



Year 1 PE Overview

Key Concepts NC PoS Reference	Vocabulary	Substantive Knowledge	Procedural and Disciplinary Knowledge
<p>Athletics</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • Throwing • Running • Jumping • Personal best • Speed • Competition • Races • Distance • Measuring 	<ul style="list-style-type: none"> • Develop the distance running technique, understanding the difference between sprinting, and running over longer distances. • Show understanding and a basic level of control, coordination and consistency when running. • Begin to evaluate and improve own performance. 	<ul style="list-style-type: none"> • Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities. • Experiment with different jumping techniques, showing control, coordination, and consistency throughout. • Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. • Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.
<p>Badminton</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Shuttle • Serve • Be Ready • Aim • Racket • Control • Ready • Teamwork • Cooperation • Move • Direction • Speed • Get in line • Receive • Partner • Stance • Grip • Swing • Follow-through Score • Tactics • Power • Accuracy • Height 	<ul style="list-style-type: none"> • Understand what a rally is and how to continue one in pairs. • Use different skills and movements, including aiming into space to try win games. • Describe how to hold and grip the racket on forehand shots. 	<ul style="list-style-type: none"> • Move fluently, changing direction and speed. • Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear. • Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including an accurate forehand serve. • Can hit the shuttle, when in the air, varying height, speed, and direction into space and to a partner.
<p>Basketball</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • Basketball • Hoops • Bounce • Shooting • Scoring • Teamwork • Passing • Dribbling • Catch 	<ul style="list-style-type: none"> • React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal. • Understand how to play in a safe way. • Understand and describe changes to your heart rate when playing a game. 	<ul style="list-style-type: none"> • Explore different ways to use, move and send the ball. • Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. • Show good awareness of others when playing games. • Perform a range of actions with the ball keeping it under control.

<p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>			
<p>Cricket</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending</p>	<ul style="list-style-type: none"> • Throwing • Batting • Fielding • Catching • Experiment • Striking • Long barrier • Teamwork • Get in line • Communication • Tracking the Ball • Wickets • Wicket keeper • Feeder • Fielder • Underarm 	<ul style="list-style-type: none"> • Understand and follow simple rules for games and compete in physical activities both against self and against others. • Apply skills and tactics in simple games, including recognizing space and using it to your advantage. • React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. 	<ul style="list-style-type: none"> • Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed, • Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control. • Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. • Show good awareness of others when playing games.
<p>Dance</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1c: Perform dances using simple movement patterns</p>	<ul style="list-style-type: none"> • Canon • Teamwork • Smart • Neat • Performance • Movement • Express • Phrase 	<ul style="list-style-type: none"> • Understand that dance phrases are small sections of a dance that make a complete routine. • Begin to understand that dance can be used to express and communicate mood, ideas, and feelings, and characters. • Watch and describe a performance accurately and recognise what is successful. 	<ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli. • Move confidently and safely in your own and general space, using changes of speed, level, and direction. • Perform movement phrases using a range of different body actions and body parts – with control and accuracy. • Create linked movements, combining different ways of travelling, with beginnings, middles and ends. • Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. • Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. • Describe phrases and expressive qualities.
<p>Dodgeball</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Dodgeball • Throw • Catch • Bounce • Teamwork • React • Pass • Dodge • Roll • Target • Speeds • Reaction time • Control • Aim 	<ul style="list-style-type: none"> • Develop decision making strategies and employ simple tactics in competitive games. • Describe what you have done, or seen others doing. • Begin to understand the importance of preparing safely for exercise – warming up 	<ul style="list-style-type: none"> • Develop catching and striking skills. • Move a ball in different ways. • Pass, send and roll a ball with some accuracy. • Develop ball handling skills. • Develop fundamental movement skills.
<p>Football</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility,</p>	<ul style="list-style-type: none"> • Football • Goals • Scoring • Teamwork • Shooting • Passing 	<ul style="list-style-type: none"> • Use skills in different ways when playing games. • Recognise space in games and use it to your advantage. Recognise what is successful. • Use actions and ideas you have seen to improve your own skills. 	<ul style="list-style-type: none"> • Explore different ways to use and move with a ball. • Show control of a ball with basic actions. • Send/ pass a ball and successfully catch/stop a ball. • Move fluently, changing direction and speed – with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent.

<p>and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending</p>	<ul style="list-style-type: none"> • Dribbling • Soul • Control 		<ul style="list-style-type: none"> • Perform a variety of skills keeping the ball under control. • Participate in team games – showing good awareness of others.
<p>Golf</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • Bunker • Rough • Fairway • Forfeit • Head up • Quickly • Explore • Repeat • Successfully • Tick Tock • Improve • Technique 	<ul style="list-style-type: none"> • Understand that control and accuracy is needed when aiming for a target. • I can choose skills needed when competing in games. • Describe basic skills needed for golf games. 	<ul style="list-style-type: none"> • Explore different ways of moving, with and without a ball, developing movement and coordination. • Explore different ways of moving a golf ball, and/other size ball. • Push/ roll and putt a ball towards a target with control. • Perform basic skills needed for games with control and accuracy. • Develop technique when using the golf putter, becoming increasingly accurate. • Use skills learnt to participate and compete in rolling and putting games.
<p>Gymnastics</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1c: Perform dances using simple movement patterns.</p>	<ul style="list-style-type: none"> • Key shapes • Teamwork • Smart • Neat • Performance • Movement • Express • Balance • Roll • Straight • Tense 	<ul style="list-style-type: none"> • I know that fundamental movement skills, such as travelling, balancing, and moving smoothly from one position to another are important gymnastics basics. • Watch and describe a performance accurately. • Understand and describe changes to your heartrate when playing a game. 	<ul style="list-style-type: none"> • Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still. • Become increasingly confident and competent, moving safely using changes of speed, level, and direction. • Combine different ways of travelling exploring a range of movements and shapes. • Create linked movement phrases with beginning, middle and ends. • Perform movement phrases using a range of different body actions and body parts. • Develop ABC's and fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another. • Form simple sequences of different actions, using the floor and a variety of apparatus.
<p>Handball</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Handball • Goals • Scoring • Teamwork • Catch • Shooting • Passing • Dribbling • Bounce 	<ul style="list-style-type: none"> • Have simple plans that you know you can make work, e.g. where to stand to make it difficult for an opponent. • Begin to understand some rules of the game. • Recognise what is successful and copy actions and ideas to improve your skills. 	<ul style="list-style-type: none"> • Move fluently, changing direction and speed easily and avoiding collisions. • Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low). • Can shoot successfully at a goal or target. • Recognise space in games, using it to your advantage, and playing in a safe way. • Know how to defend between ball and target.
<p>Hockey</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • Hockey • Scoring • Teamwork • Shooting • Passing • Dribbling • Push pass • Roll 	<ul style="list-style-type: none"> • Understand and follow the rules of the game. • Recognise what is successful. 	<ul style="list-style-type: none"> • Pass/send a ball and catch/stop a ball with control and increasing accuracy and consistency. • Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball. • Explore different ways to use and move with a ball. Perform a range of skills with control of the ball. • Use skills in different ways when playing games.

<p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Hockey stick • Goal 		<ul style="list-style-type: none"> • Choose and use simple tactics to suit different situations in small sided games. React to situations in ways that make it difficult for opponents. Recognise space in games and use it to your advantage.
<p>Netball</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending</p>	<ul style="list-style-type: none"> • Ball • Control • Balance • Throw • Catch • Aim • Accuracy • Pass • Roll • Team • Teamwork • Get in line • Space 	<ul style="list-style-type: none"> • React to situations to make it difficult for opponents – using simple tactics. E.g. Move to defend a goal. • Understand how to play in a safe way. • Copy actions and ideas and use the information to improve their skills. 	<ul style="list-style-type: none"> • Explore different ways to use, move and send the ball. • Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control. • Show good awareness of others when playing games. • Perform a range of actions with the ball keeping it under control.
<p>Orienteering</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge 	<ul style="list-style-type: none"> • Understand what a compass is used for and be able to use the direction points. • Has knowledge of safety rules and procedures for taking part in orienteering events. • Begin to problem solve with others. 	<ul style="list-style-type: none"> • Move in different directions and a variety of different ways. • Introduction to map reading. Be able to use some basic features on a map to select and plan a route. • Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules, and playing fairly. • Begin to plan how to solve problems and problem solve with others. • Participate in competition with others, completing a simple orienteering event
<p>Rounders</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Keep score • Balance • Skill • Get in line • Control • Ball • Fielding • Catch • Throw • Backstop • Technique • Batting • Shot selection • Score • Aiming • Run • Teamwork 	<ul style="list-style-type: none"> • Understand and follow simple rules for games and compete in physical activities both against self and against others. • Apply skills and tactics in simple games, including recognizing space and using it to your advantage. • Begin to understand the importance of preparing safely for exercise – warming up. 	<ul style="list-style-type: none"> • Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed, • Throw/hit a ball in different ways e.g. high, low, fast, slow showing basic control. • Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. • React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. • Show good awareness of others when playing games.
<p>Tag Rugby</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination,</p>	<ul style="list-style-type: none"> • Tag rugby • Belts • Target • Catch • Space • Attack 	<ul style="list-style-type: none"> • Use simple tactics in game situations, such as deciding when to pass and when to run. • Understand who the attackers and who the defenders are. • Develop understanding of tag rugby and participate in small games. 	<ul style="list-style-type: none"> • Develop control and accuracy when throwing and catching a rugby ball. • Improve movement skills whilst moving with the ball in two hands, progressing to beating a defender. • Learn how to tag and begin tagging players in game situations.

<p>and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Defend • Try 		<ul style="list-style-type: none"> • Begin to understand and develop correct technique of passing the ball. • Develop understanding of tag rugby and participate in small games. • Show good awareness of others when playing games.
<p>Tennis</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • Tennis racket • Low • High • Balance • Ball control • Control • Racket • Score • Positioning • Movement • Aiming • Accuracy • Rolling • Send • Throw • Bounce • Catch • Underarm • Ready position • Bounce feed • Receive • Cooperate 	<ul style="list-style-type: none"> • Choose and use skills and simple tactics to suit different situations. • Understand and follow the rules of the game. • Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills. 	<ul style="list-style-type: none"> • Engage in cooperative and competitive physical activities (both against self and against others). • Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. (Then add a tennis racket.) • Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. • Understand the concept of moving to get in line with a ball to receive it. • Move fluently, changing direction and speed – showing good awareness of others. • Use correct skills and basic tactics in games to meet the challenges of the game, or in response to your opponent's actions.
<p>Volleyball</p> <p>1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.</p> <p>1b: Participate in team games, developing simple tactics for attacking and defending.</p>	<ul style="list-style-type: none"> • Throw • Control • Aim • Ready • Ball • Accuracy • Throw • Send • Skills • Receive • Catch • Stop • Ready Position • Inline- Track • Tactics • Space • Score • Rules • Watch • Describe 	<ul style="list-style-type: none"> • Understand and follow the rules of the game, showing good awareness of others when playing games. • Develop simple tactics for attacking. Gain an understanding that hitting the ball into space helps them score points. • Understand, follow, and apply skills and tactics in simple games. • Watch and describe a performance accurately. Recognise what is successful. Use actions and ideas they have seen to improve their own skills. 	<ul style="list-style-type: none"> • Send a ball in different ways e.g. throwing, pushing, and rolling. • Master basic throwing technique. Throw / Hit a ball in different ways e.g. high, low, fast, slow. • Perform a range of catching and gathering skills with control and understand the concept of moving to get in line with a ball to receive it. • Show control of a ball with basic actions and explore different ways to use and move with a ball.