



Year 1 PE KNOWLEDGE Subject Map



Stretch and Movement Fundamentals	Stretch and Movement Gymnastics	Team, Building (OAA) Dance	Striking and Fielding Invasion (Rugby)	Net and Wall Sending and Receiving	Fundamental (Multi-skills) Athletics
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DRIVER WORDS		
Early Years	Year 1	Year 2
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance	Link movements, Perform sequences, Combine skills

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	K1. Running: understand that if I swing my arms it will help me to run faster. K2. Jumping: know that landing on the balls of my feet helps me to land with control. K3. Understand that if I bend my knees it will help me to jump further. K4. Throwing: know that stepping forward with my opposite foot to hand will help me to throw further. K5. Rules: know that rules help us to play fairly.	BALL SKILLS	K6. Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance. K7. Catching: know to watch the ball as it comes towards me. K8. Tracking: know to move my feet to get in the line with the ball. K9. Dribbling: know that moving with a ball is called dribbling.
DANCE	K10. Actions: understand that actions can be sequenced to create a dance. K11. Dynamics: understand that I can create fast and slow actions to show an idea. K12. Space: understand that there are different directions and pathways within space. K13. Relationships: understand that when dancing with a partner it is important to be aware of each other and keep in time. K14. Performance: know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished. K15. Strategy: know that if I use exaggerated actions it helps the audience to see them clearly.	FITNESS	K16. Agility: understand that bending my knees will help me to change direction. K17. Balance: know that looking ahead will help me to balance. K18. Co-ordination: know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing. K19. Speed: understand that if I swing my arms it will help me to run faster. Strength: understand that exercise helps me to become stronger. K20. Stamina: understand that when I move for a long time it can make me feel hot and I breathe faster.
FUNDAMENTALS	K21. Running: understand that bending my knees will help me to change direction. K22. Understand that if I swing my arms it will help me to run faster. K23. Balancing: know that looking ahead will help me to balance. K24. Know that landing on my feet helps me to balance. K25. Jumping: know that landing on the balls of my feet helps me to land with control. K26. Hopping: know that I should hop with a soft bent knee. K27. Skipping: know that I should use the opposite arm to leg when I skip. K28. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.	GYMNASTIC	K29. Shapes: understand that I can improve my shapes by extending parts of my body. K29. Balances: know that balances should be held for 5 seconds. K30. Rolls: know that I can use different shapes to roll. Jumps: know that landing on the balls of my feet helps me to land with control. K31. Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.
INVASION	K32. Sending & receiving: know to look at my partner before sending the ball. K33. Dribbling: know that moving with a ball is called dribbling. K34. Space: understand that being in a good space helps us to pass the ball. K35. Attacking: know that being able to move away from a partner helps my team to pass me the ball. K36. Defending: know that staying with a partner makes it more difficult for them to receive the ball. K37. Tactics: know that tactics can help us when playing games. K38. Rules: know that rules help us to play fairly.	NET AND WALL	K39. Hitting: know to use the centre of the racket for control. K40. Feeding: know to use an underarm throw to feed to a partner. K41. Rallying: know that throwing/hitting to my partner with not too much power will help them to return the ball. K42. Footwork: know that using a ready position will help me to move in any direction. K43. Tactics: know that tactics can help us to be successful when playing games. K44. Rules: know that rules help us to play fairly.
OUTDOOR ADVENTUROUS ACTIVITIES	K45. Problem solving: know that working collaboratively with others will help to solve challenges. K46. Navigational skills: know that deciding which way to go before starting will help me. K47. Communication: know that using short instructions will help my partner e.g. start/stop. K48. Reflection: identify when I am successful and make basic observations about how to improve. K49. Rules: know that rules help us to play fairly	STRIKING AND FIELDING	K50. Striking: understand that the harder I strike, the further the ball will travel. K51. Fielding: know that throwing the ball back is quicker than running with it. K52. Throwing: know which type of throw to use to throw over longer distances. K53. Catching: know to watch the ball as it comes towards me. K54. Tactics: know that tactics can help us when playing games. K55. Rules: know that rules help us to play fairly.
TARGET GAMES	K56. Throwing: know which type of throw to use for distance and accuracy. K57. Know that my body position will affect the accuracy of my throw. K58. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.	STRETCH AND MOVEMENT	K59. Balance: know that if I focus on something still it will help me to balance. K60. Flexibility: know that yoga helps to improve flexibility which we need in everyday tasks. K61. Strength: know that I can use my strength to move slowly and with control. K62. Mindfulness: understand that yoga can make me feel happy.



Year 1 PE SKILLS Subject Map



	SKILLS		SKILLS
ATHLETICS	S1.Running: explore running at different speeds. Jumping: develop balance whilst jumping and landing. S2.Explore hopping, jumping and leaping for distance. S3.Throwing: explore throwing for distance and accuracy.	BALL SKILLS	S4.Sending: roll and throw with some accuracy towards a target. S5.Catching: begin to catch with two hands. S6.Catch after a bounce. S7.Tracking: track a ball being sent directly. S8. Dribbling: explore dribbling with hands and feet
DANCE	S9.Actions: copy, remember and repeat actions to represent a theme. S10.Create my own actions in relation to a theme. S11.Dynamics: explore varying speeds to represent an idea. S12.Space: explore pathways within my performance. Relationships: begin to explore actions and pathways with a partner. S13.Performance: perform on my own and with others to an audience.	FITNESS	S14.Agility: change direction whilst running. S15.Balance: explore balancing in more challenging activities with some success. S16.Co-ordination: explore co-ordination when using equipment. Speed: explore running at different speeds. S17.Strength: explore exercises using my own body weight. S18.Stamina: explore moving for longer periods of time and identify how it makes me feel.
FUNDAMENTALS	S19.Running: explore changing direction and dodging. S20.Discover how the body moves at different speeds. S21.Balancing: move with some control and balance. S22.Explore stability and landing safely. S23.Jumping: demonstrate control in take off and landing when jumping. S24.Hopping: begin to explore hopping in different directions. S25.Skipping: show co-ordination when turning a rope. S26.Use rhythm to jump continuously in a French rope.	GYMNASTIC	S27.Shapes: explore basic shapes straight, tuck, straddle, pike. S28.Balances: perform balances making my body tense, stretched and curled. S29.Rolls: explore barrel, straight and forward roll progressions. S30.Jumps: explore shape jumps including jumping off low apparatus.
INVASION	S31.Sending & receiving: explore s&r with hands and feet to a partner. S32.Dribbling: explore dribbling with hands and feet. S33.Space: recognise good space when playing games. S34.Attacking: explore changing direction to move away from a partner. S35.Defending: explore tracking and moving to stay with a partner.	NET AND WALL	S36.Hitting: explore hitting a dropped ball with a racket. S37.Feeding: throw a ball over a net to land into the court area. S38.Rallying: explore sending a ball with hands and a racket. S39.Footwork: use the ready position to move towards a ball.
OUTDOOR ADVENTUROUS ACTIVITIES	S40.Problem solving: suggest ideas in response to a task. S41.Navigational skills: follow a path and lead others. S42.Communication: communicate simple instructions and listen to others.	STRIKING AND FIELDING	S43.Striking: explore striking a ball with their hand and equipment. S44.Fielding: develop tracking and retrieving a ball. Throwing: explore technique when throwing over and underarm. S45.Catching: develop co-ordination and technique when catching.
TARGET GAMES	S46.Throwing overarm: explore technique when throwing overarm towards a target. S47.Throwing underarm: explore technique when throwing underarm towards a target.	STRETCH AND MOVEMENT	S48.Balance: perform balances and poses making my body tense, stretched and curled. S49.Flexibility: explore poses and movements that challenge my flexibility. S50.Strength: explore strength whilst transitioning from one pose to another. S51.Mindfulness: recognise my own feelings in response to a task or activity.

PE VOCABULARY

attack, balance, catch, communicate, control, **defend**, dribble, exercise, **fielding**, fitness, **flexibility**, **footwork**, , games, health, healthy, hop, jump, movement, move, **perform**, rules, running, roll, **sending**, shape, skill, skip, space, speed, strength, **striking**, team, teamwork , throw, **tracking**, **transition**, travel