

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

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
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 blocking, intercepting, receiving

Ball manipulation skills (ways to use an object)

Send – push, hit, throw a ball, with hands
Receive – catch with hands
Pick up – static or moving object
Carry – run with an object in hands or on a racket
Bounce – bounce-catch/bounce pass

Net & Wall Games Principles

Attack – send an object into the opponent's area making it difficult for them to return it
Defend – prevent opposition from scoring by closing space and retaining possession

EXPERIENCES

Net & Wall based activities with an emphasis on space. A variety of activities including themes of Tennis, Badminton, Table Tennis and Volleyball. A variety of equipment including balls, nets and rackets Working in small teams Simple competition in pairs and small teams

Year 1 | Net and Wall

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Range of movements	Moving in different directions at different speeds
Control	Stay within an area whilst moving, managing all body parts and object
Agility	Change direction quickly
Balance	Clear intent of direction when travelling, managing their weight
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
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
Send	Passing an object towards another player
Receive	Catching holding or stopping an object that has been sent
Court	The area of play
Net	The central line to pass the ball over