

## ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 1	SPRING TERM <b>UNIT 3: Gymnastics/Dance</b> <b>UNIT 4: Fundamentals/Ball Skills</b>	
Knowledge Focus	Basic Movement and Team Games		Gymnastics	Dance
National Curriculum Knowledge	Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.		Developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Perform a dances using simple movement and patterns
Year 1 Spring 1			<ul style="list-style-type: none"> <li>To know how to travel in different ways and with different speeds</li> <li>To know how to, and develop, simple balances</li> <li>To know and develop techniques for shape jumps</li> <li>To know and develop technique for different rolls.</li> <li>To know how to support body weight</li> <li>To know how to produce quality in gymnastics</li> <li>To know how to use apparatus safely</li> </ul>	<ul style="list-style-type: none"> <li>To know the terminology of Balance and Co-ordination</li> <li>To know how to count the beats of 8 in music and react to them</li> <li>To know how to copy and repeat actions in a theme</li> <li>To know that levels, direction and speed make a dance look effective</li> </ul>
Year 1 Spring 2	<b>Fundamentals</b> <ul style="list-style-type: none"> <li>To know how to move with control</li> <li>To know how to change direction and use this to dodge and lose a defender</li> <li>To know techniques to hop, skip and jump</li> </ul> <b>Ball Skills</b> <ul style="list-style-type: none"> <li>To know different ways to travel with a ball</li> <li>To know how to roll a ball to hit a target</li> <li>To know how to apply ABC when throwing, catching and dribbling with a ball</li> <li>To further develop throwing, catching and handling and know how to do this with a variety of balls</li> </ul>			