

Primary Phase Long Term Plan

PE (Year 1)

Overview	<p>The PE curriculum at William Hulme's Grammar School provides children with the opportunity to develop skills in four key areas: games, athletics, dance and gymnastics. This curriculum has been developed with the ambition of children achieving the Key Stage expectations, set out in the National Curriculum, by providing a year-on-year development of skills in each of the four key areas of PE. The curriculum also aims to develop each child in two ways: through physical outcomes and emotional outcomes.</p> <p>Our intent is to deliver high-quality lessons that inspire all pupils to succeed and excel in physical activities, including competitive sport, through the teaching of fundamental movement skills in the Early Years and Key Stage 1. We aim to provide opportunities for pupils to become physically confident in order for them to lead healthy, active lifestyles.</p> <p>We provide opportunities to compete in sport in order to build character and help to embed values, such as fairness and respect. Children will begin to develop these skills in Key Stage 1 when taking part in simple games and developing their understanding of playing with others, learning to demonstrate honesty and playing with gratitude, empathy and fairness.</p>
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	Indoor	Outdoor	Assessment
Autumn Term 1	<p>Unit: Gymnastics – Pathways small and long</p> <p>Area of learning: Children will understand pathways both small and long.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use different movements with pathways such as step in, push and pull to be graceful showing coordination. Build the pathways into a sequence. 	<p>Unit: Locomotion 2</p> <p>Area of learning: Develop fundamental movement skills.</p> <p>Overview:</p> <ul style="list-style-type: none"> Jump in a variety of ways for distance. Develop a scissor kick and running into a jump. Be able to skip with a rope. 	<p>Fit to Perform KPI 1, 2</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>
Autumn Term 2	<p>Unit: Dance – Animals</p> <p>Area of learning: Develop a dance showing some agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use their body to create theme related shapes, movements and actions. Develop aspects if individual and pairs work to music/count. Be able to performance and identify what good looks like. 	<p>Unit: Fundamental Movement Skills 1</p> <p>Area of learning: Develop their fine motor skills.</p> <p>Overview:</p> <ul style="list-style-type: none"> Move in space successfully while manipulating equipment to move objects. Travel through an obstacle course skilfully and encourage teammates whilst they wait for a turn. 	<p>Fit to Perform KPI 1, 2</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>

	Indoor	Outdoor	Assessment
Spring Term 1	<p>Unit: Gymnastics – Wide, narrow and curled rolling and balancing</p> <p>Area of learning: Children can be wide, narrow and curled through rolling and balancing.</p> <p>Overview:</p> <ul style="list-style-type: none"> Travel and balance with bodies in a wide shape through taking own body weight and move in tight curled shapes. Be able to understand and form a sequence for the topic. 	<p>Unit: Invasion Game Skills 2</p> <p>Area of learning: Explore strategies of attack and defence for sports.</p> <p>Overview:</p> <ul style="list-style-type: none"> Throw overarm for my partner to catch after one bounce and catch a ball consistently on the full. Dodge to beat an opponent or pass a ball consistently with control. 	<p>Fit to Perform KPI 1, 2, 3</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>
Spring Term 2	<p>Unit: Dance – Mini Beasts</p> <p>Area of learning: Develop a dance showing agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use their body to create theme related shapes, movements and actions. Add to the dance with different sections such as individual, pair and group work. 	<p>Unit: Fundamental Movement Skills 2</p> <p>Area of learning: Looking at locomotion skills, children to master different ways of moving.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to move carefully retaining balance allowing sharing of space considerably. Progress into different jumps and landing safely before looking at dodging and evading others safely. 	<p>Fit to Perform KPI 1, 2, 3</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>

	Indoor	Outdoor	Assessment
Summer Term 1	<p>Unit: Object Manipulation 2</p> <p>Area of learning: Manipulate objects in complex ways e.g. dribbling with feet and hands.</p> <p>Overview:</p> <ul style="list-style-type: none"> Use different sport specific techniques to move a ball (dribble, throw, pass). This could be for accuracy or distance. 	<p>Unit: Striking & Fielding Game Skills 1</p> <p>Area of learning: Develop the basic skills to be able to play a striking and fielding sport.</p> <p>Overview:</p> <ul style="list-style-type: none"> Be able to bat and field through striking a ball off a tee, stopping a ball with 2 hands or creating a barrier. Bowl a ball underarm at a target with some accuracy. 	<p>Fit to Perform KPI 1, 2</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>
Summer Term 2	<p>Unit: Athletics 2</p> <p>Area of learning: Develop their ability to coordinate and link movements and refine their techniques.</p> <p>Overview:</p> <ul style="list-style-type: none"> Anticipate when work will start. Discover and develop different styles of jumping while throw with good technique. Combine a variety of athletic techniques competently. 	<p>Unit: Net and Wall Game Skills 1</p> <p>Area of learning: The skills involved in games they will play at a later date such as volleyball, short tennis and dodgeball.</p> <p>Overview:</p> <ul style="list-style-type: none"> Receive a ball by moving swiftly into the right position. Strike a small ball using an open palm and move into position to receive it back. Be active in rallies by striking over a net with my hand. Developing accuracy and power into shots. 	<p>Fit to Perform KPI 1, 2</p> <p>Fit to Lead KPI 4, 5, 6</p> <p>Fit for Life KPI 7, 8, 9</p>

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none">• Support your child in attending Extra-Curricular sport in school• Support your child in joining a local sports club• Look at TeamMCR website for more opportunities for your child - https://teammcr.co.uk/	