



ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 1	AUTUMN TERM UNIT 1: Fundamentals / Ball Skills UNIT 2: Dance / Gymnastics
Knowledge Focus	Fundamentals / Ball Skills		
National Curriculum Knowledge	<i>Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.</i>		
Year 1 Autumn 1	Key Knowledge & Skills: Fundamentals <ul style="list-style-type: none"> To know how to move with control To know how to change direction and use this to dodge and lose a defender To know techniques to hop, skip and jump Ball Skills <ul style="list-style-type: none"> To know different ways to travel with a ball To know how to roll a ball to hit a target To know how to apply ABC when throwing, catching and dribbling with a ball To further develop throwing, catching and handling and know how to do this with a variety of balls 		

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SUBJECT: PE		YEAR 1	AUTUMN TERM UNIT 1: Fundamentals / Ball Skills UNIT 2: Dance / Gymnastics
Knowledge Focus	Dance / Gymnastics		
National Curriculum Knowledge	<i>Developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i> <i>Perform dances using simple movement and patterns.</i>		
Year 1 Autumn 2	<div>  </div> <div> Key Knowledge & Skills: Dance <ul style="list-style-type: none"> To know the terminology of Balance and Co-ordination To know how to count the beats of 8 in music and react to them To know how to copy and repeat actions in a theme To know that levels, direction and speed make a dance look effective Gymnastics <ul style="list-style-type: none"> To know how to travel in different ways and with different speeds To know how to, and develop, simple balances To know and develop techniques for shape jumps To know and develop technique for different rolls. To know how to support body weight To know how to produce quality in gymnastics To know how to use apparatus safely </div>		