



# St. Laurence CE Primary School

## Year 1 PE Long Term Planning



Autumn 1 Multi-skills / Dance	Autumn 2 Gymnastics / Dance	Spring 1 Gymnastics	Spring 2 Multi-skills	Summer 1 Games	Summer 2 Multi-skills
<p><b>Circuit Training (MS)</b> *Different activities to improve overall fitness and develop a series of skills. *Observe others and evaluate own performance. *Consider the effects of exercise on their body.</p> <p><b>Handa's Hen (D)</b> *Children will learn a traditional style dance that requires rhythmic actions and they will explore pathways and levels on an imaginary hen hunt.</p> <p><b>Autumn (D)</b> *Children will use a range of actions and dynamics that relate to harvest, autumn weather, fireworks and autumn animals. They will learn a traditional circle dance.</p>	<p><b>Being aware of actions (MS)</b> *Perform basic skills in travelling, being still, finding space and using it safely both on the floor and using apparatus. *Remember and repeat simple skills and actions with increasing control and co-ordination. *Observe, describe and copy what others have done.</p> <p><b>Fireworks (D)</b> *Children will work on a dance called 'Shooting stars', based on careful hand movements and controlled spins.</p> <p><b>Diwali (D)</b> *Through movement and action children will retell the story of Rama and Sita and how Hanuman helps to rescue the prince</p> <p><b>The Journey of the Magi (D)</b> * Children will focus on star and king walking actions where rhythm and working together is particularly important.</p>	<p><b>Being aware of parts of the body (MS)</b> *Perform basic skills in travelling on different parts of the body. *Being still, finding space and using it safely both on the floor and using apparatus. *Showing awareness of how to travel on different parts of my body. *Stretching and tucking *Show awareness of actions. *Observe, describe and copy what others have done. *Use what they have learnt to improve the quality and control of their work.</p>	<p><b>Throwing and Catching (MS)</b> *Roll a ball along a line or to a target, track it and pick it up as it slows down. *Use a simple overarm throw. *Use an underarm sling. *Catch a ball thrown by a partner, with two hands. *Throw a ball into a hoop. *Say how we could warm our bodies up before exercising. *Run, walk, jog, hop, skip, leap, gallop or jump in different directions, including sideways and along a diagonal or curved projection.</p>	<p><b>Invasion Games (G)</b> *Travel forwards, backwards and sideways. *Change direction while travelling. *Travel with a ball using their feet and hands. *Change direction while travelling with a ball. *Use their feet to pass a ball to another player. *Use their hands to pass a ball to another player. *Pass a ball accurately to another player. *Pass a ball quickly to another player while in a game situation. *Travel with and pass a ball to another player to score points in a game.</p>	<p><b>Sports Day (MS)</b> *Sprint in a straight line and explain what they can do to move faster. *Change direction quickly when sprinting. *Balance an egg on a spoon while travelling forwards. *Jump from two feet to two feet in different directions, e.g. forwards, sideways, backwards. *Use their arms and legs to help them jump further. *Throw overarm with control to reach a target. *Move a football using the inside of the foot and demonstrate some control *Stop a moving ball and quickly change direction.</p>

### Subject content

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities (MS)
- participate in team games, developing simple tactics for attacking and defending (G)
- perform dances using simple movement patterns (D)

MS - Multi-skills

G - Games

D - Dance