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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 1** | **STRAND: Multi Skills** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| From EYFS:   * Experiments with different ways of moving. * Jumps off an object and lands appropriately. * Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. * Travels with confidence and skill around, under, over and through balancing and climbing equipment. * Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. * Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space | That exercise can make my heart rate faster |
| That exercise can make my body change, (rosy cheeks, breathless, warmer, sweat) |
| How to move at different speeds, the difference between, walk, jog, run and sprint |
| How to catch different size balls |
| How to get ready to catch a ball |
| How to roll a ball |
| How to throw a ball to a partner |
| How to catch and throw a bean bag |
| How to hop in a straight line/zig zag line and change direction |
| How to skip in a straight line/zig zag line and change direction |
| How to warm up and down and why it’s important |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Heart rate | How fast your heart is beating |
| Walk | Moving at a normal pace |
| Jog | Running at a slow pace |
| Run | Lifting your legs higher with longer strides |
| Sprint | Running at your top speed |
| Roll | When an object stays on the ground after being pushed |
| Hop | Moving on one leg/foot |
| Skip | Always keeping one foot off the ground |
| Direction | The way you are going |
| Warm up/down | Getting our heart rate up and down |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | -Recognising the link between exercise and heart rate. Feel heart after different types of exercise, which makes it go fast?  -introduce to warm up games and cool down stretches and talk about importance  -Introduce to running, basic ball skills and basic types of movement  -Finish unit with obstacle course incorporating all new skills learnt |