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| **Year 1 Invasion Games****Curriculum Link:****To participate in team games, developing simple tactics for attacking and defending; 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** |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Previous Learning** | **Competing and Performing** |
| Subject Name: **PE**Year Group: **1**Term: **3 (H2)**Unit Name: **Invasion Games****Spiritual Development**Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. | **Physical Development*** Negotiate space and obstacles safely, with consideration for themselves and others.
* Demonstrate strength, balance and coordination when playing.
* Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

**Personal, Social and Emotional Development*** Work and play cooperatively and take turns with others
* Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
* Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

**Other*** Create a short sequence of movements.
* Roll in different ways with control.
* Travel in different ways.
* Stretch in different ways.
* Jump in a range of ways from one space to another with control.
* Begin to balance with control.
 | * Engage in competitive activities and team games.
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| **Big Ideas** | **Year 1 Learning** | **Health and Fitness & Preparation** |
| To develop skills in sending, receiving and dribbling a ball. To understand attacking and defending and what ‘being in possession’ means. To play competitively, score points, follow rules and use simple tactics. | * To be able to use simple attacking and defending skills in a game.
* To develop dribbling with hands.
* To develop throwing to a teammate.
* To develop co-ordination when throwing and catching.
* To be able to identify areas of hands to use when dribbling or travelling with a ball.
* To develop dribbling with feet.
* To develop kicking a ball and stopping a ball using a confident foot.
* To develop passing to a teammate with feet.
* To develop taking a ball towards a target.
* To develop co-ordination when throwing and catching.
* To be able to throw underarm, bounce & catch ball by self & with partner.
 | * Recognise and describe how the body feels during and after different physical activities.
* Explain what they need to stay healthy.
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| **Key Information** | **Learning** | **Key PE Skills** |
| **Vocabulary** | **Future Learning:** | **Evaluation and Communication** |
| attack defend shoot hitthrow pass catchdribble  | goal warm-up cool-down kick score pitchteamwork | • Use at least one technique to attack or defend to play a game successfully.• Develop control when dribbling with hands.• Identify that dribbling can use both hands (not simultaneously).• Develop control and accuracy when throwing to a teammate.• To identify the importance of having hands ready to catch (w shape).• Develop the bounce and chest pass.• Begin to combine stopping and pick up/collect to send a ball accurately to other players.• Develop control when dribbling a ball with feet.• Develop control when kicking a ball, using some correct technique i.e. inside foot.• Develop awareness of avoiding opposition whilst in control of the ball.• Develop taking a ball towards goal with some control.• Develop control and accuracy when throwing to a teammate.• Develop the bounce and chest pass.• To identify the importance of having hands ready to catch (w shape).• Make simple decisions about when/where to move to receive a ball. | * Watch or describe performances of themselves and others - begin to say what went well and what didn’t go well.
* Follow simple rules to play games, including team games.
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| **Glossary** |
| **Attack:** The team or parts of a team trying to score or get points, those in control of the ball. It is not just simply scoring; it is the actions of all the players on the team who have possession of the ball.**Defend:** The team or parts of a team trying to prevent the opponents from scoring or getting points, those trying to gain possession of the ball**Dribble:** Travelling with the ball in a particular direction.**Invasion Game**: A type of game that involves attacking an opponent’s zone with the aim of scoring a goal or point.**Cool Down**: Using gentle stretches and exercises to allow the body to return to rest after physical activity.**Possession**: When a player or team has the ball.**Striking and Fielding Games:** Players on the batting team strike an object and attempt to run between two points before the fielding team can get the object back.**Tactics**: Methods and plans that players and teams use to increase their chances of winning.**Warm Up**: Using gentle stretches and exercises to allow the body to be ready for physical activity. |