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| **Stakesby PE – Y1 – Autumn Term** **Catching & Throwing, Agility & Coordination, Shooting for Targets, Balance, Spatial Awareness** |

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| **National Curriculum PoS – PE KS1** |
|  Pupils should be taught to:* 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
* Perform dances using simple movement patterns.
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| **Key things to do** |
| **Catching & Throwing** | **Agility & Coordination** |
| * Can children use the underarm throw to accurate hit a target?
* Can children catch and throw a range of balls while standing still? (from large to small, including those which are not spherical – e.g a rugby ball)
* Can children catch and throw a range of balls, increasing the distance between them?
* Can children catch and throw a range of balls, increasing the pace of the action?
* Can children throw a foam javelin in a straight line using a shoulder throw?
 | * Can children hop on their left foot? Their right foot? Jump with two feet together?
* Can children jump either side of a line, increasing in speed?
* Can children jump into hoops in a series?
* Can children jump over small hurdles? Can they do it over a succession of hurdles?
* Can children use an agility ladder with one foot in each square? Two feet? Two feet at the same time?
* Can children run and jump in succession, using hurdles?
* Can children identify where they need to bend/duck in order to access a space? E.g. through a crawl net? Through a tunnel?
* Can children alternate between passing a ball ‘under and over’?
* Can children run through a series of cones/poles, changing direction with their bodies? Can they do this whilst balancing a rubber hoop on their head? Or with a beanbag on their head? Can they increase speed?
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| **Shooting for Targets** | **Balance & Spatial Awareness** |
| * Can children throw objects, such as beanbags, into targets (such as hoops) which decrease in size and increase in distance?
* Can children use the inside of their foot to dribble a ball around a cone? Into a net? Against a target? Against targets which increase in difficulty/decrease in size?
* Can children use the inside of their foot to pass a ball to each other?
 | * Can children balance on the spot with two feet together? On their right leg? On their left leg? Can they do it with a rubber hoop balancing on their head? Can they balance a bean bag?
* Can children balance using different areas of their bodies? One hand one foot? One hand two feet? Two hands one foot? Etc
* Can children balance along a bench? A skipping rope laid on the floor?
* Can they move quickly without bumping into anything?
* Can they jump from a bench onto the floor using a star jump? Pencil jump? Landing without travelling?
* Can children hop/ jump from spot to spot without falling off?
* Can children hold a position on a mat? Can children follow/ form a small sequence of balances?
* Can pupils complete a forward roll? Can they use it to move from one balance to another?
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| **Key Vocabulary** |
| **From Reception**Catch, throw, stretch, move, shoot, target, space, balance, hop, jumpTravel, dribble, strike, agile/agility, sequence, direction, position, hurdle, javelin |