

COATHAM CE PRIMARY SCHOOL

LONG-TERM (YEAR) PLAN

SUBJECT - PE				YEAR GROUP 1		
Half-Term	Aut1 SAQ Games	Aut2 Dance Gymnastics	Spr1 Dance Gymnastics	Spr2 Games	Summ1 Dance Athletics	Summ2 O&A
Statement of Intent	Children know that exercise makes your heart beat faster and you become out of breath	Children to know how to make different movements to music Children can balance with control on different parts of their bodies for up to 5 seconds	Children work with a partner to make different shapes Children can perform 3 different jumps and rolls	Children can throw, kick and bounce a ball towards a target (and try to catch it if in the target area)	Children can repeat and link a range of movements Children can travel by walking, running, hopping, skipping, jumping	Children can follow a instructions to complete challenges
Key Curriculum Coverage	To master basic movements including running, jumping, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities	To master balance and co-ordination, and begin to apply these in a range of activities To perform dances using simple movement patterns	To master balance and co-ordination, and begin to apply these in a range of activities To perform dances using simple movement patterns	To master basic movements including throwing and catching, as well as developing co-ordination, and begin to apply these in a range of activities To participate in team games, developing simple tactics for attacking and defending	To master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities To perform dances using simple movement patterns	To take part in outdoor and adventurous activity challenges both individually and within a team
Key Vocabulary	Determination Speed Agility Quickness	Balance Co-ordination Perform	Balance Perform Jumps/rolls	Throw Kick Bounce Target Accurate	Repeat Link Travel	Map Orienteering Team Work