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| **Stakesby PE – Y1 – Autumn Term**  **Catching & Throwing, Agility & Coordination, Shooting for Targets, Balance, Body Management & 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 accurately hit a target? * Can children catch and throw a range of balls while standing still? (from large to small, including hard and soft balls) * Can children catch and throw a range of balls, increasing the distance between them? Can they identify which throw they need for a longer distance? * 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? |
| **Shooting/Striking 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 hit a stationary ball with a kwik cricket bat? * Can they hit a soft ball being bowled slowly underarm? | * 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 pencil roll and egg roll? Can they 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, jump  Travel, dribble, strike, agile/agility, sequence, direction, position, hurdle, javelin |