



Pound Hill Infant Academy Year 1 PE Curriculum



**POUND HILL
INFANT
ACADEMY**

Attack, defend, shoot - Unit 1	Head	Recognise rules and apply them in competitive and cooperative games
		Make decisions about how to defend a target
	Hand	Aim at targets and shoot from varying distances, defended and unopposed
		Roll, slide or throw a beanbag or ball with accuracy
		Attempt to intercept and catch a thrown ball
		Use change of direction and speed in open play
	Heart	Come up with creative ways of manipulating different objects such as balls and beanbags
		Work in collaboration with others to attack and score points
Attack, defend, shoot - Unit 2	Head	Show motivation to improve and attempt more difficult challenges
		Discuss changes in the body brought about by exercise
	Hand	Independently explore creative ways to score points - try something new to score
		Begin to engage in competitive activities
		Apply basic principles of attacking and defending in a game
		Bounce a medium-sized ball to self and attempt to bounce to others
	Heart	Judge when and where to move to get in a defensive position
		Use lateral movement to get into a solid defensive position
Dance - Unit 1	Head	Cooperate to perform a range of challenges using skills such as gesture/signalling
		Identify the things that they like about exercise both in and outside of school
	Hand	Demonstrate understanding that a dance has a start, middle and end
		Confident to explore space within their dances and movements
		Simplistically use concepts such as unison and mirroring in dance, copying examples
		Perform basic body actions along with music
		Remember and repeat simple movement patterns

		Move with control and show spatial awareness
		Show strength and flexibility during different types of activity such as movement phrases or starter activities
		Heart
		Work with a partner to use repeating motifs in dance movement phrase
Dance - Unit 2	Head	Tap into emotions to respond to the feelings in the music by translating to body movement
		Identify similarities between gymnastics and dance/other physical activity
	Hand	Recognise that dances can have themes and stories
		Use different parts of the body, combine arm and leg actions
		Perform with an awareness of body shape required
		With help, compose a basic movement phrase
		Follow written routes, remember and recall movement patterns
	Heart	Build techniques from one lesson to another, showing increasing skill
		Make some suggestions of how other's can improve their work
		Engage with the class to perform marching sequence and canon
Gymnastics - Unit 1	Head	Use words such as rolling, travelling, balancing, climbing
		Can identify risks of working on and around apparatus
	Hand	Safely move and carry basic gym equipment such as mats and benches
		Recognise 'like' actions and link them together
		Perform simple gymnastic actions and shapes
	Heart	Make their body tense, relaxed, stretched and curled
		Create an active journey using different body parts
Gymnastics - Unit 2	Head	Value other's efforts when they perform; watch and listen
		Decide which supporting concepts and actions to add to their sequence
	Hand	Choose appropriate actions for a task, link showing understanding of an action's start and finish position
		Remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping
		Show spinning and rocking in isolation and short sequences
		Attempt to perform unison and canon
		Perform in time when using unison and cannon
Confidently take and transfer weight on hands in open and closed skills, e.g. a balance/pushing from the floor in a game		

	Heart	Move on, off, and over an object with confidence
		Communicate with a partner to create a short sequence
Hit, Catch, Run - Unit 1	Head	Make choices about where to hit the ball
		Make tactical decisions about where to position themselves in the field
	Hand	Has developed hitting skills with a variety of bats
		Retrieve a ball back to base as part of a team
		Practised bowling/feeding a ball to other players
		Play as a batter, bowler and fielder
		Run in a game to score points
		Makes attempts to catch balls coming towards the player in games
	Heart	Display sportsmanship when competing against others
		Work as a team to score runs
Hit, Catch, Run - Unit 2	Head	Make choices about where to hit the ball
		Judge and change pace in a variety of running activities
	Hand	Run in a game to score points
		Attempted to play the role of wicket-keeper or backstop
		Position yourself well to stop balls
		Use skills as a team to prevent runs
	Heart	Use different techniques to send a ball into other areas of the field, e.g. kick, hit
		Can work in small groups to field and bat
Send & Return - Unit 1	Head	Decide on and play with the dominant hand
		Begin to recognise when a ball has landed 'in' and 'out' of the boundaries
	Hand	Demonstrate basic sending skills in isolation and small games
		Use correct grip to hold a tennis racquet
		Hit a ball using hand consistency
		Hit a ball using a racquet with some consistency
		Take part in a rally

		Use a self-feed to start a game
		Return a ball coming towards them using a hand or racquet
	Heart	Play in modified games with others to send and return the ball over a line/net
		Work cooperatively with a partner to practise sending and receiving skills
OAA - Unit 1	Head	Confidently follow a basic map
		Create a simple map
		Make good choices when leading others
	Hand	Attempt beginners competition Speed Stack
		Adapt to use equipment in unconventional ways
		Use correct 1 and 2 footed jumping technique most of the time
	Heart	Stay motivated during challenges such as searching and seeking tasks
		Show sensitivity and respect when working with a blindfolded partner
Run Jump Throw - Unit 1	Head	Make choices about appropriate throws for different types of activity
		Can identify areas of actions that need improvement, e.g. power in throws to throw further
	Hand	Develop strength, agility, coordination and balance over a variety of activities
		Can negotiate obstacles showing increased control of body and limbs
		Demonstrate different types of throws
		Show quick feet actions for sprinting
	Heart	Perform a variety of static and dynamic balances
		Work cooperatively to complete running and throwing tasks
Run Jump Throw - Unit 2	Head	Consider others when playing games to respect their space and boundaries
		Begin to make links between components of fitness, e.g. strength and outcome, i.e. length of throw
	Hand	Attempt a new breathing technique during running
		Can throw and handle a variety of objects, including quoits, beanbags, balls, hoops
		Use agility in running games
		Run for a sustained period
		Throw demonstrating power
		Practise to improve jumping skills

	Heart	Discuss thoughts and feelings around physical challenges and what it means to be a team player
		Work cooperatively to complete running, jumping and throwing tasks
		Consider others when playing games to respect their space and boundaries