

	Autumn Term		Spring Term		Summer Term			
Area of PE	Running and Dance	Jumping and Gymnastics	Throwing and Dance	Sending and Receiving using the Body and Gymnastics	Sending and Receiving using Equipment and Athletics			
Lesson 1 – Multi-Skills/ Fundamental Skills	Running (Y1) <ul style="list-style-type: none"> ◆ Look forward to where you are going when running ◆ Pump arms forwards and backwards to increase speed when running 	Jumping (Y1) <ul style="list-style-type: none"> ◆ Push through the balls of your feet to jump ◆ Extend arms to drive upwards or forwards when jumping 	Throwing (Y1) <ul style="list-style-type: none"> ◆ Look at the target you are throwing to ◆ Let go of the object at the right time when throwing 	S&R using the Body (Y1) <ul style="list-style-type: none"> ◆ Show connection between an object and your body part being used to send ◆ Move to the correct position for receiving ◆ Extend limbs towards the object ◆ Show the receiving surface of the body part being used to receive 	S&R using Equipment (Y1) <ul style="list-style-type: none"> ◆ Hold different equipment correctly ◆ Show connection between an object and the equipment being used to send ◆ Move to the correct position for receiving ◆ Extend equipment towards the object ◆ Show the receiving surface of the object being used to receive 			
Lesson 2 - PE	Dance (Y1) <ul style="list-style-type: none"> ◆ Use space when dancing ◆ Show creative interpretation for different themes and music 	Gymnastics (Y1) <ul style="list-style-type: none"> ◆ Hold a static balance ◆ Consider number of points of the body in contact with the ground ◆ Coordinate large movements using the whole body ◆ Demonstrate spacial recognition 	Dance (Y1) <ul style="list-style-type: none"> ◆ Use space when dancing Show creative interpretation for different themes and music 	Gymnastics (Y1) <ul style="list-style-type: none"> ◆ Hold a static balance ◆ Consider number of points of the body in contact with the ground ◆ Coordinate large movements using the whole body ◆ Demonstrate special recognition 	Athletics (Y1) Recap of all running, jumping and throwing skills previously taught			
Key Vocabulary	Running running, forward, pump, arms, forwards, backwards, speed, increase, decrease, distance, pace	Jumping jumping, height, distance, push, balls of feet, extend, drive, upwards, forwards, strength, power	Throwing throwing, target, under arm, over arm, object, timing, distance, height, strength, power	S&R using the Body body parts, connection, football, netball, basketball, rugby, volleyball, position, extend, sending, receiving	S&R using Equipment equipment, sending, receiving, connection, object, position, extend, hockey stick, pop lacrosse stick, golf club, tennis, badminton, racket, cricket bat, rounders bat, surface			
	Dance space, dancing, creative, creativity, music, interpretation, themes, music, shapes, rhythm, beat	Gymnastics balance, strength, flexible, contact, coordination, travel, levels, straight, tuck, pike, straddle, star, equipment	Dance space, dancing, creative, creativity, music, interpretation, themes, music, shapes, rhythm, beat	Gymnastics balance, strength, flexible, contact, coordination, travel, levels, straight, tuck, pike, straddle, star, equipment	Athletics Athletics, throwing, jumping, running, sprint, long-distance, short-distance, javelin, long-jump, triple-jump, obstacles, hurdles, skipping			
Personal Challenges	Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes							
Level 1 Competitions	Intra-school competition - A team competition is incorporated into the last week of each unit of work – children compete in their rainbow groups. This encourages the promotion of the School Games Values and creates leadership opportunities.							
Level 2&3 Competitions	Local Inter-School Competition - Compete in inter-school competitions organised by CGS Outreach (Festival Fridays) and Newark School Spots Organiser. Some of these events are qualifies and could lead to Level 3 competitions (County competitions)							
Leadership Skills	Wear the correct PE kit	Help the teacher by organising equipment	Lead a warm up for the class	Demonstrate how to do a skill or activity	Keep time accurately in activities	Record distance, scores or points	Give clear instructions to stop or start an activity	Positively encourage my team mates

