



St. Francis Xavier's RC Primary School

PE Unit Guidance and Formative Assessment

Year Group:	1	Subject:	P. E.
Units:	Invasion games Gymnastics Dance Games Multi-skills Athletics/gym	Prerequisite Learning and Curriculum Links	EYFS ELG Gross Motor Skills: To negotiate space and obstacles safely with consideration for themselves and others; demonstrate strength, balance and co-ordination when playing; move energetically such as running, jumping, dancing, hopping, skipping and climbing. Cross curricular links: science, the impact exercise has on your body. Maths/literacy (experience day for Florence Joyner) - using a stopwatch to time how quickly children can run 100m.
ROCKS (Remembering Our Curriculum Knowledge and Skills)			
<u>Games (football skills):</u> Becoming increasingly confident with agility Begin to understand the importance of coordination Engage in a competitive game.			
<u>Gymnastics:</u> Become increasingly confident with balance. Be able to coordinate their body. Master basic jumps safely.			
<u>Dance:</u> Develop balance and coordination to a range of dance moves. Perform dance moves using simple patterns.			
<u>Games (ball skills):</u> Participate in simple games using attacking and defending tactics. Explore throwing and catching.			
<u>Multi-skills:</u> Co-operate with others in competitive and non-competitive situations. Develop balance, agility and coordination and use in a range of activities.			
<u>Athletics:</u> Master basic movements for running and jumping. Develop balance, agility and coordination and use in a range of activities.			

Progressive Journey:	Skills:
Autumn 1 Games- linked to real PE skills 1 and 10. Static balance and Movement patterns.	<ul style="list-style-type: none"> • Begin to apply basic knowledge in range of activities • Work individually and with others. Engage in cooperative physical activities. • Engage in competitive physical activities (both against self and against others) • Participate in team games. • Understand how to use equipment safely
Autumn 2 Gymnastics- linked to real PE skills 1 and 3. Static balance and floorwork.	<ul style="list-style-type: none"> • Explore and perform gymnastic actions (pencil/straight, tuck, star, pike, dish and arch) and still shapes. • Move confidently and safely in their own and general space, using change of speed and direction. • Copy, create and link movement phrases with beginnings, middles and ends. • Perform movement phrases using a range of body actions and body parts. • Explore making their body tense, relaxed, stretched and curled. • Can they explore different ways of stretching, balancing, rolling, and travelling
Spring 1 Dance- linked to real PE skills 5 and 4. Dynamic balance and static balance.	<ul style="list-style-type: none"> • Explore movement ideas and respond imaginatively to a range of stimuli. • Move confidently and safely in their own general space using changes of speed level and direction. • Compose and link movements to make simple beginnings, middles and ends. • Perform movement phrases using a range of body actions and body parts.
Spring 2 Games- linked to real PE skills 11 and 12. Agility: ball chasing and reaction.	<ul style="list-style-type: none"> • To be confident and keep themselves safe in the space in which an activity/game is being played. • Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. • Show ability to work with a partner in throwing and catching games. • Choose and use skills effectively for particular games. • Throw a ball accurately to a target using increasing control. • Explore throwing and catching indifferent ways. • Explore kicking in different ways with increasing control.
Summer 1 Multi-skills- linked to real PE skills 6 and 8. Coordination and dynamic balance to agility.	<ul style="list-style-type: none"> • To explore static balancing and understand the concept of bases. • To combine a number of co-ordination drills, using upper and lower body movements. • To aim a variety of balls and equipment accurately. • To time running to stop or intercept the path of a ball. • To travel in different ways, showing clear transitions between movements. • To travel in different directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations.
Summer 2 Athletics/gym- linked to real PE skills 6 and 3. Balance to agility and static balance floor work.	<ul style="list-style-type: none"> • Remember, repeat and link combinations of actions. • Use their bodies and a variety of equipment with greater control and co-ordination. • Develop the following skills with increasing accuracy and velocity • Explore and throw a variety of objects with one hand. • Jump from a stationary position with control. • Change speed and direction whilst running.

Key Vocabulary

Games- striking, catching, own space, team, speed, direction, passing, controlling, shooting, scoring

Dance -travel, stillness, direction, space, body parts, levels, speed

Gymnastics- forwards, backwards, sideways, roll, slow, body parts, shape, jump, travel, stretch, wide, narrow