



St. Mark's Primary School P.E. Learning Journey – Year 1



Games (Spring 2)

In this unit we will develop basic game-playing skills, using our throwing and catching skills from Spring 1. We will play games based on striking and fielding games (like rounders and cricket), and games based on invasion (like football, or netball) as we begin to understand how to play with an 'opponent' - one against one, one against two, and one against three.

In all games activities, we will be thinking about how to use skills, strategies and tactics to outwit the opposition.

Throwing and Catching (Spring 1)

In this unit we will explore the key basics of our core throwing and catching skills, using our fundamental hand-eye co-ordination to develop tracking of the ball as it moves towards us.

As we begin to work with a partner, we will think about the shapes of our body as we send and receive balls with other. This will also help us to develop our communication, as we begin to play some ball games.

Your Year 1
P.E journey
starts HERE

Autumn
Term

Spring
Term

Summer
Term

Athletics (Summer 2)

In this unit we will explore running, jumping and throwing activities, and take part in simple challenges and competitions. We will experiment with different ways of travelling, throwing and jumping, increasing our awareness of speed, distance and endurance.

As in all athletic activities, we will think about how we can achieve the greatest possible speed, height, distance or accuracy.

Multi-skills (Summer 1)

In this unit we will continue to build up basic game-playing skills. We will now begin to explore how we can use our games skills from Spring 2 to play some games that need extra equipment to play. This may be a net and wall game (like tennis), or an invasion game (like hockey).

In all games activities, we will continue to think about how to use our skills, strategies and tactics to outwit the opposition.

Dance (Autumn 2)

In this unit we will explore basic body actions, *eg jumping and turning*, and use different parts of our bodies to make movements. We will create and repeat short dances inspired by themes such as clowns, penguins and folk dance.

In dance as a whole, we will think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As we work, we develop an awareness of the historical and cultural origins of different dances.

Gymnastics (Autumn 1)

In this unit we will investigate movement, stillness, and how to find and use space safely. We explore basic gymnastic actions on the floor and using apparatus. We copy or create, remember and repeat, short movement phrases of 'like' linked actions, *eg two jumps, or two rolls*.

In gymnastics as a whole, we will use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.

