

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Tag Rugby



Vocabulary

Knowledge

Understanding

Skills

What children will know

What children will understand

What children will be able to do

Define the word and include etymology if useful.

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Catch

Attack

Defend

Throw

Try

Target

Pass

Belts

Run

Space

Children will know who the defenders and attackers are.

Children will know when to pass and when to run.

Children will understand how to tag.

Children will understand how to throw and catch a rugby ball to themselves and others.

Children will understand how to improve movement skills whilst moving with the ball in two hands.

Children will understand how to play tag rugby games understanding the rules of the game.

Children will be able to hold and move with a rugby ball.

Children will be able to throw a rugby ball.

Children will be able to catch a rugby ball.

Children will be able to run with a ball.

Children will be able to play tag games.

Children will be able to play simple games following the rules.

Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Orienteering

Vocabulary

Define the word and include etymology if useful.

Teamwork
Together
Compass
Map
Route
Directions
Safety
Orienteering
Problem Solving
Challenge


Knowledge
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know what a compass is and know the directions (N, E, S, W).

Children will know how communication can help solve problems with others.


Understanding
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to move in different directions and a variety of different ways.

Children will understand how to work independently, as well as cooperatively in small groups.

Children will understand how to participate in games following rules and playing fairly.

Children will understand how to begin to plan how to solve problems.

Children will understand how to participate in competition with others, completing a simple orienteering event.


Skills
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move in different ways.

Children will be able to work with others.

Children will be able to begin to problem solve.

Children will be able to follow rules.

Children will be able to take turns.

Children will be able to understand basic features on a map.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Athletics

Vocabulary

Define the word and include etymology if useful.

Throwing
 Teamwork
 Jumping
 Balance
 Improving
 Coordination
 Aiming
 Landing
 Measuring


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know the correct running technique.
 Children will know how to evaluate successful and unsuccessful techniques.


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to show good teamwork and sportsmanship when taking part in competitive throwing.
 Children will understand how to develop the overarm throw technique to throw accurately towards a target.
 Children will understand how to practice the underarm throw technique and aim towards a target to show increased control.
 Children will understand how to show a basic level of control, coordination and consistency when running.
 Children will understand how to explore and practice a variety of movements including running, jumping and throwing techniques.
 Children will understand how to experiment with different jumping techniques, showing control, coordination and consistency throughout.


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move into space.
 Children will be able to throw underarm.
 Children will be able to land safely when jumping.
 Children will be able to run and jump on the balls of their feet.
 Children will be able to throw towards a target.
 Children will be able to play games using throwing accuracy.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Hockey

Vocabulary

Define the word and include etymology if useful.


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Aim
 Balance
 Control
 Direction
 Dribbling
 Movement
 React
 Speed
 Space
 Stick

Children will know how to recognise space in games and use it to their advantage.
 Children will know how to describe what they have done, or seen others doing.
 Children will be able to understand why being active and playing games is good for you.

Children will understand how to explore different ways to use and move with a ball and show control of a ball with basic actions.
 Children will understand how to send/ pass a ball and how to successfully catch/ stop a ball.
 Children will understand how to develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing directions and speed.
 Children will understand how to use these skills in different ways when playing games.

Children will be able to move fluently.
 Children will be able to use equipment safely and correctly.
 Children will be able to control a ball with their hands.
 Children will be able to hold a hockey stick correctly.
 Children will be able to stop a ball using a hockey stick.
 Children will be able to play games.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year : Year 1

Football



Vocabulary

Define the word and include etymology if useful.

Ball Control
Control
Coordination
Direction
Dribble
Movement
Partner
Rules
Space



Knowledge
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to describe what they have done, or seen others doing.

Children will know how to describe what it feels like to breathe quickly during exercise.



Understanding
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to explore different ways to move with a ball and show control of a ball with basic actions.

Children will understand how to send/pass a ball and successfully catch/stop a ball.

Children will understand how to move fluently, change direction and speed, developing fundamental movement skills and becoming increasingly confident and competent.

Children will understand how to use skills in different ways when playing game.

Children will understand how to recognise space in games and use it to your advantage.



Skills
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move into space.

Children will be able to move with and without a ball.

Children will be able to roll, kick and carry a ball.

Children will be able to stop a ball using their foot.

Children will be able to change direction while moving.

Children will be able to use these skills in a game.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Dance



Vocabulary

Define the word and include etymology if useful.

Beat
Count
Create
Position
Performance
Move
Imagination
Direction
Actions
Character


 Knowledge
What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know what it feels like to breathe quickly during exercise.
Children will know what they have done or seen others doing.
Children will know why being active and playing games is good for you.


 Understanding
What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to respond imaginatively to a range of stimuli.
Children will understand moving confidently and safely in their own and general space, using changes of speed, level and direction.
Children will understand how to perform movement phrases using a range of different body actions and parts.
Children will understand how to creativity link movements, combining different ways of travelling, with beginnings, middles and ends.


 Skills
What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move changing direction and speed.
Children will be able to move with control.
Children will be able to work individually and with others.
Children will be able to move to music showing expressive qualities of dance.
Children will be able to create linked movements phrases.
Children will be able to participate in a performance.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Dodgeball

Vocabulary

Define the word and include etymology if useful.

Accuracy
 Aiming
 Control
 Bounce
 Teamwork
 React
 Rolling
 Smash
 Success
 Target
 Scoring
 Hands Ready


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to understand and describe changes to their heart rate when playing a game.
 Children will know how to talk about and develop their movement skills needed in games.


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to show control of a ball with basic actions and develop and practise ball handling skills.
 Children will understand how to move a ball in different ways, practising throwing using overarm and under arm techniques.
 Children will understand how to roll a ball with some accuracy.
 Children will understand how to recognise what is successful.
 Children will understand the fundamental movement skills and become increasingly confidence.


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move in different ways
 Children will be able to practise throwing using underarm and overarm techniques.
 Children will be able to roll a ball.
 Children will be able to move a ball in different ways.
 Children will be able to receive a ball successfully.
 Children will be able to play games using skills learnt.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Netball



Vocabulary

Knowledge
What children will know

Understanding
What children will understand

Skills
What children will be able to do

Define the word and include etymology if useful.

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Learning

Teaching

Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Aim

Ball Control

Close

Roll

Score

Send

Shoot

Watch

Explore

Copy

Gather

Children will know to play in a safe way.

Children will know how to describe why running and playing games is good for you.

Children will know how to watch, copy and describe others play.

Children will understand how to explore different ways to use, move and send the ball.

Children will understand how to develop skills such as sending an object to a target, catching and gathering, rolling and basic ball control.

Children will understand how to move to defend goal.

Children will be able to copy actions.

Children will be able to roll a ball.

Children will be able to throw and catch a ball.

Children will be able to bounce a ball.

Children will be able to move with a ball.

Children will be able to defend by blocking a target.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Rounders

Vocabulary
Knowledge
 What children will know

Understanding
 What children will understand

Skills
 What children will be able to do

Define the word and include etymology if useful.

Learning
Teaching
Assessment
Learning
Teaching
Assessment
Learning
Teaching
Assessment

Remembering

Telling

Testing

Practising

Coaching

Observing

Reflecting

Facilitating

Evaluating

Throw

Catch

Direction

Aiming

Coordination

Rolling

Safety

Score

Throw

Underarm

Send

Space

Children will know how to describe what they have done, or seen others doing.

Children will know how to describe what it is like to breathe quickly during exercise, and understand why being active and playing games is good for you.

Children will understand how to follow simple rules for games and compete in physical activities both against self and against others.

Children will understand how to move fluently, changing directions and speed.

Children will understand how to successfully receive a ball, understanding the concept of moving to get in line with the ball to receive it.

Children will understand how to show basic control of the ball, including when striking a ball.

Children will understand how to apply skills and tactics in simple games, including recognising space and using it to your advantage.

Children will be able to move in different ways.

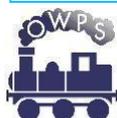
Children will be able to stop and catch a ball.

Children will be able to try and find ways to win games.

Children will be able to recognise a space.

Children will be able to strike a ball.

Children will be able to follow simple rules of the game.



Orton Wistow Primary School – Curriculum Plan

Subject :

PE

Year :

Year 1

Gymnastics



Vocabulary

Define the word and include etymology if useful.

Balance

Direction

Tuck

Jump

Sequence

Shapes

Linking

Travelling

Arch

Key Shape

Individual


 Knowledge
What children will know

Learning

Teaching

Assessment

Remembering

Telling

Testing

Children will know how to describe what they have done or seen others doing.


 Understanding
What children will understand

Learning

Teaching

Assessment

Practising

Coaching

Observing

Children will understand how to perform basic gymnastic actions, including travelling, rolling, jumping and staying still.

Children will understand how to develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level and direction.

Children will understand how to combine different ways of travelling exploring a range of movements and shapes.

Children will understand how to create linked movement phrases with beginning, middle and ends.

Children will understand how to perform movement phrases using a range of body parts.


 Skills
What children will be able to do

Learning

Teaching

Assessment

Reflecting

Facilitating

Evaluating

Children will be able to perform 5 key shapes.

Children will be able to perform one shape after another.

Children will be able to balance using different parts of the body.

Children will be able to link movements

Children will be able to use different pieces of equipment and apparatus

Children will be able to participate in a performance.



Orton Wistow Primary School – Curriculum Plan

Subject : PE

Year : Year 1

Cricket

Vocabulary

Define the word and include etymology if useful.

Aim
 Bat
 Catch
 Bounce
 Grip
 Control
 Stop
 Rolling
 Movement
 Space
 Forwards
 Backwards


Knowledge
 What children will know

Learning	Teaching	Assessment
Remembering	Telling	Testing

Children will know how to apply skills and tactics in simple games, including recognising space and using it their advantage.

 Children will know how to be active and know that playing games is good for you.


Understanding
 What children will understand

Learning	Teaching	Assessment
Practising	Coaching	Observing

Children will understand how to move fluently, changing direction and speed.

 Children will understand how to show basic control of the ball, including when striking a ball.

 Children will understand how to successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.


Skills
 What children will be able to do

Learning	Teaching	Assessment
Reflecting	Facilitating	Evaluating

Children will be able to move in different ways.

 Children will be able to catch and stop a ball.

 Children will be able to strike a ball.

 Children will be able to recognise space.

 Children will be able to follow simple rules of the game.

 Children will be able to try and find ways to win games.



