

The Piggott School: Charvil Primary



'Go and do Likewise' Luke 10:25, -37 The Parable of the Good Samaritan
We live with love and compassion, seeking help in times of need

Curriculum Map: Physical Education Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Content Declarative knowledge 'I Know'</p>	<p>Fitness *Discuss healthy and unhealthy foods, and why eating well is good for you *Understands the benefits of regular exercise Tag Rugby *Understand who the attackers and who the defenders are *Decide when to pass and when to run</p>	<p>Orienteering *Introductions to a compass and directions (NSEW) *Understand how communication can help to solve problems with others Gymnastics *Describe what you have done or seen others do</p>	<p>Basketball *Understand the concept of moving in to get in line with the ball to receive it *Describe why being active and playing games is good for you Dance *Describe what it feels like to breath quickly during exercise *Describe what they have done or seen others doing *Understand why being active and playing games is good for you</p>	<p>Kurling *Know that New Age Kurling was created by a father of a disabled son so he and other disabled people could enjoy a sport *Understand that the object of the game is to get as many stones closer to the centre of a target compared to your opponent Handball *Has simple plans that you know you can make work eg where to stand to make it difficult for an opponent *Begin to understand some rules of the game *Recognise what is successful and copy actions an ideas to improve your skills</p>	<p>Hockey *Recognise space in games and use it to your advantage *Describe what you have done, or seen others doing *Understand why being active and playing games is good for you Cricket *Apply skills and tactics in simple games, including recognising space and using it to your advantage *Understand why being active and playing games is good for you</p>	<p>Athletics *Evaluate successful and unsuccessful techniques *Show understanding of correct running technique Tennis *Describe what you have seen others doing *Understand why being active is good for you</p>
<p>Skills Procedural Knowledge 'I know how to'</p>	<p>Fitness *Improve speed, agility and stamina *Develop the jumping technique safely and while moving at speed</p>	<p>Orienteering *Move in different directions and a variety of different ways</p>	<p>Basketball *Explore different ways to use, move and send the ball *Develop skills such as sending an object to a</p>	<p>Kurling *Develop coordination to increase the accuracy of delivering the stones closer to a target Handball</p>	<p>Hockey *Explore different ways to use and move with a ball. Show control of a ball with basic actions</p>	<p>Athletics *Show good teamwork and sportsmanship when taking part in competitive throwing</p>

	<p>*Improve and develop coordination, control and balance, and negotiate space</p> <p>*Take in turns in teams</p> <p>*Explore and practice a variety of different movements and fitness techniques</p> <p>Tag Rugby</p> <p>*Throw and catch a rugby ball to themselves and others</p> <p>*Improve movement skills whilst moving with the ball in two hands</p> <p>*Play simple tag rugby games understanding the rules of the game</p> <p>*Learn how to tag</p>	<p>*Work independently as well as cooperatively in small groups</p> <p>*Participate in games following rules and playing fairly</p> <p>*Begin to plan how to solve problems</p> <p>*Participate in competition with others, completing a simple orienteering event</p> <p>Gymnastics</p> <p>*Perform basic gymnastic actions, including travelling, rolling, jumping and staying still</p> <p>*Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction</p> <p>*Combine different ways of travelling exploring a range of movements and shapes</p> <p>*Create linked movement phrases with beginning, middle and ends</p> <p>*Perform movement phrases using a range of different body actions and body parts</p> <p>*Develop agility, balance and coordination</p>	<p>target, catching, receiving, rolling, pushing, throwing and basic ball control</p> <p>*Develop basic underarm throwing action with control and accuracy</p> <p>Dance</p> <p>*Respond imaginatively to a range of stimuli</p> <p>*Move confidently and safely in your own and general space, using changes of speed, level and direction</p> <p>*Perform movement phrases using a range of different body actions and body parts – with control and accuracy</p> <p>*Create linked movements, combining different ways of travelling with beginnings, middles and ends</p>	<p>*Move fluently, changing direction and speed easily and avoiding collisions</p> <p>*Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low)</p> <p>*Can shoot successfully at a goal or target</p> <p>*Recognise space in games, using it to your advantage, and playing in a safe way</p> <p>*Know how to defend between ball and target</p>	<p>*Send/pass a ball and successfully catch/stop a ball</p> <p>*Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed</p> <p>*Using skills in different ways when playing games</p> <p>Cricket</p> <p>*Move fluently, changing direction and speed</p> <p>*Show basic control of the ball, including when striking a ball</p> <p>*Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it</p> <p>*Understand and follow simple rules for games and compete in physical activities both against self and against others</p>	<p>*Develop the overarm throw technique, throwing accurately towards a target</p> <p>*Practice the underarm throw technique, aiming towards a target showing increased control</p> <p>*Show a basic level of control, consistency and coordination when running</p> <p>*Explore and practice a variety of movements including running, jumping and throwing techniques</p> <p>*Experiment with different jumping techniques, showing control, consistency and coordination throughout</p> <p>Tennis</p> <p>*Engage in cooperative physical activities</p> <p>*Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball</p> <p>*Catch/stop and send/pass a ball – developing technique of throwing and receiving. Understand the concept of moving to get in line with a ball to receive it</p> <p>*Move fluently, changing direction and speed</p>
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Vocabulary	fitness, healthy, unhealthy, exercise, speed, agility, stamina, technique, coordination, control, balance, tag rugby attackers, defenders	orienteering, Compass, north, South, east, West, communication, competition, gymnastics, travel, roll, jump, speech, level, direction, movements, shape phrases, agility, balance, coordination	basketball, target, catching, receiving, rolling, pushing, throwing, control, underarm, dance, speed, level, direction, phrase	Kurling, New Age curling, stones, target, coordination, accuracy, handball, rules, skills, throw, catch, gather, possession, shoot, goal target, space	hockey, pass, catch, fluently, direction, speed, cricket, striking, in line, rules	Athletics, technique, teamwork, sportsmanship, overarm, target, underarm, control, consistency, coordination, running, throwing, jumping, tennis, fluently, direction, speed
Key Questions	How can we stay fit? What is tag rugby?	How can we use a compass to help us find things? What is gymnastics?	What is basketball? How can we create linked movements in dance?	What is New Age Kurling? What is handball?	What is hockey? What is cricket?	What is athletics? What is tennis?
Assessment	Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Red, Orange, Yellow, Lime Green) <u>Autumn Focus</u> Head: Communication Heart: Teamwork Hands: Running		Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Red, Orange, Yellow, Lime Green) <u>Spring Focus</u> Head: Competition Heart: Enthusiasm Hands: Jumping		Throughout each activity students will be assessed using observations by class teacher against specific criteria in line with the Head, Heart, Hands grading system (Red, Orange, Yellow, Lime Green) <u>Summer Focus</u> Head: Fairness and Respect Heart: Determination Hands: Throwing and Catching	
Cross curricular links/Character Education	Extra-curricular – clubs & fixtures Literacy - Improving your own / others performance Numeracy – scoring in games/organising teams Teamwork – communication and working with others, leadership. Problem Solving - critical thinking. Cultural appreciation – own and professional works Resilience, Initiative, Integrity, Confidence, Aspiration Head, heart hands links to school value of respect					