

The Hangout Curriculum PE



| Cycle 1 | | | | | |
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| Autumn Term | | Spring Term | | Summer Term | |
| Going to the Zoo | | Our Country | | The Great Outdoors | |
| Balls Skills | Gymnastics (Flight) | Throwing and Catching (Y1) | Dance (Y1) | Boccia | Athletics (Y1 Unit 1) |
| Focus on ball skills and games.pdf | Flight.pdf | Throwing & Catching.pdf | Dance | Boccia | Athletics Unit 1.pdf |
| <ul style="list-style-type: none"> To know and show different ways of using a ball To understand how to use apparatus for its intended purpose To observe, copy and play games as an individual and in pairs To move safely and actively | <ul style="list-style-type: none"> To bounce, hop, spring and jump using a variety of take offs and landings. To observe, recognise and copy different body shapes To link together two or more actions with control and be able to repeat them. To describe what they see using appropriate vocabulary. | <ul style="list-style-type: none"> To throw and catch using a range of apparatus. To understand the concept of aiming games. Change the rules to make the game harder. Move actively and safely about the space when using equipment. | <ul style="list-style-type: none"> Explore actions in response to stimuli Know and perform basic dance skills in relation to dance ideas. Explore a range of movements suitable to the idea and link them together. Observe each other dancing and describe what they see. | <ul style="list-style-type: none"> The background to boccia; The basic concept and rules of boccia; Some boccia-based games that can help young people to develop basic skills and understanding of boccia; Ways of adapting and modifying the game to facilitate | <ul style="list-style-type: none"> Remember and repeat a series of running, throwing and jumping activities with growing control. Familiarise themselves with equipment and use it appropriately Recognise how their bodies feel in different activities Watch, copy and describe what others have done. |

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| | | | | <ul style="list-style-type: none">the participation of young people with a range of abilities | |
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