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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. |
| 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 |
| Year 1 Curriculum Enrichment Opportunities | | |
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