

Physical Education

Year group: 1

Term: Spring 1

Topic overview – Heroes (Dance)



The unit of work will challenge pupils to respond to the stimulus (heroes) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.

Prior knowledge

Pupils will have knowledge of exploring and creating simple movement sequences. Pupils will have responded to words and music using their bodies and props.

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



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

Doing - Pupils will move their bodies with big actions linked to the idea of 'ourselves'

Thinking - Pupils will develop their curiosity and imagination as they experiment moving in different ways.

Team Work - Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.

Wellbeing - Pupils will develop their self-belief as they move and travel with confidence.

Key vocabulary

- Balance
- Freeze
- Position