

Year 1 Skills and Vocabulary Progression

Year 1

Intent – aims and vocabulary

Implementation

Unit – Autumn 1	Unit Outcomes
<p>Gymnastics Unit 1 – 6 lessons</p> <ul style="list-style-type: none"> • Use simple gymnastics actions and shapes. • Apply basic strength to gymnastic actions. • Begin to carry apparatus. • Recognise like actions and link them. 	<p>To be able to To know</p> <div style="border: 1px solid #ccc; padding: 5px;"> <p>Head – Use words such as rolling, travelling, shape, jump, and take-off. Hand – Recognise like actions and link them together. Heart – Value other’s efforts when they perform; watch and listen.</p> </div> <p>Vocabulary</p> <p>Balance, body tension, tensed, relaxed, shape, stretched, curled, carry, control, extension, fast, hang, high, jump, like, link, low, safety.</p>

Unit – Autumn 2	Unit Outcomes
<p>Attack Defend Shoot – 6 lessons</p> <ul style="list-style-type: none"> • To recognise rules and apply them. • Use and apply simple strategies for invasion games. • Prepare for and explain the reasons why we enjoy exercise. 	<p>To know</p> <div style="border: 1px solid #ccc; padding: 5px;"> <p>Head – Discuss changes in the body brought about by exercise. Hand – Judge when and where to move to get in a defensive position. Heart – Cooperate to perform a range of challenges using skills such as signalling</p> </div> <p>Vocabulary</p> <p>Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch</p>

Unit – Autumn 1	Unit Outcomes
<p>Attack Defend Shoot Unit 1 – 6 lessons</p> <ul style="list-style-type: none"> • Practice basic movements, including running, jumping, etc. and begin to engage in competitive activities. • Experience opportunities to improve ABCs. 	<p>To be able to</p> <div data-bbox="994 264 2011 384" style="border: 1px solid black; padding: 5px;"> <p>Head – Make decisions about how to defend a target.</p> <p>Hand – Use change of direction and speed in open play.</p> <p>Heart – Show motivation to improve.</p> </div> <p>Vocabulary</p> <p>Attack, catch, compete, defend, over-arm, play against, receive, roll, rolling, send, throw, under-arm.</p>

Unit – Autumn 2	Unit Outcomes
<p>Dance Unit 1 – 6 lessons</p> <ul style="list-style-type: none"> • Respond to a range of stimuli and types of music. • Explore space, direction, levels and speeds and perform with different body parts. 	<p>To be able to</p> <p>Vocabulary</p> <p>Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle, end.</p>

Unit – Spring 1	Unit Outcomes
<p>Dance Unit 2 – 6 lessons</p> <ul style="list-style-type: none"> • Able to build simple movement patterns from given actions. • Compose and link actions to make simple movement phrases. 	<p>To be able to</p> <ul style="list-style-type: none"> • Head – Recognise that dances have themes and stories. • Hand – Perform with an awareness of body shape required. • Heart – Engage with the class to perform together. <p>Vocabulary</p> <p>Compose, choose, select, emotions, canon, rhyme, theme, character, round, respond.</p>

Unit – Spring 2	Unit Outcomes
<p>Hit Catch Run Unit 2 – 6 lessons</p> <ul style="list-style-type: none"> • Develop sending and receiving skills to benefit fielding as a team. • Distinguish between the roles of batters and fielders. • Introduce the concept of simple tactics. 	<p>To be able to</p> <ul style="list-style-type: none"> Head – Can choose where to send the ball to maximise the chance to score. Hand – Retrieve and return a ball to base. Heart – Decide as a team the best positioning to intercept balls. <p>Vocabulary</p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>

Unit – Spring 1

Unit Outcomes

Hit Catch Run Unit 1 – 6 lessons

- Able to hit objects with hand or bat.
- Track and retrieve a rolling ball.
- Throw and catch a variety of balls and objects.

To be able to

- Head – Able to identify when a point has been scored and keep count of the score.
- Hand – Run between bases to score points.
- Heart – Work collaboratively to score runs, showing encouragement and support.

Vocabulary

Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.

Unit – Spring 2	Unit Outcomes
<p>Gymnastics Unit 2 – 6 lessons</p> <ul style="list-style-type: none"> • To show a range of recognised point balances. • To introduce turn, twist, rock, and roll and to link these. • To perform unison simple canon and unison techniques. 	<p>To be able to</p> <ul style="list-style-type: none"> • Head – Decide which supporting concepts and actions to add to their sequence. • Hand – Show spinning and rocking in isolation and short sequences. • Heart – Move on, off and over an object with confidence. <p>Vocabulary</p> <p>Balance, body tension, tensed, rock, roll, link, quarter, half, turn, spin, twist, unison, canon</p>

Unit – Summer 1	Unit Outcomes
<p>Fitness Unit 1 – 6 lessons</p> <ul style="list-style-type: none"> • Take part in a variety of different types of exercises to improve fitness. • Explore different workout structures and how they can impact fitness. • Describe what happens to their body during exercise, including their heart rate. 	<p>To be able to</p> <p>Head – Describe the effect exercise has on the body.</p> <p>Hand – Have control of the body during exercise.</p> <p>Heart – Show perseverance to complete activities without stopping.</p> <p>Vocabulary</p> <p>Jumps, heart rate, squats, plank skipping, strength, heart, muscles, balance, control, stamina, improve, coordination, relax, star shape, tuck shape.</p>

Unit – Summer 2	Unit Outcomes
<p>Send and Return Unit 2 – 6 lessons</p> <ul style="list-style-type: none"> • Develop sending skills with a variety of balls. • Track, intercept and stop a variety of objects. • Select and apply skills to beat the opposition. 	<p>To be able to</p> <ul style="list-style-type: none"> • Head – Identify space to send a ball into. • Hand – Move towards a moving ball to return with your hand or bat. • Heart – Play cooperatively in a game situation. <p>Vocabulary</p> <p>Bowl, hit, net, pick up, roll, serve, stop, track, opposition, umpire.</p>

Unit – Summer 1	Unit Outcomes
<p>Send and return Unit 1 – 6 lessons</p> <ul style="list-style-type: none"> • Able to send an object with increased confidence using hand or bat. • Move towards a moving ball to return. • Sending and returning a variety of balls. 	<p>To be able to</p> <ul style="list-style-type: none"> • Head – Can describe how they worked with their partner to send and receive. • Hand – Chase, stop and control balls and other objects. • Heart – Work with a partner to send and return. <p>Vocabulary</p> <p>Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.</p>

Unit – Summer 2	Unit Outcomes
<p>KS1 Fitness Unit 2 – 6 lessons</p> <ul style="list-style-type: none"> • Work at maximum effort for short periods. • Use repetition to improve movements. • Identify some benefits of whole-body exercise. • Improve repetitions over time. 	<p>To be able to</p> <p>Head – Describe why water is important when exercising.</p> <p>Hand – Perform some movements at maximum effort.</p> <p>Heart – Discuss why whole-body exercises are good for me.</p> <p>Show balance and control in different yoga poses</p> <p>Vocabulary</p> <p>Tabata, maximum effort, wall sit, crab walks, back support, recall, EMOM, reps, frequency, energy.</p>