

YEAR 1 AUTUMN TERM 2021-2022

TEACHERS: MS ZARA AHMED / MS AZUMA HAQUE

PE OVERVIEW

What will we be covering this term?

1st Half Term- Running and Jogging

For the first half term children will be participating in a variety of running and avoiding games. They will learn to travel at different speeds by walking, jogging, running and sprinting, and develop an understanding of when these speeds are most useful. Children will learn how to work in a team by participating in team games. They will be engaging in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Children will be developing their Locomotor Skills (Transporting the body in any direction from one point to another) and Stability Skills (Balancing the body in stillness and in motion).

This unit will be covered through the following skills-

- Walking
- Running
- Hopping
- Skipping
- Jumping for height
- Jumping for distance
- Dodging
- Side stepping

2nd Half Term - Using a ball

In the second half term Year 1 children will be learning various methods on using a ball. They will begin developing balance, agility and coordination. We will be working on manipulative Skills (Control of objects using various body parts.)

Children will focus on techniques on striking a ball with control when shown.

This unit will cover-

- Balancing
- Landing
- Catching
- Throwing
- Kicking
- Striking with the hand
- Striking with an implement

Focus on technique on fielding a ball using under and over arm throwing.

Children learn to link actions to copy and create movement sequences, which they perform to each other, evaluate and improve. They consolidate their skills and compete against each other, thinking about the way their movements look.

How can I help my child in this subject?

Encourage your child to be active by running outside and following a short exercise routine on a daily basis
Practise the skills learnt in lessons regularly
Engage in competitive sports and a broad range of physical activities

How will my child be assessed this term?

During the term there will be ongoing progress checks to ensure your child is gaining competence and confidence in the skills set required for the PE concept being taught.

Children will be encouraged to engage in competitive and cooperative physical activities in a range of challenging situations.