

ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 1	SUMMER TERM UNIT 5: Invasion UNIT 6: Athletics
Knowledge Focus	Invasion	Athletics	
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.		
Year 1 Summer 1	Key Knowledge & Skills: <ul style="list-style-type: none">• To know how to dribble with hands and feet• To know how to pass with feet;• To know how to throw and develop, accuracy in both under and over arm throwing;• To know the basic positions and language for attacking and defending;• Ball Skills.		
Year 1 Summer 2		Key Knowledge & Skills: <ul style="list-style-type: none">• To know that different distances need different speeds;• To know how to balance when landing;• To know how to throw for distance and accuracy.	