

Year 1 Terms 1-6

**PHYSICAL EDUCATION**  
**Fundamental Movement Skills & Physical Literacy**



Have confidence to try out new activities and show resilience to challenge.

**Long-term Memory Knowledge:**

Develop the skills needed to participate in a range of physical activities.  
Understand how to move and control their body to complete a variety of actions.  
Be confident to try new things and show good sportsmanship to others.

**Key Vocabulary**

<b>sportsmanship</b>	showing respect to other players even when you are feeling angry or upset about losing a game
<b>goal</b>	something you would like to be able to do
<b>balance</b>	stay still in a position without wobbling or falling

**Progression in Resources:**

Balls of varying sizes  
Bean bags  
Hoops  
Cones  
Apparatus (benches, gym bars, climbing frame)

**Relevance**

<b>Now</b>	Children can move around a space with less bumping into things and falling over less. They will enjoy developing new physical skills across their day. Children will show respect to others.
<b>Future</b>	Children will have the basic skills to participate in PE lessons and other physical activities as they grow older. They will have the confidence to try

	new activities and enjoy taking part in competitive games (irrelevant of the outcome.)
<b>Aspiration</b>	Children will live active lifestyles and have the confidence and competence to try new activities.

**National Curriculum Links:**

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.

**Essential Prior Learning:**

Children will have taken part in PE lessons in Reception and be used to being in a space with other children and objects. They will have used different pieces of equipment through their play in their early childhood.

**Progression in Skill:**

Experiment with different ways of moving: skip, walk, hop, jump, run.  
Run and stop with control.  
Roll and receive, underarm throw into a space.  
Catch a large ball.  
Line walk, balance on the move, static balance, bending, stretching.  
Share ideas.  
Show encouragement to others.  
Be willing to work towards a given goal or aim.