
Stay on task throughout the lesson

SKILLS

Agility

Moving the body from one position to another (changing direction)
Start/stop on command, maintaining balance

Balance

Centre of gravity over the base of support
Counterbalancing when centre of gravity is out of position

Co-ordination

Synchronising limbs when performing an action
Generating force when sending

Locomotion skills (ways to move):

Run - forwards, backwards, sideways and diagonally
Chase - closing space between the attacker & defender
Avoid - increasing the space between the attacker & defender
Jump - block, intercept, receive object off target/on the move

Stabilisation skills (maintaining physical stability):

Turn - looking for spaces, chasing/avoiding
Twist - when sending/receiving
Stretch - when sending/receiving

Ball manipulation skills (ways to use an object):

Send - throw/kick a ball, push an object with a hockey stick
Receive - catch with hands, softly cradle with feet/stick
Dribble - continuously with hand(s), using feet to move- a ball, pushing an object with a stick
Pick up - static or moving object
Carry - run with an object in hands
Bounce - bounce-catch/bounce pass
Kick - kick ball into area/at a target

Invasion Games Principles:

Attack - create space to get through defence and score
Defend - prevent opposition from scoring by closing space and retaining possession
Dribble - continuously with hand(s), using feet to move a ball, pushing an object with a stick

EXPERIENCES

Multi skills based activities with an emphasis on space A variety of activities including themes of Basketball, Netball, Handball, Football, Tag Rugby and Hockey A variety of equipment including balls, goals and hockey sticks Working in small team Simple competition in pairs and small teams

Year 1 | Multi Skills

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Simple tactics for attack & defend	Can identify the correct role based on possession and can create and close space Can maintain possession
Control	Stay within an area whilst moving, managing all body parts and object
Agility	Change direction quickly
Co-ordination	Can use arms and legs simultaneously to send and receive
Safely negotiate space	Can remain in an area without colliding with others or objects
Changes to the body	Able to identify heart beating faster and sweating
Good health	Can talk about the different types of foods
Activity types	Can suggest movements that increase heart rate
Activity types	Actions and feelings
Actions and feelings	Know and show the importance of sharing with others
Rules and expectations	Can follow rules given with little or no prompt
Make judgements to improve	Can say what they do well, with some prompting
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 without prompt
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	Remain on task throughout the lesson with little or no intervention from AP
Additional key vocabulary	Definition
Space	An area which is free of others
Block	An obstacle to the normal process (e.g. stop a ball hitting the target)
Intercept	When a defending player catches the ball and gains possession for their team
Tactics	An action planned to achieve a specific end