

## Year 1 PE Long Term Plan

	Autumn 1	Autumn 1	Autumn 2	Autumn 2	Spring 1	Spring 1
Topic	Gymnastics	Dance	Gymnastics	Ball skills	Target Games	Athletics
Week 1	Lesson 1: to explore travelling movements	Lesson 1: to use counts of 8 to move in time and make my dance look interesting	Lesson 7: to develop technique and control when performing shape jumps	Lesson 1: to develop dribbling a ball with your hands	Lesson 1: to develop underarm throwing towards a target	Lesson 1: to move at different speeds over varying distances
Week 2	Lesson 2: to develop and combine travelling movements	Lesson 2: to explore pathways in my dance	Lesson 8: to develop technique and control when performing shape jumps	Lesson 2: to explore accuracy when rolling a ball	Lesson 2: to develop throwing for accuracy	Lesson 2: to develop balance
Week 3	Lesson 3: to develop quality when performing and linking shapes	Lesson 3: to create my own dance using actions, pathways and counts	Lesson 9: to develop technique in the barrel, straight ,forward roll	Lesson 3: to explore throwing with accuracy towards a target	Lesson 3: to develop underarm and overarm throwing at a target.	Lesson 3: to develop changing direction quickly
Week 4	Lesson 4: to develop quality when linking shapes	Lesson 4: to explore speeds and actions in our pirate inspired dance	Lesson 10: to develop rolls and use them in a sequence	Lesson 4: to explore catching with two hands	Lesson 4: to develop throwing for accuracy and distance using under and overarm	Lesson 4: to explore hopping, jumping and leaping for distance
Week 5	Lesson 5: to develop stability and control when performing balances	Lesson 5: to copy, remember and repeat actions that represent the theme	Lesson 11: to link gymnastic actions to create a sequence	Lesson 5: to explore dribbling a ball with your feet	Lesson 5: to select the correct throw for the target	Lesson 5: to develop throwing for distance
Week 6	Lesson 6: to develop stability and control when performing balances	Lesson 6: to copy, repeat, create and perform actions that represent the theme	Lesson 12: to develop quality in gymnastic sequences	Lesson 6 :to explore tracking a ball that is coming towards me	Lesson 6: to develop throwing for accuracy and distance	Lesson 6: to develop throwing for accuracy

	Spring 2	Spring 2	Summer 1	Summer 1	Summer 2	Summer 2
Topic	Fundamentals	Send and Receive	Striking and Fielding	Net and Wall games	Invasion Games	Sports Day
Week 1	Lesson 1: to explore balance, stability and landing safely	Lesson 1: to develop rolling and throwing a ball towards a target	Lesson 1: to develop underarm throwing and catching	Lesson 1: to defend space using the ready position	Lesson 1: to understand the role of defenders and attackers	Lesson 1: to practise Sports Day events
Week 2	Lesson 2: to explore how the body moves differently when running at different speeds	Lesson 2: to develop receiving a rolling ball and tracking skills	Lesson 2: to develop overarm technique	Lesson 2: to play against and opponent and keep score	Lesson 2: to recognise who to pass to and why	Lesson 2: to practise Sports Day events
Week 3	Lesson 3: to explore changing direction and dodging	Lesson 3: to be able to send and receive a ball with your feet	Lesson 3: to develop hitting a ball	Lesson 3: to explore hitting with a racket	Lesson 3: to move towards a goal with a ball	Lesson 3: to practise Sports Day events
Week 4	Lesson 4: to explore jumping, hopping and skipping actions	Lesson 4: to develop throwing and catching skills over a short distance	Lesson 4: to develop collecting a ball	Lesson 4 ; to develop racket and ball skills	Lesson 4: to support a teammate when playing in attack	Lesson 4: Rounders
Week 5	Lesson 5: to explore co-ordination and combination jumps	Lesson 5: to develop throwing and catching over a longer distance	Lesson 5: to learn how to get a batter out	Lesson 5: to develop sending a ball using a racket	Lesson 5: to move into space showing an awareness of defenders	Lesson 5: Benchball
Week 6	Lesson 6: to explore combination jumping and skipping in an individual rope	Lesson 6: to apply sending receiving skills to small games	Lesson 6: to play games and understand how to score points	Lesson 6 :to develop hitting over a net	Lesson 6: to stay with a player when defending	Lesson 6: Rounders