

Fitness

Key Vocabulary for Fitness

Coordination - the ability to use different parts of the body together smoothly and efficiently.
Agility – ability to move quickly and easily.
Exercise – activity requiring physical effort.
Heart – the organ that pumps blood around the body.
Lungs – pair of organs, drawing in air to the body.
Mood – a temporary state of mind or feeling.
Stamina - the ability to sustain prolonged physical or mental effort.
Continuous – without interruption.

Key Knowledge for Fitness

Agility: understand that bending my knees will help me to change direction.
Balance: know that looking ahead will help me to balance.
Coordination: know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.
Speed: understand that if I swing my arms it will help me to run faster.
Strength: understand that exercise helps me to become stronger.
Stamina: understand that when I move for a long time it can make me feel hot and I breathe faster.

Key Skills for Fitness

Agility: change direction whilst running.
Balance: explore balancing in more challenging activities with some success.
Coordination: explore co-ordination when using equipment.
Speed: explore running at different speeds.
Strength: explore exercises using my own body weight.
Stamina: explore moving for longer periods of time and identify how it makes me feel.

Concepts

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 1: Spring 1

Key Questions

Ball Skills

Why do we need wide fingers to hold a bigger ball?
Where do we aim when our target is moving?
How do we control a ball when dribbling?
What is the best part of the foot to use for kicking a ball?
When is the magic moment?
How do we know our partner is ready to receive the ball?

Fitness

Which speed is best to use for running for long periods of time?
What changes can we feel in our bodies?
How can I help someone learn to skip?
What makes a supportive group member?
What helps us to change direction quickly?
Why is it important to pace ourselves?
Which exercise helps make our stomach muscles stronger?
What helps us stay balanced?

Ball Skills

Key Vocabulary for Ball Skills

Roll – move or push.
Kick – strike or propel forcibly with the foot.
Throw – propel with force through the air.
Catch – intercept and hold something thrown.
Bounce – move quickly up, back or away from a surface.
Dribble - an act of taking the ball forward with repeated slight touches or bounces.
Aim - point or direct at a target.
Safely – in a way that won't cause harm or injury.
Direction – a course on which something moves.
Balance - an even distribution of weight enabling someone or something to remain upright and steady.
Send – to propel something.

Key Knowledge for Ball Skills

Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance.
Catching: know to watch the ball as it comes towards me.
Tracking: know to move my feet to get in line with the ball.
Dribbling: know that moving with a ball is called dribbling.

Key Ball Skills

Sending: roll and throw with some accuracy towards a target.
Catching: begin to catch with two hands. Catch after a bounce.
Tracking: track a ball being sent directly.
Dribbling: explore dribbling with hands and feet.