Watton Westfield PE Long Term Plan for Year 1

Using the scheme Get Set 4 PE

AUTUMN 1	SPRING 1	SUMMER 1
Balls Skills • To develop dribbling a ball with your hands. • To explore accuracy when rolling a ball. • To explore throwing with accuracy towards a target. • To explore catching with two hands. • To explore dribbling a ball with your feet. • To explore tracking a ball that is coming towards me. **Sending & Receiving** • To develop rolling and throwing a ball towards a target. • To develop receiving a rolling ball and tracking skills. • To be able to send and receive a ball with your feet. • To develop throwing and catching skills over a short distance. • To develop throwing and catching over a longer distance. • To apply sending and receiving skills to small games.	**Gymnastics** • To explore travelling movements. • To develop and combine travelling movements. • To develop quality when performing and linking shapes. • To develop quality when linking shapes. • To develop stability and control when performing balances. • To develop stability and control when performing balances. • To develop technique and control when performing shape jumps. • To develop technique and control when performing shape jumps. • To develop technique in the barrel and, straight roll. (Not forward roll) • To develop rolls and use them in a sequence. • To link gymnastic actions to create a sequence. • To develop quality in gymnastics sequences.	**Fundamentals** • To explore balance, stability and landing safely. • To explore how the body moves differently when running at different speeds. • To explore changing direction and dodging. • To explore jumping, hopping and skipping actions. • To explore co-ordination and combination jumps. • To explore combination jumping and skipping in an individual rope. **Athletics** *Include Sports Day practise* • To move at different speeds over varying distances. • To develop balance. • To develop changing direction quickly. • To explore hopping, jumping and leaping for distance. • To develop throwing for distance. • To develop throwing for accuracy.

*If there are any additional lessons available, pick from Year 1 Fitness, Year 1 Team Building or Year 1 Yoga.

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AUTUMN 2	SPRING 2	SUMMER 2
Dance (in class if needed due to rehearsals) • To use counts of 8 to move in time and make my dance look interesting. • To explore pathways in my dance. • To create my own dance using, actions, pathways and counts. • To explore speeds and actions in our pirate inspired dance. • To copy, remember and repeat actions that represent the theme. • To copy, repeat, create and perform actions that represent the theme. • To explore speeds and actions. • To use expression and create actions that relate to the story. • To use a pathway when travelling. • To explore and copy actions in response to a theme. • To create my own actions for an animal. • To explore pathways with a partner. • To explore travelling actions and use counts of 8 to move in time with the music.	**Target Games** • To develop underarm throwing towards a target. • To develop throwing for accuracy. • To develop underarm and overarm throwing at a target. • To develop throwing for accuracy and distance using underarm and overarm. • To select the correct throw for the target. • To develop throwing for accuracy and distance. **Net / Wall Games** • To defend space using the ready position. • To play against an opponent and keep the score. • To explore hitting with a racket. • To develop racket and ball skills. • To develop sending a ball using a racket. • To develop hitting over a net.	**Invasion Games** • To understand the role of defenders and attackers. • To recognise who to pass to and why. • To move towards goal with the ball. • To support a teammate when playing in attack. • To move into space showing an awareness of defenders. To stay with a player when defending. **Striking & Fielding Games** • To develop underarm throwing and catching. • To develop overarm throwing. • To develop hitting a ball. • To develop collecting a ball. • To learn how to get a batter out. • To play games and understand how to score points.

*If there are any additional lessons available, pick from Year 1 Fitness, Year 1 Team Building or Year 1 Yoga.