

Our School Values	
Love	We show love by supporting and encouraging one another through different PE activities.
Unity	We show unity by working and playing in teams.
Courage	We show courage by being brave and trying new things in PE.
Inspiration	We show inspiration by encouraging others to have a go and demonstrating our skills.



Year 1

Physical Education (PE)

Athletics



NC Objectives:

- Master basic movements including running, jumping, throwing and catching
- Can comment on own and others performance
- Can give comments on how to improve performance.
- Use appropriate vocabulary when giving feedback.

	Knowledge I already know	Knowledge I will learn
Running	How to run in different ways for a variety of purposes Vary speed of running based on commands given. Use comparative language i.e. faster, longer, and be able to physically demonstrate this. That I can sprint 30m	To show balance and co-ordination when changing direction Vary my pace and speed when running How to run with a basic technique over different distances How to jog/ sprint in a straight line Change speed and direction whilst running. Sprint 30m within 6-9 seconds Run for longer distance 200m within 1:31-1:45m
Throwing	How to roll equipment in different ways How to throw underarm How to throw an object at a target Use under arm throws to throw objects safely in a planned direction. How to do an overarm throw How to do a chest push	How to develop overarm throwing How to throw a ball towards a target with increasing accuracy How to improve the distance I can throw by using more power Explore and throw a variety of objects with one hand. Overarm throw 10- 19m Chest push 3-4m
Jumping	How to jump in a range of ways, landing safely How to complete a jump from a stationary position, landing on 2 feet. How to jump for height 5- 9cm How to jump for distance 30-59cm Leap hurdles 30m within 12-16 secs	How to choose a jump which allows me to jump the furthest How to perform different types of jumps: How to perform a short jumping sequence How to jump as high/ far as possible How to land safely and with control How to jump from a stationary position with control. How to jump for height 10- 14cm How to jump for distance 60 – 89cm

Key Vocabulary

Word	Definition
Direction	The line or course on which something is moving.
Stationary position	Not moving or standing still.



Healthy Me

- Can describe the effect exercise has on the body
- Can explain the importance of exercise and a healthy lifestyle.