

PE Learning Organiser – Year 1 Autumn 1 – “How has education changed in Buckden?”

Prior Learning (What we already know?):

- How to find a space safely (traffic lights/Pirates).
- Use a range of equipment to kick, throw and roll (Balls large and small/beanbags etc).
- How to use the outdoor equipment safely.
- Took part in daily circuits.
- Expressing self through dance.

Key Questions:

- How can you travel in different ways?
- How can you roll in different ways?
- How can you jump in different ways?
- How can you link your movements together?
- What is a point of contact?

Key Facts:

- A rock n roll involves sitting down and rolling backwards and forwards.
- To land safely you must bend your knees as your feet touch the ground.
- A mat must be used when using apparatus to stay safe.
- A mat must be used when performing rolls to avoid injury.

New Learning:

Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.



Key Resources:

Gymnastic unit of work
Benches, tables, bar box, mats

New Skills:

- Use and identify multiple travel actions
- Roll in different ways (rock and roll, log, egg, forward)
- Jumping in different ways
- Start to link up different movements to perform a routine
- Start to understand points of contact and why they may be of importance
- Safely use small apparatus with assistance if needed (benches, tables, bar box).

Vocabulary:

Rolling – rock n roll, log, egg, forwards
Apparatus – benches, tables, bar box, mat
Travel Actions – jumping and rolling, walking with T arms, side step, march, crab walk, jog, bounce, bunny hop, skip, leap, gallop, relieve walk, slide (front and back)
Jumping 0 landing position, straight, star, tuck, hop

Can I do this?

- I can use and identify different travel actions
- I can roll in different ways (rock n roll, log, egg, forwards)
- I can jump in different ways
- I can start to link up movements to perform a routine.