

Physical Education

Year group: 1

Term: Autumn 1

Prior knowledge

The children will have understood walking and moving into space, changing direction and keeping away from the defenders.

National Curriculum Objectives

- 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



Topic overview



Locomotion - Running

The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.

By the end of this unit, I will be able to:

Doing - Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.

Thinking - Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.

Team Work - Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.

Wellbeing - Pupils will develop life skills such as honesty and self-belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Key vocabulary

- Running
- Space
- Moving
- Rules
- Space