

Corpus Christi Catholic Primary
Year 1
PE Curriculum Overview



	Autumn Topic	Spring Topic	Summer Topic
Topic	<p>1. Throwing and Catching (Invasion) Sports – Various invasion games</p> <p>2. Balance and Agility Safety on the apparatus Sports - Gymnastics</p>	<p>1. Ball Control Direction, speed, passing and receiving Sports - Various</p> <p>2. Balance and Control – Striking (Net Games) Aiming, balancing and striking Sports – Tennis, badminton and volleyball</p>	<p>1. Running and Jumping (Athletics) Technique and control Sports – Various athletics</p> <p>2. Partner Games (Strike and Field) Collaborative work Sports – Tennis, rounders and cricket</p>
Key Skills	<p>1. Throw a ball using the appropriate technique. catch a variety of differently shaped balls or objects. Catch a ball/beanbag using wide arms and open fingers. Locate space within an area. Recognise both their own space and that of others around them. Demonstrate how to scan for a space before moving into that space.</p>	<p>1. Change direction with some pace as well as move fluently around cones. Demonstrate leadership during applicable activities. Locate space before moving into it during games as well as keeping their eyes on an object when receiving a pass. Pass an object by aiming, releasing and following through towards the target area. Move at different speeds, using different movements as well as locate space as and when necessary within small games. Pass a ball or object towards both stationary and moving targets. Move fluently whilst changing direction around different obstacles, attempting to change direction when necessary.</p>	<p>1. Develop their running technique focusing on arm speed as well as jump from different heights with control. Throw underarm towards a set target. Jump over an obstacle with co-ordination and control on landing. Jump one, two footed or jump with a turn over various obstacle.</p>

	<p>2. Focus on their own personal space; finding and locating as well as thinking about others around them.</p> <p>Travel in all three ways with an emphasis on monkey and caterpillar walking, using a partner when necessary.</p> <p>Soldier crawl across floor space for extended periods of time.</p> <p>Attempt to perform a sequence within a small group and attempt to evaluate another group's performance focusing on positives only.</p>	<p>2. Develop balance when holding a tennis racket and balancing a ball on that racket as well as strike a tennis ball using the underarm technique.</p> <p>Strike a tennis ball underarm towards a set target demonstrating developing control in terms of the speed of the racket swing.</p> <p>Bounce a ball against the ground and strike it in a set direction using the underarm technique.</p> <p>Strike a ball, thinking about how power effects distance as well as push a ball upwards using their fingertips (set technique).</p> <p>Hit the ball using a controlled arm swing, attempting to achieve adequate height for the ball to go over a target.</p> <p>Travel into space whilst balancing a ball on a racket.</p>	<p>2. Work with a partner through a variety of small games using different small equipment types.</p> <p>Developing ability when throwing a ball.</p> <p>mirror a partner's movements when standing still and begin to mirror when travelling forwards with one partner behind the other.</p> <p>Attempt to work collaboratively with a chosen partner.</p> <p>Throw an object with some control and accuracy.</p>
Key Vocabulary	<p>1. Throwing, space, overarm, underarm and overhead.</p> <p>2. patterns, frog hopping, caterpillar, monkey, crab, crawling soldiers and star position</p>	<p>1. Jump, hurdle, direction, target, zigzag and speed.</p> <p>2. Balance, racket, bounce, pass, underarm, forwards and backwards.</p>	<p>1. running, distance, throw, aim, pace and sprint.</p> <p>2. Passing, mirror, movement, twister, teamwork and jumping.</p>
Possible misconceptions	<p>1. That there is only one way of throwing. Looking at your own hands when catching. When throwing, you can stop when the object leaves your hand not following through.</p> <p>2. That you run anywhere instead of scanning to look for space.</p> <p>Incorrect techniques throughout the unit.</p>	<p>1. That you need to travel towards space with a ball instead of to other people.</p> <p>That you always throw as hard/far as you can.</p> <p>2. Underarm technique means you strike a ball in the air as high as you can.</p> <p>That you hold a racket with two hands.</p>	<p>1. You keep your arms by your side when running. You land on one foot after jumping.</p> <p>2. Working independently.</p>