

Cheadle Primary – the school at the heart of the village, free to flourish, ready to learn and succeed. **Progression of Skills and Knowledge: PE Year 1**

	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gymnastics - Balancing & spinning on Points & Patches	Striking & Fielding Game Skills 1	Target Games 2	Invasion Game Skills 2	Net & Wall Game Skills 1	Dance - Under the Sea	Athletics 1
Overview	In this unit, children will work on balancing and spinning on points and patches, individually and with a partner.	In this unit children learn basic batting, fielding and bowling skills. They learn how to run between wickets; of some basic rules and how to work together through good communication.	This unit builds on Target games 1 and demands more complex skills and understanding of specific techniques which will hold them in good stead when they come to play a wider range of sports in KS2.	This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending	Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date such as volleyball, short tennis and dodgeball.	In this unit children use dance to express their understanding of the topic, Under the Sea. They use individual and partner work.	Children learn some techniques for running, how to run in a lane and transfer a baton. They learn how to jump from a short run and how to throw for accuracy and power
Skills	<p>Perform controlled spins Support my body weight in symmetrical balances</p> <p>Perform asymmetrical spins on side front, back and bottom.</p> <p>Demonstrate work on the floor and apparatus.</p> <p>Work with a partner to perform routines in different formations.</p> <p>Hold balances on points of the body and at different levels.</p>	<p>Get in line with the ball and field it. Stop a ball with 2 hands, creating a barrier behind it with my feet or body. Hit a ball to the leg side. Bowl a ball overarm at a target.</p> <p>Pick up a ball with one hand and throw it underarm. Call for runs sensibly and decisively when batting. Chase and retrieve a ball.</p> <p>Make good decisions when batting about when to run and when not to. Bowl either under or overarm with some accuracy. Wicket keep effectively. Apply a range of skills to the court.</p>	<p>Coordinate the skill of punting a ball. Work with a friend and encourage them to punt better. Coordinate the action of punting with either foot. Punt a ball with increasing accuracy with both feet. Strike a ball at a target using equipment. Strike with increasing accuracy. Strike a ball at a target with some degree of force Strike into spaces. Choose when it is best to throw underarm and when to throw overarm. Throw overarm on, 'one bounce' to a friend.</p>	<p>I can throw overarm for my partner to catch after one bounce. Catch a ball after one bounce. Catch a ball on the full T Dodge to beat an opponent.</p> <p>Pass the ball consistently with control.</p> <p>Retain possession of the ball.</p> <p>Compete with some spatial awareness in team games. Pass and move decisively.</p>	<p>Send a large ball with some degree of accuracy. Receive a ball by moving swiftly into the right position.</p> <p>Strike a large ball, with one hand, whilst it is airborne. Strike and volley a large ball with some degree of accuracy.</p> <p>Dig a ball by getting underneath it. Strike a small ball using an open palm and move into position to receive it back.</p> <p>Strike a small ball with my open palm with some accuracy. Keep a rally going with a partner. Throw with accuracy and power. Keep my eye on the ball.</p>	<p>Use my body and create theme related shapes, movements and actions. Use my body to express simple theme related shapes, movements and feelings. Travel safely and creatively in space. Show different levels when I travel. Communicate effectively with a partner. Use pictures to create shapes, movements and actions. Look at pictures and create shapes, movements and actions. Remember and perform a basic sequence of movement when led by a teacher. Identify what good looks like.</p>	<p>Share space and run with my head up. React quickly. Jump 1 foot to 2 feet and 2 feet to 2 feet. Coordinate a run with a jump. Throw accurately Work cooperatively with a partner and within a group. Share equipment and take turns. Run efficiently and within a lane</p> <p>Jump for height Time my take -off to clear an obstacle. Throw a variety of pieces of equipment well. Throw for distance.</p>
Knowledge	<p>How to start and finish a sequence Demonstrate good starting and finishing positions.</p> <p>The difference between symmetrical and asymmetrical shapes</p> <p>How to work with a partner in different formations.</p> <p>What points are How to start linking my moves.</p> <p>That work should involve changes of level direction.</p>	<p>That I need to run, after striking a ball, to accumulate runs. To touch my bat over the crease line and slide it on my final run. When to run and when not to. How to form a long barrier to stop a ball. To try and bowl keeping my arms straight. That I need to communicate with my partner to accumulate runs. That a batsman / woman should always call after each ball. That, as a batter, I don't always have to run. The importance of staying in my crease. How to adopt a wicket keeping stance</p>	<p>Which part of my foot I need to strike with</p> <p>To hold the ball over to the side I want to punt the ball with. I need to be in a 'ready position' to catch my friend's. To get into a sideways position when striking. That I have to keep my head still when striking. That I have to take turns and share equipment. How I should stand when throwing overarm When to throw underarm and when to throw overarm. Why we sometimes throw to a friend to receive after one bounce.</p>	<p>How far to throw the ball in relation to where I am standing and my partner is.</p> <p>To stand in a position of readiness to receive the ball on the 1st bounce.</p> <p>To stay light on my feet and be prepared to move quickly.</p> <p>To turn my body so I can see my opponent and the ball when defending.</p> <p>To keep my body between the ball / opponent to shield it. To think ahead when not in possession.</p>	<p>What a 'ready position' looks like. To call my name when playing doubles if the ball is between me and my partner. To leave a ball which is going to land out. What a T position is and how it can help me. To move to the line of the ball and to get into a T position. That the ball needs to be struck over the net. Not to turn my back on the ball. How to throw for accuracy and power.</p>	<p>How to translate ideas into simple theme related shapes, movements, actions.</p> <p>That we need to look forwards to safely move around in space.</p> <p>That we need to control our speed to ensure safety.</p> <p>How to turn what I see into ways of moving.</p> <p>How to turn what I see into ways of moving.</p>	<p>What a good position of readiness looks like. That I need to be focused and avoid distractions. To land with really soft knees. To use my arms to help power me forward when jumping. How to stand to throw overarm. The importance of my non-throwing arm. How to stay focused on my own performance running in a lane. Which parts of my body are really important when jumping high. How to grip a Frisbee. That I need to throw from a side- on position. To draw my body back by lifting my front leg to generate more power.</p>