

Year 1 Coverage, Skills and Vocabulary

Year 1	Unit Focus	Prior Knowledge	Skills	Vocabulary
Autumn 1 – Games (Hit, Catch and Run)	Able to hit objects with hand and bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	Pupils will have used a variety of balls, beanbags, bats and markers. Can roll and following a rolling ball. Mastered movements such as walking, jumping and running.	Use a range of throwing and rolling skills. Return a ball back to a zone. Working with outfielders to stop scoring. Self-feed ball to hit. Running between bases to score.	Batter, bowl, catch, collect, feed, collect, field, hit, hitter, pick up, roll, stop, strike, throw.
Autumn 1 – Dance (Haka 4/8 beats)	To be able to dance with a 4/8 beat count. Start to describe the Haka. Begin to perform in a group.	Pupil engage in different movements of the body. Have been exposed to different types of music.	Moving on beats 4 and 8. To work in a small group.	Beats to four, beats to eights, counting, beats, 24 beats,
Autumn 2 – Games (Send and Return)	Able to send an object with increased confidence using hand and bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Pupils will have used a variety of balls, beanbags, bats and markers. Mastered basic running movements in different directions.	Sliding and receiving a ball/beanbag. Exploring different ways of sending a ball. Moving towards and returning balls. Work with a partner to receive and return. Scoring points against opposition.	Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand.
Autumn 2 – Gymnastics	To be able to combine a series of balance, jump, rolls into a sequence.	Pupils have started to engage in different ways to use the body to move.	To be able to travel using a range of movements. To perform basic jumps. To be able to put movements and jumps together. Find space and use this pace correctly.	Roll, jump, land, sequence, travel, forwards, backwards, balance.
Spring 1 – Games (Run, Jump, Throw)	Linking running and jumping. Learn and refine a range of running. Develop a range of throwing techniques to throw over longer distances.	Pupils can send a variety of balls. Can use a range of motor skills. Can walk, run and travel at a variety of speeds.	To start and stop moving at speed. To use arms when running at different speeds. To take off on two feet when jumping a distance. To use the correct technique when throwing objects over a distance.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, fastest.
Spring 1 – Dance (Bhangra)	To perform using 5 hand gestures and use these to tell a story. To perform a dance with the correct movements.	Pupil engage in different movements of the body. Have been exposed to different types of music. Movement of 4 and 8 beats.	To be able to perform 5 hand gestures. To link the gestures to everyday movements. Understand how to tell a story through gestures. To repeat a dance as a class about animals.	Counting, routines, sequence, hand gestures, story, movement, beats, music.
Spring 2 – Games (Attack, Defend, Shoot)	Working on basic movements, including running and jumping. Begin to engage in competitive activities.	Took part in a variety of games. Basic skills of throwing and catching.	To hit and defend a target. To roll and slide balls and beanbags. To shoot to gain points. Introduce attacking and defending skills. To work with a partner to score points.	Attack, catch, defend, over-arm, play, against, over-arm, under-arm, roll, send, receive.

Spring 2 – Gymnastics	Develop an understand of different apparatus and how use them safely. Starting to balance, jump, mount and dismount equipment correctly.	Pupils have started to engage in different ways to jump, balance and move.	To mount and dismount a bench safely. Move across the bench at different levels and in different ways. To balance in a bench. Start use the different apparatus safely using the correct technique to mount and dismount.	Balance, equipment, apparatus, dismount, mount, land, balance, jump, bench.
Summer 1 – Games (Send and Return)	Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects. Select and apply different skills to beat the opposition.	Able to send a ball with increased confidence using hand and bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Send a ball over a net to a partner. Track and stop a moving objects with two hands. Send balls accurately from different positions. Spot space in a play area and play a ball there. To play a game with a partner.	Bowl, hit, net, pick up, roll, serve, stop, track, opposition.
Summer 1 – Games (Hit, Catch, Run)	Develop sending and receiving skills to benefit a fielding team. Start to know the difference between a batter and fielder. Introduce the concept of simple tactics.	Able to hit objects with hand and bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	Catching from short throws. Decide where to hit and hit with power. Apply different body positions to interpret the path of the ball. Fielding balls to a base. Start to catch a ball which is in the air.	Batter, bowl, catch, collect, field, hit, hitter, pick up, receive, roll, stop, strike, throw.
Summer 2 – Games (Attract, Defend, Shoot)	To start to recognise rules and apply these. Use and apply simple strategies from invasion games. Start to explain why you enjoy exercise.	Practise basic movements running, jumping etc... Engage in competitive activities.	To find pulse on wrist. To move side to side to defend a goal. Bounce a ball with control. To aim at different targets. To adapt a game with changing rules. Play in a defensive position.	Co-operate, fluency, heart, pulse, defend, out-wit.
Summer 2 – Athletics	To start to understand and learn the different techniques used in athletics Looking closely at running, jumping and throwing.	Able to make basic movements running, jumping and throwing.	Use and learn the correct running technique. To jump off two feet/one foot onto two feet. To throw objects over and under arm. To start to learn the hand over technique standing still in a relay.	Run, tall, shoulders, jogging, walking, running, jumping, feet, underarm, overarm, throw, throwing,

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