



Subject: PE Topic: Fitness Year Group: Year 1

What I should already know:

Revise and refine the fundamental movement skills they have already acquired, progress towards a more fluent style of moving, with developing control and grace, develop the overall body strength, coordination, balance and agility needed to engage successfully in further physical education sessions, develop their small motor skills so that they can use a range of resources competently, safely and confidently, use their core muscle strength to achieve good posture, combine different movements with ease and fluency, confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group, know and talk about the different factors that support their overall health and well-being, further develop the skills they need to manage school successfully e.g. turn taking.

ELG: Gross Motor Skills

Children at the expected level of development will:

- 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.

Vocabulary:

Exercise, fitness, heart rate/beat, coordination, movement patterns, agility, extend, reach, flexible, importance of, healthy, active, body parts, changes to body during exercise, circuit, technique, easy, difficult, core, strength, support body weight, front, back, side, control, posture

What I will know by the end of the unit:

- To balance and be aware of core strength
- To move with control and whilst changing direction showing awareness of others
- To coordinate my arms and legs in different ways
- To complete a circuit of different activities
- To describe what myself and others are doing
- To describe how my body feels during and after exercise
- To know why it is important to be healthy and active

Activities I can take part in to achieve my objectives:

- Jumping, running, obstacles, relays, balancing (inc. core strength), ladders, creating different shapes, movement patterns, skipping, cone activities, whole body movements e.g. using ribbons