Phase 1 Physical Education– Learning Journey

Striking and Fielding Games

In this unit, pupils will develop their understanding of the principles of defending and attacking for striking and fielding games. They will learn how to score points, play the rules and use simple tactics.

- I can track a rolling ball and collect it
- I can develop underarm throwing and catching to field a ball
- I am able to get a batter out
- I can develop overarm throwing to limit a batter's score.
- I can develop hitting for distance to score more points
- I can understand the rules of the game and use these to play fairly

Invasion Games

Pupils will develop their understanding of the principles of defending and attacking for invasion games. They will play uneven and even sides games. They will learn how to score points and learn to play the rules.

- I can apply simple tactics for attacking and defending
- I can mark an opponent and understand that this is a defending skill
- I can explore how to gain possession
- I understand that stopping goals is a defending skill and explore ways to do this
- I understand that scoring goals is an attacking skill and can explore ways to do this
- I understand what being in possession means and support a teammate to do this
- I can send and receive a ball using a racket
- I can develop my throwing and catching skills
- I can send and receive a ball with my feet
- I can roll a ball towards a target
- I can track and receive a rolling ball

Sending and Receiving

In this unit the children will develop their sending and receiving skills including throwing and catching, rolling, kicking and tracking a ball

Gymnastics

In this unit, pupils will learn, explore and develop basic gymnastic actions on the floor and using apparatus. They will develop skills of jumping, rolling, balancing and travelling individually and in combination to create sequences.

- I can develop and refine rolling and sequence building
- I can link travelling actions and balances using apparatus
- I can use shapes to create balances
- I can create a sequence using apparatus
- I can demonstrate and develop, different shapes, take offs and landings when performing jumps
- I can perform gymnastic shapes with control and link them together

Dance

In this unit, the children will explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance. They will compose and perform dances that express and communicate moods, ideas and feelings.

- I can explore different feelings using music as a stimuli, mirroring movements of a partner
- I can adapt a dance sequence to communicate a mood or feeling
- I can create a dance phrase using music as the stimulus
- I can change the order of movements to create a dance sequence using contrasting feelings
- I can perform a movement phrase that illustrates a feeling
- I can explore different travelling movements that express a feeling

Ball Skills

In this unit the children will explore and develop fundamental ball skills such as throwing and catching and rolling and dribbling with both feet.

- I can explore accuracy when rolling a ball
- I can catch with two hands
- I can dribble a ball with my feet
- I can develop dribbling a ball with my hands
- I can explore throwing with accuracy towards a target
- I can track a ball that is coming towards me

Y2

Net and Wall Games

In this unit, the children will develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into a space.

- I can develop hitting over a net
- I can develop sending a ball using a racket
- I can explore hitting with a racket
- I can develop racket and ball skills
- I can play against an opponent and keep score
- I can defend space using the ready position
- I can explore develop throwing for distance and accuracy
- I can explore hopping, jumping and leaping for distance
- I can change direction quickly
- I can develop balance
- I can move at different speeds over varying distances

Athletics

In this topic, the pupils will develop skills required in athletic activities such as changing direction and jumping and throwing. They will measure performance, competing to improve their own scores and against others.

- I can develop throwing and catching skills over short and long distances
- I can develop receiving a rolling ball and tracking skills
- I can develop technique in the barrel, straight and forward rolls and use them in sequences
- I can develop stability and control when performing balances
- I can apply sending and receiving skills to small games
- I am able to send and receive a ball with my feet
- I can develop rolling and throwing a ball towards a target

Sending and Receiving

In this topic, pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking and tracking a ball.

- I can link gymnastic actions to create a sequence
- I can develop technique when performing shape jumps
- I can develop quality when performing and linking shapes
- I can explore, develop and combine travelling movements

Gymnastics

In this topic, the children will explore and develop basic gymnastics on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.

- I can perform a dance sequence in a group using changes of speed
- I can create a dance sequence focused on movement qualities
- I can create a dance sequence with a clear beginning, middle and end
- I can create the beginning of a dance sequence

Dance

In this topic the children will move confidently and safely exploring basic actions. They will create and repeat short dances based on a variety of stimuli

- I can explore changes of speed and level using shapes and actions
- I can explore co-ordination and combination jumps
- I can explore changing direction and dodging
- I can explore balance, stability and landing safely
- I can explore how the body moves differently when running at different speeds
- I can explore jumping, hopping and skipping actions
- I can explore combination jumping and skipping on an individual rope
- I can identify qualities of movement and apply them to portray a character

Fundamentals

In this topic the children will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.

Y1

Celebrating uniqueness, aiming high, learning together