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| Year 1 National Curriculum Objectives |
| Autumn Term | Spring Term | Summer Term |
| **Athletics*** 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.

**OAA*** 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.
 | **Gymnastics*** 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.

**Invasion Games*** 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.
* Participate in team games, developing simple tactics for attacking and defending.
 | **Striking and Fielding*** 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.
* Participate in team games, developing simple tactics for attacking and defending.

**Dance*** Perform dances using simple movement patterns.
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| Year 1 Key Skills |
| **Athletics*** Run, throw, Jump
* Develop skill of running fast
* Develop skill of hopping
* Develop skill of rolling a ball
* Develop skill of changing direction

**OAA*** Team building activities
* Basic map reading
* Basic Problem Solving
 | **Gymnastics*** Develop the basic skills of travelling
* Develop basic skills of rolling.
* Develop basic skills of jumping.
* Perform basic skills with straight and tuck shapes
* To link movements together
* Link travel, roll and jump with two different shapes
* Create a sequence on the floor and adapt to apparatus

**Invasion Games*** To explore the skill of running fast
* To explore rolling different equipment
* To explore skill of jumping
* To develop rolling skill
* Explore dodging
* Apply simple tactics
* Work in a group
 | **Striking and Fielding*** To develop skill of throwing underarm for accuracy
* To develop the skill of throwing overarm for distance
* Develop the skill of running
* Develop the skill of striking a ball from a tee

**Dance*** Explore different ways of travelling and using space
* Create travelling patterns using a stimulus
* Create pathways using a stimulus
* Develop simple dance phrases
* Change speed and direction
* Explore basic body patterns
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| Year 1 Curriculum Enrichment Opportunities |
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