Physical Education

Striking and Fielding KS1

Children will be taught to:

- Hold the bat (1)
- Strike a ball off a tee or a simple feed (1)
- Field the ball and return to an area within a skill game (2)
- Follow the rules of a simple quick cricket game (2)
- Play as a fielder and pass the ball back to a bowler to stop a batter running (2)

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Things to think about:

- Move into the ball when hitting it
- Cup your hand when catching
- Think about the direction you are throwing

<u>Inspiring Team</u>

Yorkshire CCC or England Cricket Team

Key Vocabulary	
Batter	Person that hits the ball
Tee	Holds the ball still to be struck
Bowler	Person who bowls the ball
Under Arm Throw	Throw an object over a short distance accurately, transferring weight forwards and straight from a back swing
Strike	Hitting the ball
Field	Attempting to return the ball or object before the striking team run between the markers
Kwiq cricket	Continues game where batters practise hitting the ball and run between the wickets and a marker until they have had their turn.

Physical Education

Invasion Games (1) KS1 Throwing and Catching

Children will be taught to:

- Pass different size balls over distances to a partner using their hands (1)
- Throw balls at a target using different throws – underarm and overarm (1)
- Catch different balls in different sizes and shapes using two hands (1)
- Use different methods for catching (2)
- Learn simple rules- Hoopball and Dodgeball (2)
- Decide the best space to be in during a game. (2)

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Bare feet
- Use correct techniques.
- Complete a warm-up and cool-down.

Things to think about:

- Using the space in hoopball, dodging in dodgeball
- Which is the best way to pass a ball
- Step forward into a pass.

Key Vocabulary
Throw
Catch
Defend
Attack
Dodge
Passing
Rules

Physical Education

Invasion Games (2) KS1 Bats and Balls

Children will be taught to:

- Pass different size balls over distances to a partner using their foot, stick or racquet (1)
- Use different parts of the foot to pass balls (1)
- Dribble with different sized balls (2)
- Kick or hit balls at a target using different apparatus (2)
- Combine stopping, receiving, sending and passing in multiple forms (2)
- Play simple games based on football, hockey and basketball (2)

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Pumps or trainers
- Use correct techniques.
- Complete a warm-up and cool-down.

Things to think about:

- How hard you strike the ball
- Which is the best way to pass a ball
- Step forward into a pass
- How would I stop the ball

Key Vocabulary
Pass
Dribble
Defend
Attack
Stick
Instep
Outstep
Rules

Physical Education

Gymnastics KS1

Children will be taught to:

- Move in a variety of ways when stationary (1)
- Make my body tense, relaxed, curled or stretched (1)
- Copy sequences and repeat them (1)
- Roll, curl, travel and balance in different ways (1)
- Plan and perform a sequence of movements (2)
- Improve my sequence based on feed back (2)
- Think of more than one way of creating a sequence that follows some rules e.g. only 1 foot on the floor (2)
- Work on my own and with a partner (1 and 2)

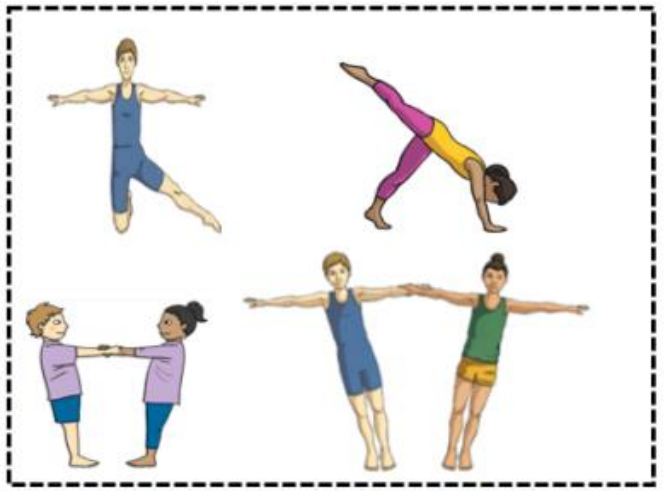
Key Vocabulary
Balance
Copy
Travel
Stretch
Roll
Relax
Curl

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Bare feet using crash matts
- Use correct techniques.
- Complete a warm-up and cool-down.

Things to think about:

- How many different ways can you travel?
- What different balances can you do?
- How can we roll differently?



Physical Education

Dance KS1

Children will be taught to:

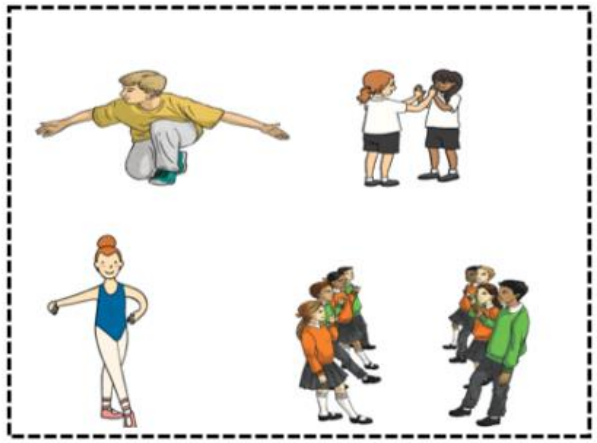
- Move to music (1)
- Copy dance moves (1)
- Perform my own dance moves (1)
- Make up a short dance (1)
- Move around a space safely (1)
- Change speed, rhythm, direction and height in a dance (2)
- Make sequences linking parts together (2)
- Link movements to show mood or feeling in a dance (2)

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Bare feet
- Use correct techniques.
- Complete a warm-up and cool-down.

Things to think about:

- Using the space
- Finding a rhythm to the music
- Does your audience know the story from how you perform?



Key Vocabulary
Feelings
Copy
Speed
Movement
Direction
Space
Music

Physical Education

Sports Hall and Athletics

Children will be taught to:

- Demonstrate running, jumping, throwing and catching in isolation or combinations
- Move with control, agility and confidence
- Apply different types of movement linked to running to ensure it is embedded
- Jump with control both one footed and two footed combining both
- Jump with speed and accuracy
- Throw objects in a variety of ways
- Complete an obstacle course with control and agility

Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Bare foot, removing shoes and socks or trainers (all)
- Use correct techniques.
- Complete a warm up and cool down

Things to think about:

- Using the correct technique
- How you are jumping
- What you are aiming for

Key Vocabulary
Balance
Throw
Run
Jump
Sprint
Target