

Tickhill Estfeld School
Year 1 - PE Teaching Sequence 2022-23

Year 1				
Autumn Term 1			Autumn Term 2	
Lesson	Athletics	Football	Dance	Fundamentals/multi skills
1	<p>LO: To move at different speeds over varying distances</p> <p>SC: Run using opposite leg forward to arm</p> <p>Take bigger strides when running fast</p> <p>Use a slower pace for longer distances</p>	<p>LO: To develop controlling the ball</p> <p>SC: I am beginning to use simple tactics.</p>	<p>LO: Theme: Weather - To use counts of 8 to move in time and make my dance look interesting</p> <p>SC: Count evenly to the beat</p> <p>Use clear actions</p> <p>Use levels to make your dance look interesting</p>	<p>LO: To explore balance, stability and landing safely</p> <p>SC: Look ahead when you land</p> <p>Show hopping and jumping movements with soft bent knees</p>
2	<p>LO: To develop balance</p> <p>SC: Jump and land with soft knees</p> <p>Keep your chest up whilst moving</p> <p>Move slowly to help you maintain balance</p>	<p>LO: To develop passing to a teammate</p> <p>SC: I can dribble, pass, receive and shoot the ball</p>	<p>LO: Theme: Weather - To explore pathways in my dance</p> <p>SC: Draw the pathways as you travel</p> <p>Use a change of direction and speed to make your dance look interesting</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>LO: To explore how the body moves differently when running at different speeds</p> <p>SC: Keep a steady breath</p> <p>Move your arms faster to help you to move forward quickly</p> <p>Run the balls of your feet</p>
3	<p>LO: To develop agility and co-ordination</p>	<p>LO: To be able to control the ball with different parts of the body</p>	<p>LO: Theme: Weather - To create my own dance using, actions, pathways and counts</p>	<p>LO: To explore changing direction and dodging</p>

	<p>SC: Bend low and push off quickly to change direction</p> <p>Keep your chest up whilst moving</p> <p>Keep your feet shoulder width apart when changing direction</p>	<p>SC: I can find space away from others and near to my goal</p>	<p>SC: Discuss and share ideas with a partner to create your actions</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>SC: Decide which direction you are going to move into</p> <p>Move your feet to change direction</p> <p>Push off in a new direction, staying on balance</p>
4	<p>LO: To explore hopping, jumping and leaping for distance</p> <p>SC: Bend your knees and land with control</p> <p>Look forwards as you jump</p> <p>Swing your arms forward when jumping</p>	<p>LO: To develop changing direction with the ball</p> <p>SC: I am starting to provide feedback using key words</p>	<p>LO: Theme: Pirates - To explore speeds and actions in our pirate inspired dance</p> <p>SC: Use clear actions</p> <p>Use counts of 8 to help you stay in time with the music and each other</p>	<p>LO: To explore jumping, hopping and skipping actions</p> <p>SC: Land on the balls of your feet to stay balanced</p> <p>Move from one foot to another with soft bent knees</p> <p>Swing your arms to help you to move forwards</p>
5	<p>LO: To develop throwing for distance</p> <p>SC: Step forward with opposite foot to throwing arm</p> <p>Throw with a balanced stance</p> <p>Use an underarm throw for a short distance and an overarm throw for a further distance</p>	<p>LO: To jockey/track an opponent</p> <p>SC: I can track an opponent to slow them down</p>	<p>LO: Theme: Pirates - To copy, remember and repeat actions that represent the theme</p> <p>SC: Use clear actions</p> <p>Use expression to help to tell the story</p>	<p>LO: To explore co-ordination and combination jumps</p> <p>SC: Bend your knees to jump and land</p> <p>Count in time to the beat 1, 2, 3, 4</p> <p>Keep your body upright</p>
6	<p>LO: To develop throwing for accuracy</p>	<p>LO: To be able to apply the rules and tactics you have learnt to play in a football tournament</p>	<p>LO: Theme: Pirates - To copy, repeat, create and perform actions that represent the theme</p>	<p>LO: To explore combination jumping and skipping in an individual rope</p>

	<p>SC: Increase the swing of your arm to throw the beanbag further</p> <p>Point your hand at your target after you throw</p> <p>Step forward with opposite foot to throwing arm</p>	<p>SC: I am beginning to understand my role as an attacker and as a defender.</p>	<p>SC: Draw the shape of the pathway as you travel</p> <p>Use levels to make your dance look interesting</p>	<p>SC: Keep your body upright</p> <p>Lift the rope over your head to your feet</p> <p>Turn the rope from the wrists</p>
	Spring Term 1		Spring Term 2	
	Gymnastics	Multi sports/target games	Sending and receiving	Invasion
1	<p>LO: To explore travelling movements</p> <p>SC: Use different body parts to travel on</p> <p>Use high and low levels to travel</p>	<p>LO: To develop underarm throwing towards a target</p> <p>SC: Keep your eyes on the target</p> <p>Opposite hand to point at the target</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p>	<p>LO: To develop rolling and throwing a ball towards a target</p> <p>SC: Bend down low, opposite foot to the arm you release with steps forward</p> <p>Finish with your hand where you want the ball to go</p>	<p>LO: To understand the role of defenders and attackers</p> <p>SC: Keep the ball close your feet using soft touches</p> <p>Push the ball slightly ahead of you when dribbling at speed</p>
2	<p>LO: To develop quality when performing and linking shapes</p> <p>SC: Squeeze your muscles to make them feel hard and tense when in a shape</p>	<p>LO: To develop throwing for accuracy</p> <p>Keep your eyes on the target</p> <p>Opposite hand to point at the target</p> <p>Stand with your legs split, opposite leg to throwing arm forwards.</p>	<p>LO: To develop receiving a rolling ball and tracking skills</p> <p>SC: Check the receiver is looking at you before passing</p> <p>Move from the ready position to track the ball</p>	<p>LO: To recognise who to pass to and why</p> <p>SC: Look where your teammate is before sending the ball</p> <p>Pass away from the defender so that they cannot gain possession</p>

		Time the release of the throw	Watch the ball and get your body behind it by moving your feet as it comes towards you	Use the inside of your foot to pass
3	<p>LO: To develop stability and control when performing balances</p> <p>SC: Be as still as a statue in your balance</p> <p>Hold your balances for 5 seconds</p> <p>Squeeze your muscles so that they feel hard</p>	<p>LO: To develop underarm and overarm throwing for accuracy</p> <p>SC: Face your body and target arm towards the target (underarm)</p> <p>Face your body side-on (overarm)</p> <p>High-5 the sky to 'stick' the throw</p> <p>The beanbag starts by your ear (overarm)</p>	<p>LO: To be able to send and receive a ball with your feet</p> <p>SC: Place your foot behind the ball to cushion it</p> <p>Watch the ball as it comes towards you</p>	<p>LO: To move towards goal with the ball</p> <p>SC: Keep the ball close to you to keep control of it</p> <p>Keep your head up to see the defender</p> <p>Move away from a defender and into space</p>
4	<p>LO: To develop technique and control when performing shape jumps</p> <p>SC: Bend your knees when landing</p> <p>Keep looking straight ahead when landing</p>	<p>LO: To develop throwing for accuracy and distance using underarm and overarm</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p>	<p>LO: To develop throwing and catching skills over a short distance</p> <p>SC: Check the receiver is looking at you before passing</p> <p>Use two hands and wide fingers to catch the ball</p> <p>Watch the ball as it comes towards you</p>	<p>LO: To support a teammate when playing in attack</p> <p>SC: Move away from a defender and into space</p> <p>Point your hands in the direction of the pass</p>

5	<p>LO: To develop technique in the barrel, straight and forward roll</p> <p>SC: Keep in the same shape throughout the roll</p>	<p>LO: To select the correct technique for the situation</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p> <p>The beanbag starts by your ear (overarm)</p>	<p>LO: To develop throwing and catching over a longer distance</p> <p>SC: Let go of the ball when your hand is pointing at the target</p> <p>Use two hands and wide fingers to catch the ball</p>	<p>LO: To move into space showing an awareness of defenders</p> <p>SC: Call to your teammate when you are free</p> <p>Look out for defenders and move into space towards your goal</p>
6	<p>LO: To link gymnastic actions to create a sequence</p> <p>SC: Use a starting and finishing position</p> <p>Use rolls, jumps, balances and travelling movements in your sequence</p>	<p>LO: To develop throwing for accuracy and distance</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p> <p>Time the release of the throw</p>	<p>LO: To apply sending and receiving skills to small games</p> <p>SC: After you have passed the ball move to a new space</p> <p>Send the ball into space away from fielders</p>	<p>LO: To stay with a player when defending</p> <p>SC: Start sideways so that you can see your attacker and the ball</p> <p>Stay close to your attacker and the ball</p>
	Summer Term 1		Summer Term 2	
	Ball Skills	Sending and Receiving	Target Games	Striking and Fielding
1	<p>LO: To develop control and co-ordination when dribbling a ball with your hands</p>	<p>LO: To develop rolling and throwing a ball towards a target</p>	<p>LO: To develop underarm throwing towards a target</p>	<p>LO: To develop underarm throwing and catching and</p>

	<p>SC: Use soft touches with your hands to keep good control</p> <p>Use wide fingers to move the ball</p>	<p>SC: Bend down low, opposite foot to the arm you release with steps forward</p> <p>Finish with your hand where you want the ball to go</p>	<p>SC: Keep your eyes on the target</p> <p>Opposite hand to point at the target</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p>	<p>apply these in small sided games</p> <p>SC: Point your hand where you want the ball to go</p> <p>Step forward with your opposite foot to your throwing arm</p> <p>Use two hands to collect the ball</p> <p>Watch the ball when it is coming towards you</p>
2	<p>LO: To explore accuracy when rolling a ball</p> <p>SC: Keep your eyes on the target</p> <p>Release the ball when your fingertips are pointing at your target</p> <p>Use wide fingers to control the ball</p>	<p>LO: To develop receiving a rolling ball and tracking skills</p> <p>SC: Check the receiver is looking at you before passing</p> <p>Move from the ready position to track the ball</p> <p>Watch the ball and get your body behind it by moving your feet as it comes towards you</p>	<p>LO: To develop throwing for accuracy</p> <p>SC: Keep your eyes on the target</p> <p>Opposite hand to point at the target</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p> <p>Time the release of the throw</p>	<p>LO: To develop overarm throwing</p> <p>SC: Point your hand where you want the ball to go</p> <p>Step forwards with your opposite foot to throwing hand</p>
3	<p>LO: To explore throwing with accuracy towards a target</p>	<p>LO: To be able to send and receive a ball with your feet</p>	<p>LO: To develop underarm and overarm throwing for accuracy</p>	<p>LO: To develop striking a ball with my hand and equipment</p>

	<p>SC: Face your body and target arm towards the target</p> <p>Release the ball when your fingertips are pointing at your target</p> <p>Stand with your legs split (one in front of the other)</p>	<p>SC: Place your foot behind the ball to cushion it</p> <p>Watch the ball as it comes towards you</p>	<p>SC: Face your body and target arm towards the target (underarm)</p> <p>Face your body side-on (overarm)</p> <p>High-5 the sky to 'stick' the throw</p> <p>The beanbag starts by your ear (overarm)</p>	<p>SC: Strike the ball using the centre of the racket</p> <p>Watch the ball as it is coming towards you</p>
4	<p>LO: To explore catching with two hands</p> <p>SC: Keep your eyes on the ball</p> <p>Use a ready position with knees bent, feet shoulder width apart, on your toes</p> <p>Use wide fingers with little fingers together (hands-down position)</p>	<p>LO: To develop throwing and catching skills over a short distance</p> <p>SC: Check the receiver is looking at you before passing</p> <p>Use two hands and wide fingers to catch the ball</p> <p>Watch the ball as it comes towards you</p>	<p>LO: To develop throwing for accuracy and distance using underarm and overarm</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p>	<p>LO: To collect a ball when fielding</p> <p>SC: Get in front of the ball</p> <p>Use two hands to collect the ball</p>
5	<p>LO: To explore control and co-ordination when dribbling a ball with your feet</p> <p>SC: Keep the ball close to you (under your nose)</p> <p>Use both feet to move the ball</p>	<p>LO: To develop throwing and catching over a longer distance</p> <p>Let go of the ball when your hand is pointing at the target</p> <p>Use two hands and wide fingers to catch the ball</p>	<p>LO: To select the correct technique for the situation</p> <p>SC: Face your body and target arm towards the target</p>	<p>LO: To understand how to get a batter out</p> <p>SC: When batting, bat away from the fielders</p> <p>When fielding, retrieve the ball and send it to the bowler</p>

	Use different parts of your foot (sole, toe, heel, inside, outside)		Face your body side-on (overarm) Stand with your legs split, opposite leg to throwing arm forwards The beanbag starts by your ear (overarm)	
6	LO: To explore tracking a ball that is coming towards me SC: Adjust your body, so that it is in line with the ball Keep your eyes on the ball	LO: To apply sending and receiving skills to small games SC: After you have passed the ball move to a new space Send the ball into space away from fielders	LO: To develop throwing for accuracy and distance SC: Face your body and target arm towards the target Face your body side-on (overarm) Stand with your legs split, opposite leg to throwing arm forwards Time the release of the throw	LO: To develop decision making and understand how to score points SC: Make decisions about when to run by looking at the ball and fielders Run around the outside of the bases after you have hit the ball