

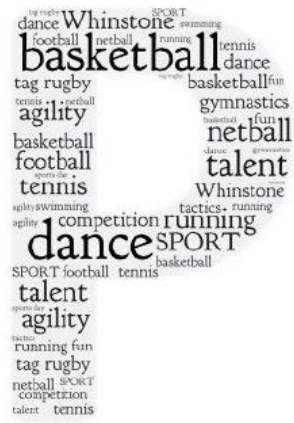


Physical Education Statement of Intent

At Whinstone Primary School, we aim to develop children who will be physically active and can flourish in broad and balanced PE curriculum. We believe physical education develops skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. PE at Whinstone delivered by a qualified PE specialist encourages pupils to enjoy being physically active whilst developing their skills in a range of activities. All pupils have the opportunity to participate in numerous sporting festivals where they are encouraged to work with others and develop their sense of sportsmanship and fair play.

In KS1 children develop their fundamental movement skills in a broad range of activities such as basketball, hockey, tennis and athletics. They also have the opportunity to engage in competitive and challenging situations as an individual and with others. They are taught to master basic movements such as running, jumping, throwing and catching along with balance, agility and co-ordination. They also develop simple tactics of attacking and defending in team games as well as perform simple movement patterns in activities such as dance and gymnastics.

All pupils leaving primary school (to be) physically literate and with the knowledge and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.





Whinstone Primary School Year 1 Physical Education



Physical Education KS1 National Curriculum

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.



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Physical Education Implementation

Physical Education is taught as an area of learning in its own right as well as integrated with other curriculum areas where appropriate and especially where we can promote healthy lifestyles. It is timetabled to be taught for two sessions per week.

Year 1 Physical education Implementation – Key Concepts
The Key Concepts of Physical Education at Whinstone are:
<ul style="list-style-type: none"> • Outwitting Opponent • Accurate Replication of Actions • Performing at Maximum Levels • Exercise Safely and Effectively

In Year 1 the Key Concepts of Physical Education are taught through the following sequence of topics:						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor PE	Gymnastics	Netball	Dance	Basketball	Badminton	Indoor Tennis
Outdoor PE	Football	Multi-Skills	Hockey	Multi-Skills	Athletics	Cricket/Rounders

Topic Specific Vocabulary						
Dance	Football	Gymnastics	Netball	Badminton	Multi-Skills	
Movement	Dribble	Floor Work	Throw	Badminton racket	Run	
Patterns	Pass	Jump	Catch	Handle	Speed	
Shapes	Control	Roll	Still	Shuttlecock	Race	
Music	Shoot	Routine	Shoot	Hitting	Chase	
Direction	Goal	Gym mats	Teamwork	Height	Jump	
Warm-up	Teamwork	Warm-up	Marking	Forehand	Reach	
Reach	Marking	Stretch	Rules	Backhand	Throw	
Hockey	Basketball	Athletics	Indoor Tennis	Cricket/Rounders	Catch	
Safety	Dribble	Run	Tennis Racket	Bowl	Pass	
Hockey Stick	Throw	Speed	Handle	Throw	Balance	
Dribble	Pass	Throw	String	Catch	Teamwork	
Push Pass	Catch	Jump	Tennis Ball	Bat	Aiming	
Control	Shoot	Relay	Control	Hitting	Direction	
Shoot	Teamwork	Teamwork	Hitting	Rules	Awareness	
Goal	Marking	Race	Forehand	Teamwork	Control	
Teamwork	Rules	Lane	Backhand	Positions	Rules	



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These key concepts and knowledge will be taught and reinforced through the development of these specific skills listed. These Key Concepts and vocabulary will be revisited and repeated throughout a child’s journey of Physical Education at Whinstone.

Outwitting Opponent			Accurate Replication of Actions		Performing at Maximum Levels	Exercise Safely and Effectively
Invasion games	Striking and Fielding games	Net games	Dance	Gymnastics	Athletics	Multi-skills
Performance of basic skills in a static situation.	Basic bowling technique.	Hitting of the ball / shuttle towards a partner.	Basic patterns such as box steps.	Basic jumps such as star and pencil.	Attempt different distance running events.	Implement chasing and catching successfully sometimes.
Basic marking in a game.	Basic throwing techniques from a short and static position – under arm.	Returning of the ball / shuttle to a partner.	Individual work.	Basic rolls such as log and teddy bear.	Attempt different throwing and jumping field events.	Aim at large targets from short distances.
Small amount of basic rules.	Basic catching skills – two hands.	Short rallies.	Directions.	Link basic jumps and rolls together as an individual.	Take part in a team in relay events.	Perform several speeds in different situations.
No positions included.	Basic batting skills.	Adapted scoring.	Teacher led routine.	Teacher led routines.		Work with others to analyse different situations and make decisions in more closed situations.
No focus on winning and losing but taking part.	Basic rules of the games.	Single games.				Work in small groups in different situations.
Large balls.	Introducing different positions.					Implement simple tactics in different situations with teacher help.



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Physical Education Impact

At the end of each topic teachers will evaluate what knowledge and skills pupils have gained within Key Concepts.

Key Concept	Meeting expectations
Outwitting Opponent	I can dribble a ball with the correct body part or equipment
	I can pass a ball to a partner with the correct body part or equipment
	I can mark the other team players
	I can shoot with a ball at the goal / basket
	I can avoid the goalkeeper to score a penalty kick
	I can stop a goal being scored using the correct body part or equipment
	I can hold a racket using the handshake grasp
	I can balance a ball on a flat racket whilst stationary
	I can hit a ball or shuttlecock using the correct technique
	I can attempt a rally with my partner
	I can bowl a ball
	I can throw a ball underarm
	I can catch a ball with two hands
	I can hit a ball using a bat
	I can work as a team
I can follow the basic rules and play small sized games	
Accurate Replication of Actions	I can copy and repeat simple dance patterns shown to me
	I can copy a short routine accurately
	I can travel in different ways (walk, skip, crawl) and directions
	I can change my shape and size on command
	I can show co-ordination in my dance moves
	I can count a beat of 8 and move to it
	I can point and flex my toes
	I can understand dance vocabulary (step, clap, tap, jump, slide, hop)
	I can travel on the ground and on, over and under equipment
	I can walk in a straight line
	I can balance on both legs individually for 5 seconds
	I can perform different jumps e.g. star and pencil
I can perform different rolls e.g. log and teddy bear	



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	I can link jumps and rolls together
	I can follow a routine
	I can understand gymnastics vocabulary (travel, roll, balance)
Performing at Maximum Levels	I can run at a slow pace (jogging) on my toes
	I can run at a fast pace (sprinting) on my toes
	I can run in a straight line
	I can use my arms correctly to help me to run faster
	I can work as a team
	I can show different throwing and jumping techniques
	I can set myself a target (e.g. to run a certain distance faster, to throw further) with support
Exercise Safely and Effectively	I can tell you what it means to be active
	I can tell you what being healthy is
	I can name my main body parts