

PE Long Term Grid Year 1

Autumn Term

Spring Term

Summer Term

WEEKS 1-6

Games

- To be confident and safe in the spaces used to play games
- To listen to instructions
- To explore and use skills, actions and ideas individually and in combination to suit the game they are playing
- How to choose and use skills effectively for particular games

Dance

- To explore movement ideas and respond imaginatively to a range of stimuli
- To move confidently and safely in their own space, using changes of speed, level and direction
- To remember and repeat a range of actions with a partner
- To explore the expressive qualities of the dance
- To perform movement phrases using a range of body actions and body parts with a partner
- To compose and perform dance phrases that express moods, ideas and feelings, with a partner
- To work in groups to perform a set movement phrase
- To perform dance phrases in a group that express moods and feelings
- To compose and perform short dances with clear beginnings, middles and ends, that express and communicate ideas and feelings
- To copy, watch and describe dance movements

Athletics

- To use their bodies and equipment with greater control and coordination
- To remember, repeat and link combinations of actions
- To choose skills and equipment to help them meet the challenges they are set
- To remember, repeat and link combinations of actions

WEEKS 7-12

Gymnastics

Dance

Games

<ul style="list-style-type: none"> • To move confidently and safely in their own and general space, using changes of speed and direction • To know how to carry and place apparatus • To explore gymnastic actions and still shapes • To copy or create movement phrases with beginnings middle and ends • To perform movement phrases using a range of body actions and body parts 	<ul style="list-style-type: none"> • To explore movement ideas and respond imaginatively to stimuli • To explore, remember, repeat and link a range of actions with coordination • To move confidently and safely in their own and general space, using changes in direction, speed and level • To explore, remember and repeat actions with a partner, showing an awareness of the expressive qualities of the dance • To talk about dance inspired by the movement of animals • To compose and perform dance phrases that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas with a partner • To perform movement phrases using a range of body actions and body parts in a group • To compose and perform dance phrases in a group that express moods and feelings • To revise what has been learned in the previous four lessons and complete the dance • To compose and link movement phrases to make simple dances with clear beginnings, middles and ends. 	<ul style="list-style-type: none"> • To be confident and safe in the spaces used to play games • To know how to choose and use skills effectively for particular games To explore and use skills, actions and ideas individually and in combination to suit the game they are playing
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