

PE Curriculum Long Term Plan Y1

	Unit	Learning Objectives	Success Criteria
Autumn 1	OAA (OAA cluster competition)	<p>To meet Physical challenges to solve tasks</p> <p>Choose and apply strategies to solve tasks</p> <p>To cooperate with others to achieve a joint purpose</p> <p>To be aware of safety for themselves and others</p>	<p style="color: #e91e63;">To be able to communicate ideas physically and verbally</p> <p style="color: #e91e63;">To be aware of safety for themselves and others</p> <p style="color: #4caf50;">Children able to think through and plans solutions to problems</p>
Autumn 1	Dance	<p style="text-align: center;">Expression Through Movement</p> <p style="text-align: center;">Awareness of: Space Themselves Others</p> <p style="text-align: center;">Control - Agility</p>	<p style="color: #3954ab;">Use changes in speed, direction & level</p> <p style="color: #3954ab;">Repeat and copy body shapes</p> <p style="color: #4caf50;">Create & repeat phrases with beginning middle & end</p> <p style="color: #4caf50;">Describe & explain movements self & others</p> <p style="color: #e91e63;">Respond in movement to stimuli Music, pictures objects</p>
Autumn 2	Gymnastics	<p>Moving in space with confidence and control.</p> <p style="text-align: center;">Awareness of safety</p> <p>Appreciation of what looks and feels good</p>	<p style="color: #3954ab;">Perform basic travelling actions: rolling, jumping, sliding climbing</p> <p style="color: #3954ab;">Hold body shapes in stillness.</p> <p style="color: #4caf50;">Link Shapes with movement</p>

			<p>Create & repeat phrases with beginning middle & end</p> <p>Recognise: Body tension & relaxation in self & others</p>
Autumn 2	<p>Cross Curricular Project (Teachers own choice)</p> <p>E.g. Bear Hunt Literacy and art</p> <p>Numeracy counting and scoring games</p>	To use PE as a physical support to enhance learning in other areas on the curriculum	
Spring 1	<p>GAMES</p> <p>Ball skills: Net games</p>	<p>Agility</p> <p>Awareness of others</p> <p>Control and accuracy</p> <p>Aiming</p> <p>Scoring</p>	<p>Controlling stopping</p> <p>Changing direction – avoiding others</p> <p>Sending a ball</p> <p>Receiving a ball</p>
Spring 1	Gymnastics	<p>Moving in space with confidence and control</p> <p>Awareness of safety</p>	<p>Perform basic travelling actions: rolling jumping sliding climbing</p>

		Appreciation of what looks and feels good	<p>Hold body shapes in stillness. Link shapes with movement</p> <p>Create & repeat phrases with beginning middle & end</p> <p>Recognise: Body tension & relaxation in self & others</p>
Spring 2	GAMES Ball skills: Striking & Fielding	<p>Control and Accuracy</p> <p>Awareness of: Space Themselves Others</p> <p>Understanding: Best place to be to stop a ball.</p> <p>Positioning the body when taking aim</p>	<p>Change of speed, direction, stopping</p> <p>Striking a ball with a variety of bats racquets</p> <p>Collecting</p> <p>Intercepting</p> <p>Hitting</p>
Spring 2	Dance	<p>Expression through movement</p> <p>Awareness of: Space Themselves Others</p> <p>Control Agility</p>	<p>Use changes in speed, direction & level Repeat / copy body shapes</p> <p>Create & repeat phrases - beginning middle & end</p> <p>Respond to Stimuli/Music/pictures/objects. Describe & explain movements self & others</p>

Summer 1	Athletics	<p>Control & agility in: Throwing Running Jumping</p> <p>Understanding: Personal Best, improving performance</p>	<p>Recognise & perform Changes in Pace: Walk Jog, run, sprint. Use changes to meet challenges</p> <p>Maintain continuous running pace Perform 5 jumps.</p> <p>Recognise & perform push pull sling actions when throwing various objects</p>
Summer 1	GAMES Ball skills: Invasion games	<p>Control and Accuracy</p> <p>Awareness of : Space Themselves Others</p> <p>Understanding: Terms Teammate Opponent</p>	<p>Change of speed, direction (avoiding collision)</p> <p>Demonstrate control & accuracy when: Passing & receiving , roll, underarm pass, chest pass, side foot pass</p> <p>Pass & move to receive</p>
Summer 2	Athletics	<p>Control & agility in: Throwing , Running and Jumping</p> <p>Understanding: Personal Best, improving performance</p>	<p>Recognise & perform Changes in Pace: Walk, Jog, Run, and Sprint. Use changes to meet challenges.</p> <p>Maintain continuous, running pace, perform 5 jumps.</p> <p>Recognise & perform push pull sling actions when throwing various objects.</p>

Summer 2	OAA	Exploring the school and surrounds To follow simple routes and trails To interpret a simple Plan (map) To co-operate with others	Exploring the school and surrounds To follow simple routes and trails To interpret a simple Plan (map) To co-operate with others
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