

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)

Invasion Games



NC Objectives:

Invasion

Participate in team games, developing simple tactics for attacking and defending

Begin to understand the importance of rules in a game

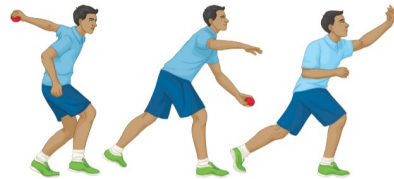
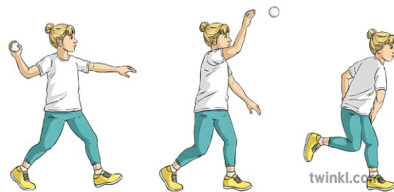
Use simple rules to play fairly

Understand what good technique looks like

Understand when I am a defender and when I am an attacker

	Knowledge I already know	Knowledge I will learn
Passing	How to use ball skills with developing competence and accuracy How to kick an object at a target How to demonstrate successful passing skill	How to practise basic striking, sending and receiving How to pass the ball to another player in a game How to send and receive a ball with hands and feet How to retrieve and stop a ball using different parts of the body
Dribbling	How to move a ball in different ways, including bouncing and kicking How to use equipment to control a ball	How to begin to dribble a ball with hands and feet How to travel with a ball in different ways How to travel with a ball in different directions (side to side, forwards and backwards) with control and fluency
Using Space	How to travel in different ways, including sideways and backwards How to negotiate space safely with consideration for myself and others	How to use different ways of travelling in different directions or pathways How to run at different speeds How to recognise space when playing games
Attacking/Defending	How to play a range of chasing games	How to use simple defensive skills such as marking a player or defending a space How to use simple attacking skills such as dodging to get past a defender How to change direction to move away from a defender How to move to stay with another player when defending
Throwing/Catching	How to roll equipment in different ways How to throw over and under arm How to catch a variety of sized balls How to catch equipment using two hands	How to field a ball using under and over arm throwing How to track a ball that is coming towards me How to throw underarm and overarm How to catch and bounce a ball How to use rolling skills in a game How to practise accurate throwing and consistent catching
Striking	How to strike a ball (self-bowled) in a general direction I know how to hit a ball with a bat or racquet	How to strike a ball with control when shown How to use hitting skills in a game How to practice basic striking, sending and receiving How to play simple games in small groups, applying rules and skills that have been taught
Net and wall	How to demonstrate good control and co-ordination in large and small movements	Play games based on net games (tennis, badminton) children have the opportunity to play 1v1, 1v2, 2v2, 1v3, 3v3

Key Vocabulary

Word	Definition
Under arm	Throwing below shoulder height 
Over arm	Moving your arm above shoulder height to throw 

Evaluation

Watch, copy and describe what I am doing and others are doing.

Healthy Me

Know and understand that being active is good for the body and can be fun (due to personal opinion some activities/games are more enjoyable than others).