



Physical Education Long Term Objectives



Year 1	Autumn	
	<u>Termly Objectives</u>	
	<p>Games - Throwing and Catching</p> <ul style="list-style-type: none"> • Roll a ball and pick it up as it slows down • Develop a simple underarm throw • Throw a ball into space • Catch a ball with two hands • Catch a ball in one hand 	<p>Gymnastics - Salute the Sun</p> <ul style="list-style-type: none"> • Stretch their body up smoothly • Move between poses while keeping balanced • Arch their back up, and dip their back down, smoothly • Repeat the yoga sequence with minimal support • Adapt yoga poses to their own need. • Transition smoothly between yoga poses. • Balance on one leg • Create a short sequence of yoga poses • Demonstrate a yoga pose to the class • Breathe smoothly while in poses
	Spring	
<u>Termly Objectives</u>		
<p>Dance - Seasons</p> <ul style="list-style-type: none"> • Show control as they travel, jump and spin • Identify which part of a performance may need to be improved • Keep to the beat of the music when performing • Improvise independently and adapt previous ideas to include in a dance • work effectively within a group to perform in canon • combine actions to create a short motif • mirror the movements of a partner • Copy and repeat actions in time with the music • Suggest some ways to improve their movements 	<p>Gymnastics - Traditional Tales</p> <ul style="list-style-type: none"> • Adapt star, straight and tuck shapes to create balances showing some control • Choose and perform two contrasting balances showing some control. • Travel and balance in different ways, showing changes in speed and direction. • Create a sequence using a range of controlled balances and different ways of travelling. • Maintain a clear body shape when performing a log and egg roll. • Perform a controlled straight jump on the floor, landing safely and using arms to gain height. • Create their own sequence using a variety of rolls and balances. • Perform a front support wheelbarrow and support their partner in this position. • Identify examples of quality balances and controlled rolls in a sequence that they have watched and identify some skills needed for effective teamwork • Create an interesting sequence using a range of skills that they have practised 	



Physical Education Long Term Objectives



- Talk about their learning by identifying which skills they need to practise further.

Summer

Termly Objectives

Games - Running and Jumping

- Run at different speeds, recognising the difference between walking, jogging and sprinting
- Move along a wide range of pathways
- Jump as high and as far as possible using correct technique
- Use different ways of jumping
- Land safely with control

Games - Sports Day

- Sprint in a straight line and explain what they can do to move faster
- Change direction quickly when sprinting
- Balance an egg on a spoon while travelling forwards
- Jump from two feet to two feet in different directions, e.g. forwards, sideways, backwards
- Use their arms and legs to help them jump further
- Jump the course while remaining in the sack
- Throw underarm with control throw overarm with control
- Throw accurately to reach a target.
- Move a football using the inside of the foot and demonstrate some control.
- Stop a moving ball and quickly change direction.
- Alternate between jumping and hopping across an agility ladder
- Move equipment between hoops independently
- Jump over a series of hurdles without stopping running first.