







Physical Education			Year 1		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p><b>Multi Skills / Volleyball:</b></p>	 <p><b>Dance / Team Games:</b></p>	 <p><b>Team Games / Gymnastics:</b></p>	 <p><b>Football / Dodgeball:</b></p>	 <p><b>Athletics / Tennis:</b></p>	 <p><b>Athletics / Cricket:</b></p>
<p><b>Multi skills:</b> LI: To move around the space safely and travel with awareness and accuracy. LI: To learn basic jumps and work with a partner. LI: To send and receive equipment in a chosen way with a partner. LI: To improve agility and be able to co-ordinate your body. LI: To understand how to use different skills in a circuit. LI: To improve learnt techniques and skills.</p> <p><b>Volleyball:</b> LI: To catch a ball and understand that it is easier when your body gets in line with the ball. LI: To explore different ways to use and move with a ball and show increasing control. LI: To send or pass a ball in different ways (e.g. rolling, pushing, throwing).</p>	<p><b>Dance – Seasons:</b> LI: To move in response to a video stimulus and develop balance and co-ordination. LI: To improvise and create movements with a partner. LI: To show awareness of others when working in a group. LI: To understand mirroring and use this with a partner. LI: To keep in time with a steady beat to perform a traditional style of dance. LI: To vary the shape and speed of my movements to represent an object.</p> <p><b>Team Games:</b> LI: To practise sending and receiving an object. LI: To move safely in a confined space avoiding others. LI: To practise sending an object towards a target or into a specific space.</p>	<p><b>Team Games:</b> LI: To travel between markers carrying an object and play simple chasing games. LI: To practise jumping and skipping skills to race competitively. LI: To work co-operatively with a partner to travel with a hoop or quoit. LI: To move safely in free space avoiding others. LI: To send a ball at a target and to others using kicking. LI: To practise receiving with a partner and improve travelling skills. LI: To bounce and rebound a ball.</p> <p><b>Gymnastics:</b> LI: To be able to explore and copy positions of stillness on and off apparatus. LI: To be able to jump and land safely, with increasing control and</p>	<p><b>Football:</b> LI: To develop an awareness of football using a variety of equipment. LI: To move fluently, changing direction and speed. LI: To recognise space in games and move into it. LI: To show control of a ball with basic actions. LI: To explore different ways to use and move with a ball. LI: To apply tactics and skills in simple games.</p> <p><b>Dodgeball:</b> LI: To increase control when throwing and catching a ball. LI: To improve accuracy when using a ball by rolling it. LI: To throw a ball without it being intercepted and to begin to understand how to intercept a ball. LI: To improve agility in simple games.</p>	<p><b>Athletics:</b> LI: To travel with changes in speed and direction. LI: To race competitively with a partner. LI: To throw a range of objects for distance and to practise throwing in order to improve performance. LI: To perform combinations of jumps with safe landings. LI: To explain the differences in running straight and on a curve. LI: To estimate and measure how far an object can be thrown.</p> <p><b>Tennis:</b> LI: To show control of a ball with basic actions. LI: To explore different ways to use and move with a ball. LI: To send and pass a ball and to show basic control when striking a ball. LI: To successfully receive a ball (catch/</p>	<p><b>Athletics:</b> LI: To begin to apply basic movements in a range of activities and in combination. LI: To develop co-ordination in a range of activities. LI: To show an understanding of the correct running technique and demonstrate control and co-ordination. LI: To develop jumping technique to show control with jumping in a variety of ways. LI: To develop a correct underarm throw technique and throw towards a target showing increased control. LI: To develop a correct overarm throw technique and throw towards a target showing increased control. LI: To apply skills and techniques to a variety</p>



## Individually Strong, Collectively Stronger!



<p>LI: To move to receive the ball successfully and understand why moving helps.          LI: To recognise space in games and use it to their advantage.          LI: To understand simple rules of the game.          LI: To apply skills and tactics in a simple game.          LI: To change the way they use skills to respond to an opponent's action.          LI: To understand why being active and playing games is good for you.</p>	<p>LI: To improve jumping skills.          LI: To send and retrieve a ball from a rebound.          LI: To develop movement skills in a simple chasing game.          LI: To copy the actions of a partner and improve jumping and movement skills.</p>	<p>using a variety of shapes.          LI: To perform a range of travel movements and balances using your hands and feet.          LI: To explore movements when the body is curled and stretched.          LI: To show a range of bridge shapes and perform actions safely.          LI: To create a short individual sequence using low apparatus including balancing, travelling, stretching and curling.</p>	<p>LI: To aim accurately and dodge a ball.          LI: To apply skills and tactics to a small game situation.</p>	<p>stop) and understand the concept of moving to get in line with a ball to receive it.          LI: To show control of a ball with basic actions and engage in cooperative physical activities.          LI: To apply skills and tactics in simple games.</p>	<p>of activities and show good sportsmanship.  <u><b>Cricket:</b></u>          LI: To understand and follow simple rules for a game.          LI: To develop agility, balance and co-ordination by moving fluently, changing direction and speed.          LI: To show control of a ball with basic actions.          LI: To understand the concept of moving to get the ball and show control when you have received it.          LI: To develop catching technique and successfully receive a ball.          LI: To show some control and accuracy when striking a ball.          LI: To apply skills and tactics in simple games.</p>
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