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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 |