



PE Topic: Invasion Games

Year: 1 **Term:** Autumn 1

Key Knowledge/Content:

- To extend their agility, balance and co-ordination, individually and with others.
- To engage in competitive and co-operative physical activities, in a range of situations.
- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- To participate in team games, developing simple tactics for attacking and defending.

Links to:

Prior learning:

To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Future learning:

To be able to link a combination of skills, anticipating actions and reacting with increased speed.

Key vocabulary with definition:

Prior vocabulary:

- Fast – Moving quickly.
- Slow – Not moving quickly.
- Stopping – To end the movement.
- Follow – Watch/copy someone else's movements.
- Bouncing – Small jumps.
- Moving – Walking, running, etc.
- Throwing – Pass an object to someone else.

New vocabulary:

- Avoiding - To keep away from others.
- Rolling - Moving on the floor.
- Overarm throw - Throwing the ball with your arm above your head.
- Own space - Finding a space so you're not too close to others.
- Catching - To capture an object being passed to you.
- Speed - How fast or slow something moves.
- Passing - Moving the ball to someone else.
- Shooting - Attempting to score a goal.
- Scoring - Hitting a target and earning points.

By the end of this unit

All children can: **respond** to the teacher's instructions, changing speed, direction and control.

Most children can: **demonstrate** co-ordination when passing a range of equipment.

Some children can: **perform** a range of throwing, striking, catching and gathering skills, with control.

Background understanding for teachers and parents:

This half term is Invasion Games, with a focus on throwing. The children will explore different equipment such as beanbags, balls and quoits. They will apply throwing and catching skills to a variety of activities and games.

Curriculum Driver (one):

Communication

Evidence outcome:

To work with others in different activities and games, encourage and support their teammates and listen to feedback about performance.