

Assessment sheet for: PE

Class: Year 1

Unit			
<b>Aut 1</b> <b>Unit title:</b> Gymnastics	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To explore movement actions with control and link them together with flow.</li> <li>• To explore gymnastic actions and shapes.</li> <li>• To explore travelling on benches.</li> <li>• To explore movement actions with control, and to link them together with flow.</li> <li>• To choose and use simple compositional ideas by creating and performing sequences.</li> <li>• To repeat and link combinations of gymnastic actions.</li> <li>• To link combinations of movements and shapes with control.</li> </ul>	
<b>Aut 2</b> <b>Unit title:</b> Dance	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To change direction during travelling moves.</li> <li>• To link travelling moves that change direction and level.</li> <li>• To link moves together.</li> <li>• To use a variety of moves.</li> <li>• To explore basic body patterns and movements to music.</li> <li>• To use a variety of moves that change speed and direction.</li> <li>• To link together dance moves with gestures and changing direction in time to music.</li> <li>• To practise taking off from different positions.</li> <li>• To complete an obstacle course with control and agility.</li> </ul>	
<b>Spr 1</b> <b>Unit title:</b> Invasion Games	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To explore static balancing and understand the concept of bases.</li> <li>• To combine a number of co-ordination drills, using upper and lower body movements.</li> <li>• To aim a variety of balls and equipment accurately.</li> <li>• To time running to stop or intercept the path of a ball.</li> <li>• To travel in different ways, showing clear transitions between movements.</li> <li>• To travel in different directions (side to side, up and down) with control and fluency.</li> </ul>	
<b>Spr 2</b> <b>Unit title:</b> Net and Wall Games	<u><b>National Curriculum coverage</b></u> <ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To master basic sending and receiving techniques.</li> <li>• To develop balance, agility and co-ordination.</li> <li>• To master basic sending and receiving skills.</li> <li>• To develop balance, agility and co-ordination.</li> <li>• To master basic sending and receiving techniques</li> <li>• To develop balance, agility and co-ordination.</li> <li>• To master basic sending and receiving as well as developing balance</li> <li>• To make use of co- ordination, accuracy and weight transfer.</li> <li>• To develop receiving skills.</li> <li>• To use ball skills in game- based activities.</li> </ul>	
<b>Sum 1</b> <b>Unit title:</b>	<u><b>National Curriculum coverage</b></u>	<u><b>Key physical skills</b></u> <ul style="list-style-type: none"> <li>• To learn skills for striking and fielding games.</li> <li>• To practise basic striking, sending and receiving.</li> <li>• To use throwing and catching skills in a game.</li> </ul>	

<b>Striking and Fielding</b>	<ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• To practise accuracy of throwing and consistent catching.</li> <li>• To strike with a racket or bat.</li> <li>• To play a game fairly and in a sporting manner.</li> </ul>
<b>Sum 2 Unit title: Athletics</b>	<p><b><u>National Curriculum coverage</u></b></p> <ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>▪ participate in team games, developing simple tactics for attacking and defending</li> <li>▪ perform dances using simple movement patterns.</li> </ul>	<p><b><u>Key physical skills</u></b></p> <ul style="list-style-type: none"> <li>• To use varying speeds when running.</li> <li>• To explore footwork patterns.</li> <li>• To explore arm mobility.</li> <li>• To explore different methods of throwing</li> <li>• To practise short distance running.</li> </ul>

