

PE

Locomotion (Running Year 1: Jumping Year 2) KS1

Remember when

Travel in different ways (run, jump, skip, etc.)
 Handle a ball and move it in different ways (roll, bounce, throw)
 Can run at different speeds.
 Can jump from a standing position
 Perform a variety of throws with basic control.

Sticky skills

Can run at different speeds.
 Can jump from a standing position
 Perform a variety of throws with basic control.
 Can change speed and direction whilst running.
 Can jump from a standing position with accuracy.
 Perform a variety of throws with control and co-ordination.
 Preparation for shot put and javelin
 Can use equipment safely

Key vocabulary

KS1

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.

Learning Journey

Year 1 (Running)

Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running



Year 2 (Jumping)

Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations

Cognitive

Year 1: Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.

Year 2: Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.

Social

Year 1: Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.

Year 2: Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.

Wellness

Year 1: Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.

Year 2: Pupils will develop life skills such as honesty and self belief as they strive to dodge effectively and keep the score in their games

National Curriculum

- 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.

Learning Objective / Focus

Lesson Sequence Outline

Year One

Session 1: LO: to explore running.
Focus: Explore running

Session 2: LO: to develop their running technique applying it into a game.
Focus: Apply running into a game

Session 3: LO: to apply knowledge of how to run and where to run, while exploring running at different speeds.
Focus: Explore running at different speeds

Session 4: LO: to apply the correct technique of running as fast as we can in a racing context.
Focus: Running for speed: Acceleration

Overview: The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why

Physical: Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.

See session plans attached or log on to Complete PE to access relevant documents

	<p>Session 5: LO: to apply understanding and application of running over a longer duration and as part of a team.</p> <p>Focus: Explore running in a team</p> <p>Session 6: LO: understanding of running, applying it into a competitive game.</p> <p>Focus: Consolidate running: Apply running into a competitive game</p>		
Year Two	<p>Session 1: LO: to consolidate pupils jumping and to apply an effective jumping technique.</p> <p>Focus: Consolidate jumping</p> <p>Session 2: LO: consolidate pupils knowledge of how, where and why we jump in a game.</p> <p>Focus: Apply jumping into a game</p> <p>Session 3: LO: to apply pupils' knowledge of how to jump and how to jump in combination, into their own ideas for linking jumps</p> <p>Focus: Linking jumping</p> <p>Session 4: LO: to develop pupils' application of jumping.</p> <p>Focus: Explore jumping combinations</p> <p>Session 5: LO: to develop application of linking jumps together.</p> <p>Focus: Develop jumping combinations</p> <p>Session 6: LO: to bring together the suggested sequence of learning into a level 1 tournament.</p> <p>Focus: Jumping: Level 1 competition</p>	<p>Overview: The unit of work will challenge pupils to apply their knowledge of how, where and why to dodge. Pupils will learn the roles of attacking and defending and start to understand when we attack and when we defend while using their dodging skills.</p> <p>Physical: Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders</p> <p><i>See session plans attached or log on to Complete PE to access relevant documents</i></p>	
Working towards	End of unit assessment Working at Age related expectations		Working at a greater depth