



Archbishop Cranmer C of E Primary Academy
Physical Education Sequence of Learning

Year 1



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	<p>Locomotion – Running Pupils will explore running using different body parts, different techniques and speeds. They will apply the correct technique of running as fast as they can, or over a long duration as part of a team, in a racing context.</p>	<p>Locomotion – Jumping Pupils will recap jumping from EYFS in different directions, speeds and levels and apply these in a circuit. Pupils will explore skipping and apply their knowledge of jumping and skipping in a competition.</p>	<p>Ball Skills - Hands 1 Pupils will revisit dribbling from EYFS. Pupils will explore different ways of passing to their partner using different force and speed. They will develop an understanding of the importance of aim and accuracy.</p>	<p>Ball Skills - Hands 2 Pupils will recap throwing underarm and apply this to a game situation. They will explore ways of stopping the ball with their hands. They will develop the ability to accurately roll a ball towards a target.</p>	<p>Ball Skills – Feet Pupils will recap the different ways of using our feet to move with a ball. They will apply the dribbling technique into games, keeping the ball away from their opponents.</p>	<p>Chance 2 Shine Cricket Pupils will develop striking, sending and receiving skills. They will use a racket or bat to hit a ball in simple games. (Gymnastics – Wide, Narrow, Curled)</p>
Culture Of Opportunity	<p>Pupils can develop their running skills at the extra-curricular cross country club. Pupils can choose to attend the Ready Steady Running Club. Pupils can develop their running skills through participating in the daily mile and working towards completing 1, 2 or 3 marathons as part of the ABC Marathon Challenge.</p>		<p>Pupils will develop their balls skills in the Mini Athletics Nottingham and Loughborough day. Pupils can choose to attend the Little Ruggers club to develop passing skills in rugby.</p>		<p>Pupils will have the opportunity to represent school at the School Games KS1 Cricket Festival. Pupils can choose to attend the Little Wickets club to practise their cricket skills. They could choose to develop their racket skills at Aslockton tennis club.</p>	
Sport	<p>Gymnastics - Wide, Narrow, Curled Pupils will explore movements and balance in wider, narrow and curled ways on the floor. They will explore different ways of transitioning between each shape using the apparatus. They will explore ways to link movements together.</p>	<p>Gymnastics - Body Parts Pupils will explore movements and balances using the 'big' and 'small' parts of our bodies on the floor and on apparatus and combine this with 'wide, narrow and curled'. They will explore adding movement combinations together to create mini sequences.</p>	<p>Dance – Growing Pupils will learn how to control and coordinate their bodies to perform movements through the 'growing' theme. Pupils will respond to rhythm and patterns through movements. They will use improvisation to explore various dynamics and movement qualities.</p>	<p>Dance - The Zoo Pupils will apply learning of how to control and coordinate their bodies to perform movements and respond to stimulus using a range of different controlled movements showing character expression. Pupils will perform sequences with a partner responding to a rhythm.</p>	<p>Games For Understanding Pupils will understand the basic rules of attacking and defending, and apply simple attacking and defending principles to a game situation. Pupils will develop understanding of where, when and how to attack and defend in a game.</p>	<p>School Sports Day Pupils will explore running in different directions, varying speeds for different distances. They will apply these skills in an obstacle race, exploring techniques to maintain speed. They will work in small groups to complete a relay race.</p>

<p style="text-align: center;">Culture of Opportunity</p>	<p>Pupils will develop confidence to perform in the Key Stage 1 Christmas Production. Pupils will develop dance skills through Cosmic Yoga, Boogie Beebies, Active Ants and Super Movers in the classroom.</p>	<p>Pupils can develop their dance skills at the extra-curricular dance club. Pupils can further develop their dancing skills on the Key Stage 1 Indian Dance Day. Pupils will develop dance skills through Cosmic Yoga, Boogie Beebies, Active Ants and Super Movers in the classroom. Pupils can also choose to attend the Bigham School of dance to develop ballet, tap or modern dance skills. Pupils will develop confidence to perform in the Key Stage 1 Christmas Production.</p>	<p>Pupils can use their understanding of following rules in games in our extra-curricular clubs such as board game and chess club.</p>	<p>All pupils feel confident to compete in our School Sports Day.</p>
<p>Outdoor Adventurous Activity Pupils will experience Nottingham Outdoor Adventure Days where they will engage in orienteering and den building activities. Pupils will visit Sherwood Pines for an active day in the outdoors. Pupils have a timetabled slot to a forest school.</p>				
<p>Health and Wellbeing Pupils can describe how the body feels before, during and after exercise.</p>				
<p>Personal Values <i>trust, kindness, thankfulness, respect, responsibility and courage</i> Pupils follow simple rules to play games, including team games. Pupils can carry and place equipment safely. Pupils perform confidently in groups. Pupils watch and describe performances. Pupils begin to say how they could improve. Pupils engage in competitive activities and team games.</p>				
<p>Assessment <i>coordination, endurance, agility, balance, upper body strength, lower body strength</i> Pupils should be able to: Throw and catch a ball individually with both hands Run for 50m without stopping Stand on one leg for 10s Balance a ball on a racket for 20s</p>				