

Curriculum Component Map: PE

Year 1					
	Dance	Gymnastics	Team Games (Tag Games, Ball Skills, Ball Games)	Athletic Activities (Target Games, Athletics, Personal Best)	Swimming
Prior Knowledge	<ul style="list-style-type: none"> Fundament movements Changing speed of isolated actions Move to the speed of music 	<ul style="list-style-type: none"> Different types of movements How to move under, over, around and through different equipment 	<ul style="list-style-type: none"> Throwing & catching as an individual Use different body parts & objects to strike a ball Follow simple rules of a game 	<ul style="list-style-type: none"> Running at speed Jumping in different ways Throwing different objects towards targets 	
Key Inquiry Questions	<ul style="list-style-type: none"> What different ways can we use movements in choreography? What is improvisation? 	<ul style="list-style-type: none"> What different shapes can we create in gymnastics? What is a gymnastics sequence? How can we link different skills together? 	<ul style="list-style-type: none"> What is attacking? What is defending? How do I strike a ball with different equipment? 	<ul style="list-style-type: none"> What is the best type of throw? How can I try and better myself? How can I 	<ul style="list-style-type: none"> How to safely enter & exit the pool How do I stay safe in the water? How can I move in the water?
Key Vocabulary	Dance, Motif, Choreography, Cannon, Mirror, Unison, Speed, Improvisation, Repeat,	Gymnastics, Balance, Jumps, Shapes, Travel, Movements, Performance, Low, Medium, High, Fast, Slow, Direction, Star, Tuck, Straight, Pencil, Roll, Egg, Curled, Still, Hold, Landing, Sequence, Beginning, Middle, End, Review, Control	Tag, Evasion, Dodge, Pass, Speed, Direction, Ball, Throw, Catch, Cup, Racket, Bat, Striking, Hitting, Contact, Attacking, Defending, Team, Passing, Control, Kicking, Bounce Pass, Throw, Target, Endzone, Marking, Movement, Space,	Running, Throwing, Jumping, Sprinting, Under Arm, Over Arm, Roll, Kick, Target, Accuracy, Distance, Race, Speed, Changes, Equipment, Personal Best, Record, Score, Height, Distance	Swimming, Safety, Entry, Exit, Steps, Rails, Backwards, Rules, Lifeguard, Fundamentals, Movements, Jump, Walk, Run, Sidestep,
NC Taught Curriculum	<i>Perform dances using simple movement patterns</i>	<i>Develop balance, agility and coordination and apply these in a range of activities</i>	<i>Master basic movements of running, jumping, throwing and catching</i>	<i>Master basic movements of running, jumping, throwing and catching as well as develop balance, agility and coordination and apply these in a range of activities</i>	<i>Begin to swim competently and confidently</i>

Curriculum Component Map: PE

Learning Experiences	<ul style="list-style-type: none"> Copy & repeat actions of a partner Copy & repeat actions of a leader Create a short, improvised sequence Experiment as a small group using union, cannon & mirroring movements Create movement & sequences with different parts of the body in isolation & unison 	<ul style="list-style-type: none"> Learn to create sequences with a beginning, middle & end Perform different types of movements on different apparatus Explore creating gymnastics shapes with a partner Use of different games & challenges to test knowledge held Create and perform a sequence to the class or another pair Experiment different types of rolls 	<ul style="list-style-type: none"> Isolate skill challenges to practice, develop and progress required skills Participate in adapted games with set rules Use different types of equipment to strike different objects Use different sized equipment to practice and develop different types of catches Continue to develop basic movements in games 	<ul style="list-style-type: none"> Participate in different types of races to show speed control Use adapted games and races to show running at speed with changes of direction Test jumping for distance & jumping for height Compete in different throwing & target games to enhance technique & control 	<ul style="list-style-type: none"> Enter & Exit the pool by yourself Prior to entry talk through the rules whilst in and around the pool area Play adapted games to use basic movements in the water Blow bubbles in the water Shower water over your own head using hands or equipment
Competitive Environment Use		KS1 Gymnastics Skills Event			
Cross Curricular Links					
Key Outcomes	<ul style="list-style-type: none"> Be able to create an improvisation sequence to different stimuli Be able to copy & repeat actions Perform actions at varying speeds Know & use different choreography elements 	<ul style="list-style-type: none"> Create & perform a short sequence of movements Begin to link actions together Move in different ways show a change in speed, direction & level Begin to move with spatial awareness 	<ul style="list-style-type: none"> Be able to strike a ball using a range of different equipment Be able to throw a range of equipment accurately to a partner Be able to pass a ball to a partner under pressure Follow rules to a team game 	<ul style="list-style-type: none"> Show control in different speeds & distances when running Change direction when running at different speeds Be able to jump for height & distance correctly Use different types of throws for different 	<ul style="list-style-type: none"> Be able to enter & exit the pool on your own with control & safety Be able to use different types of movements in the water with some confidence Be able to blow bubbles in the water

Curriculum Component Map: PE

	<p>such as unison, cannon & mirroring</p> <ul style="list-style-type: none"> Begin to perform learnt skills with control Create a simple sequence of movements with a partner to different stimuli 	<ul style="list-style-type: none"> Be able to name & perform basic shapes Show increasing control when holding balances Be able to use basic equipment safely Know how to jump in different ways correctly & safely Give feedback on what you like or what someone done well in a performance Know basic types of rolls 	<ul style="list-style-type: none"> Use basic attacking skills such as dodging or moving into space Use basic defending skills such as tagging or marking Travel in different directions with a ball Be able to use changes of speed & direction to pass an opponent Continue to develop sending skills using different parts of the body Use striking or hitting skills in a competitive scenario 	<p>equipment, evaluating which was best</p> <ul style="list-style-type: none"> Run at different speeds in a straight line Perform a jumping sequence using varying types of jumps Experiment with different types of throws to find the most accurate for a target Self-challenge to help improve a score or result Use personal best challenges to evaluate self-performance 	<ul style="list-style-type: none"> Be confident in showering or splash water over your own head Be able to show where we can find the pool rules Be able to retain and explain pool rules when asked
--	--	---	---	--	---