

# Physical Education Overview 2017-18



Year 1	Objectives
Dance and Movement	<ul style="list-style-type: none"> <li>Follow a pattern of movements including hops, jumps, skips etc</li> <li>Respond to different stimuli with a range of actions.</li> <li>Copy and explore basic body actions demonstrated by the teacher.</li> <li>Copy simple movement patterns from each other</li> </ul>
	<ul style="list-style-type: none"> <li>and explore movement.</li> <li>Compose and link movement phrases to make simple dances with clean beginning, middle and end.</li> <li>Practise and repeat their movement phrases and perform them in a controlled way</li> </ul>
Games	<ul style="list-style-type: none"> <li>Throw and catch a ball with a partner</li> <li>Move fluently, changing direction and speed easily and avoiding collisions</li> <li>Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking</li> <li>Choose and use skills effectively for particular games understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming</li> <li>Use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>Perform basic gymnastic actions like traveling, rolling and jumping</li> <li>Manage the space safely, showing good awareness of each other, mats and apparatus</li> <li>Make up simple movement phrases in response to simple tasks.</li> <li>Link &amp; repeat basic gymnastic actions perform movement phrases with control and accuracy</li> </ul>
Athletics	<ul style="list-style-type: none"> <li>Run at different speeds, jump with accuracy, use a small range of techniques</li> <li>Choose which throwing and retrieving technique to use</li> </ul>
Evaluating and improving performance	<ul style="list-style-type: none"> <li>Describe and comment on their own and others actions</li> <li>Can describe what they have done</li> <li>Can watch others and say what they are doing</li> </ul>
Knowledge and understanding of fitness and health.	<ul style="list-style-type: none"> <li>Can describe how their bodies feel when still and when exercising.</li> <li>Can talk about how to exercise safely.</li> </ul>