



## Physical Education – Summer 2 - Cycle A 2022/23 – Class 1 – Y1 Athletics

<p><b>Knowledge (NC)</b>  <b>FMS</b>            To master basic movements including running, jumping, throwing, rolling &amp; catching.  <b>Character</b>            Co-operation - To help others in my group by encouraging them so we work towards a shared goal.            Encouragement - To help and support my teammates when they find something challenging.            Honesty – To be responsible and own up when I am caught/out            Self-belief - To focus on my own performance and the progress I can make            Honesty - To collect only one object at a time.</p>	<p><b>Markers for Assessment</b>            Can cooperate with a partner.            Can cooperate with group.            Can help a partner to reach a goal.            Can help and support teammates to reach a shared goal.            Can follow a simple instruction.            Can follow simple instructions.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Skills</b></p> <p>To show a hopping skill with rhythm.            To demonstrate rolling a ball with some accuracy.</p> <p>To show running and changing direction quickly.</p> <p>To demonstrate throwing underarm with some accuracy.</p> <p>To demonstrate jumping as far as possible and landing safely with control.</p> <p>To show good posture when running fast.</p> <p>To demonstrate rolling a ball with some accuracy and control.</p> <p>To complete a running and jumping course.</p> <p>To demonstrate the skills of running and changing direction.</p> <p><b>EYFS Assessment Markers</b>  <b>Y1 – ALL Assessment Markers</b></p>	<p><b>Markers for Assessment</b></p> <p><b>Running</b>            Head facing forward            Elbows bent            Begin to Run on balls of feet            Begin to use High knee lift</p> <p><b>Hopping</b>            Begin to Take off and land on the same foot            Lift arms slightly as you take off            Begin to Push off from the ball of your foot and land on the ball of your foot            Head and body stable with eyes forward</p> <p><b>Rolling a ball</b>            Begin to Hand swings down and back behind body, chest faces forward            Step forward with opposite foot to rolling arm.            Bend knees to lower body            Begin to Release ball close to the floor and follow through with your swing in the direction of the target.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>

	<p><b>Underhand throw</b>  Face direction of the throw  Begin to Step forward with opposite foot to throwing hand Follow through with arm fingers pointing at the target</p> <p><b>Jumping</b>  Crouch halfway down  Begin to Arms swing behind body and then forward  Begin to Explode by pushing off the ground with feet  Begin to Bend knees to absorb impact on landing</p>		
<p><b>Prior Knowledge</b></p> <ul style="list-style-type: none"> <li>FMS from EYFS (5) -overarm throw, running, jumping &amp; catching.</li> </ul>	<p><b>Vocabulary</b>  Underarm, throw, target, focus, accurate, drive forward, aim, balance, follow through, release, backward, stable, lift, opposite, roll</p>		
<p><b>Prior Skills</b></p> <ul style="list-style-type: none"> <li>FMS Running &amp; Overarm Throw</li> </ul>			
<p><b>Questions (potential 'hook' questions for lessons)</b>  Can you slalom between the cones?  How can you encourage your teammates?  Can you complete the task in a quicker time?  How far along can you still clear the 'river' without falling in?</p>	<p><b>Cross-Curricular/Enrichment</b>  <b>SCIENCE/PSHE</b></p> <ul style="list-style-type: none"> <li>Healthy bodies – exercise for health</li> <li>Gross motor skills development,</li> </ul>		