



## Physical Education – Summer 1 - Cycle B 2023/24 – Class 1 – FMS Tri-Golf



<p><b>Substantive Knowledge (NC)</b>  <b>FMS – Fundamental Movements</b>          To master a sequence of movements, including running, rolling, throwing and catching, and begin to apply these in a range of activities.  <b>Character</b>          Self-belief - Self-belief is about having confidence in our ability and be willing to practice to improve.</p>	<p><b>Markers for Assessment</b>          Begin to perform a sequence of movements including a side step.           Can perform a sequence of movements including a side gallop.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Disciplinary Knowledge</b>           To demonstrate an underarm throw with some accuracy.           To begin to demonstrate a side gallop.           To demonstrate rolling an object with some accuracy.           To begin to show a simple tactic in a game.           To demonstrate overarm throw with some accuracy.           To begin to demonstrate sending an object three different ways.   <b>EYFS Assessment Markers</b>  <b>Y1 – ALL Assessment Markers</b></p>	<p><b>Markers for Assessment</b>          Can demonstrate a side gallop.          Can side step and attempt a side gallop.           Can throw overarm, demonstrating a step forward and using opposite arm for balance and aim.          Can attempt to throw overarm.           Can throw underarm, stepping through and following with the arm.          Can attempt to throw underarm.           Can pretend to throw one way and then throw another.          Can attempt to throw away from a cone.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Prior Substantive Knowledge</b></p> <ul style="list-style-type: none"> <li>FMS from EYFS (5) – running/walking/throwing/catching</li> </ul> <p><b>Prior Disciplinary Skills</b></p> <ul style="list-style-type: none"> <li>FMS from EYFS (5) – running/walking/throwing/catching</li> </ul>	<p><b>Vocabulary</b>          Travel, run, stable, body, head, arm, underarm, overarm, cone, balance, fielder, beanbags, shuttlecocks, markers, hoops</p>		
<p><b>Questions (potential 'hook' questions for lessons)</b>          What do I mean by self-belief?          What happens if we roll a ball quickly? Which piece of equipment is easier to roll?          Can you clap between catching the ball? How many times?          Why is it important not to cheat when playing with others?          Can you use your other hand? Is it easier or harder?          Who can remember the tactics we used last week?</p>	<p><b>Cross-Curricular/Enrichment</b>  <b>SCIENCE/Physical Development</b></p> <ul style="list-style-type: none"> <li>Healthy bodies – exercise for health</li> <li>Gross motor skills development</li> </ul> <p>Outdoor physical activity          English – Speaking and Listening, taking turns</p>		