

Year 1 PE Subject Map

Autumn Term 1 Outdoor Fitness		
Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To perform a variety of fundamental movement and sport skills ● To work in a small group to create a game. 	Animal antics warm up, animal word tennis game. Children move around a variety of stations (throwing, catching, aiming, jumping, galloping, running) requiring fundamental movement skills and co-ordination.
Lesson 2	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To change direction quickly with control ● To move quickly around a space and avoid bumping into anyone. 	Animal antics warm up. Children move around a variety of agility based stations, focused on changing direction and communication. Play Sunshine and Frost tag game in groups.
Lesson 3	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To name different ways of moving ● To work with a partner 	Animal antics warm up. Play Mr MacGregor's Garden game in groups. Play Active Word Tennis, choosing way to move continuously on spot whilst naming fruits and vegetables, then swapping on 'change'.
Lesson 4	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To perform activities to improve leg and arm strength ● To listen carefully to instructions 	Going for Gold warm up. 'Training for the Olympics' – moving around in variety of given ways focusing on arms and legs. Practice variety of fun movements representing different countries.
Lesson 5	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To create exercises linked to a sporting theme ● To name different parts of the body that are being used when exercising 	Going for Gold warm up. Using children's ideas to create a fitness exercise to imitate movement linked to variety of sports. Children use to form an exercise sequence. Play Off to the Olympics game, focusing on which areas of the body we are exercising.
Lesson 6	<ul style="list-style-type: none"> ● To move continuously for 5 minutes ● To say what happens to the heart when we exercise ● To learn a game to keep active 	Going for Gold warm up. Play Dice game with variety of activities on faces of the die. Children to check heartbeat and describe what is happening. Play Heart Heroes, thinking of and performing actions they do each day that raise their heartbeat.

Autumn Term 1
ABC Physical literacy – Farmyard Fun

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to run and change directions quickly with control 	Down at the Farm warm up Sheep dog trials task in pairs. Herding sheep task in 4s. Sheepdog racing in pairs.
Lesson 2	<ul style="list-style-type: none"> To be able to jump for distance with control 	Down at the Farm warm up Who can jump like Woolly? task. Feeding Woolly task in groups. Woolly races in pairs.
Lesson 3	<ul style="list-style-type: none"> To be able to hop in different directions with control 	Down at the Farm warm up Happy hoppers task in pairs. Hopping mad task in pairs. Crossing the muddy pen game in pairs.
Lesson 4	<ul style="list-style-type: none"> To gallop with rhythm & control in different directions 	Down at the Farm warm up Horseplay game in groups. Horse riding task in pairs. Horse racing task in groups.
Lesson 5	<ul style="list-style-type: none"> To skip in different directions with control 	Down at the Farm warm up Lithe lambs task in pairs. Lambs in the meadow task in pairs. Loony lambs game.
Lesson 6	<ul style="list-style-type: none"> To gain power to get height in jump 	Down at the Farm warm up Funky frog jumps task in pairs. Crossing the pond task.
Lesson 7	<ul style="list-style-type: none"> To challenge & improve skills 	Down at the Farm warm up Animal challenge task in pairs, moving in variety of ways. Horseplay game in groups.

Autumn Term 2
Physical literacy - Invaders

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To slide a bean bag towards a target 	Pirates warm up Treasure time game in pairs. Sliding task in pairs, aiming to score points.
Lesson 2	<ul style="list-style-type: none"> To describe a partner's rolling action 	Pirates warm up Ball familiarisation via Treasure time relay run, picking up and rolling ball. Rolling task in pairs, aiming to score points.
Lesson 3	<ul style="list-style-type: none"> To dribble a ball with control 	Pirates warm up Ball familiarisation via Treasure time relay run, dribbling and bouncing ball with hand. Treasure time game in pairs, dribbling ball, aiming to score points.
Lesson 4	<ul style="list-style-type: none"> To throw accurately underarm to a target 	Pirates warm up Move the treasure, aiming to bounce ball in hoop and then aiming for partner to catch. Develop own game in pairs to practise.
Lesson 5	<ul style="list-style-type: none"> To catch a ball with 2 hands consistently from close distance 	Pirates warm up Treasure time game in pairs, dribbling and bouncing ball through cones. Throwing and catching with partner. Count points in a game in pairs.
Lesson 6	<ul style="list-style-type: none"> To control a moving ball with dominant foot 	Pirates warm up Play 'Cubby Says..' with ball. Treasure time game, dribbling ball with foot.
Lesson 7	<ul style="list-style-type: none"> To move a ball towards a target with control 	Pirates warm up Treasure time game in pairs, dribbling ball with foot. Kicking skills. Kick ball to each other in pairs playing Hide the treasure game.
Lesson 8	<ul style="list-style-type: none"> To be able to control the rugby ball on move 	Pirates warm up Ball familiarisation via Treasure time relay run, picking up, running with and putting down ball. Pass ball to partner playing Hide the treasure game.

Autumn Term 2
Dance - Toys

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to perform controlled movement actions 	On the spot game to warm up. Move like teddies and robots in a group. Develop a sequence – beginning and middle.
Lesson 2	<ul style="list-style-type: none"> ● To be able to turn and move in time with a tambourine 	On the spot game to warm up. Work in pairs, travel around room as a car as driver and passenger, changing direction at roundabouts to sound of tambourine. Add to sequence started last week.
Lesson 3	<ul style="list-style-type: none"> ● To move from high to low with control 	On the spot game to warm up. Move like spinning toys without partner, spin low and high. Add to sequence.
Lesson 4	<ul style="list-style-type: none"> ● To be able to take off and land with control 	On the spot game to warm up. Develop ideas to move like snakes (travelling) and ladders (on spot). Add to sequence.
Lesson 5	<ul style="list-style-type: none"> ● To link 3 similar moves together 	On the spot game to warm up. Working in groups develop ideas for dominos action (a canon). Add to sequence.
Lesson 6	<ul style="list-style-type: none"> ● To be able to start and stop, with control, in time to the tambourine 	On the spot game to warm up. Children choose favourite toy and develop movements to represent, imagining they are in Toy Story film. Move to middle of space to fall asleep and not be seen by humans. This is the ending for the dance. Add to sequence.

**Spring Term 1 & 2
Gymnastics (double unit)**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to perform 8 basic shapes with control 	Lego superheroes warm up. Travel around room, making basic shapes (straight, star, tuck, straddle, squat, pike, dish, arch) when music stops. Refine and link shapes.
Lesson 2	<ul style="list-style-type: none"> To be still whilst holding balances on different body parts 	Lego superheroes warm up. Move around space, holding balance when music stops (stork, tuck, superman) Introduce 2 new balances – side scale and shoulder stand. Refine and link balances.
Lesson 3	<ul style="list-style-type: none"> To perform 2 jumps with control 	Lego superheroes warm up. Practice landing on spot after straight jump, star jump. Refine and link jumps. Add shapes/balances as challenge.
Lesson 4	<ul style="list-style-type: none"> To describe a partner's jumps 	Lego superheroes warm up. Perform jumps off a bench, jumping upwards and landing on given spot.
Lesson 5	<ul style="list-style-type: none"> To develop skills for a forward roll 	Lego superheroes warm up. Perform log and egg rolls. Link jump, roll, shape. Rock back and forth to sit or squat to prepare for forward roll. Practise front support for arm strength. Teacher to support children at appropriate stage for forward rolls.
Lesson 6	<ul style="list-style-type: none"> To transfer weight from hands to feet using the bench 	Lego superheroes warm up. Bunny hop over mat. Bunny hop onto bench and perform shape. Jump off.
Lesson 7	<ul style="list-style-type: none"> To perform 3 different skills on low apparatus 	Lego superheroes warm up. Explore shapes on low apparatus. Link shapes. Jump off where appropriate.
Lesson 8	<ul style="list-style-type: none"> To link 3 or more skills on a variety of apparatus 	Lego superheroes warm up. Explore balances on apparatus. Link shape, balance, roll, jumping off where appropriate. Perform sequence.
Lesson 9	<ul style="list-style-type: none"> To demonstrate a gym sequence using 2/3 skills on floor and apparatus 	Lego superheroes warm up. Using skills cards, practise performing in different places, thinking about adapting for different apparatus. Perform sequence with balance, roll, jump, shape, balance.
Lesson 10	<ul style="list-style-type: none"> To demonstrate a gym sequence using 2/3 skills on floor and apparatus 	Lego superheroes warm up. Repeat with different skills cards. Perform sequence with balance, roll, jump, shape, balance.

**Spring Term 1
Indoor Fitness**

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To copy & refine a partner's moves 	Fairy Tale Fun warm up. Follow the leader being different fairytale characters. Using fairytale fitness cards children carry out activity for 30 seconds in pairs, swapping and counting for partner.
Lesson 2	<ul style="list-style-type: none"> To know what the heart does and what exercises help it 	Fairy Tale Fun warm up. Move like different animals in pairs at variety of stations. Movements include running, hopping, jumping.
Lesson 3	<ul style="list-style-type: none"> To perform basic rope skills 	Fairy Tale Fun warm up. Develop skipping skills, then practise jumping over a static, then moving rope.
Lesson 4	<ul style="list-style-type: none"> To name muscles being exercised 	Fairy Tale Fun warm up. Use fitness cards to move like different toys. Children carry out activity for 30 seconds in pairs, swapping and counting for partner.
Lesson 5	<ul style="list-style-type: none"> To keep moving for 5 minutes 	Fairy Tale Fun warm up. Aerobic movements in time to music, using own floor spot as station, then moving along a line of sports.
Lesson 6	<ul style="list-style-type: none"> To perform core exercises safely and with control 	Fairy Tale Fun warm up. Working in pairs on mat, practising and refining core activities. Bean bag balance on different body parts.

Spring Term 2
Dance – Walk on the Wild Side

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> To be able to perform controlled animal movements 	Colonel Hathi's March warm up. Moving around space like wild animals, developing and refining movements. Follow and copy partner. Choose 2 favourite animals and link movements together.
Lesson 2	<ul style="list-style-type: none"> To move together with your colour group 	Colonel Hathi's March warm up. Introduce sunrise over the savannah as beginning of dance. Develop opening sequence in groups. Add to music.
Lesson 3	<ul style="list-style-type: none"> To move from high to low when changing animal 	Colonel Hathi's March warm up. Focus on moving like giraffes and zebras. Develop and move with partner, each as different animal. Add to music and to sunrise section.
Lesson 4	<ul style="list-style-type: none"> To use hand and arm gesture in dance movement 	Colonel Hathi's March warm up. Focus on moving like lions and elephants, coming together to form a pride and a herd. Add to music and to other sections
Lesson 5	<ul style="list-style-type: none"> To mirror a partners moves 	Colonel Hathi's March warm up. Focus on moving like parrots and chimps, travelling at different heights. Add parrot phase and chimp phase to other sections.
Lesson 6	<ul style="list-style-type: none"> To remember the order of the dance 	Colonel Hathi's March warm up. Add finale section moving back to group to represent sunset. Perform to audience.

Summer Term 1
Physical literacy - Strikers

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To retrieve an object using hands 	Fairy Tale Fun warm up. Play Clean up Cinderella game in pairs, placing and retrieving objects. Small group game scoring points.
Lesson 2	<ul style="list-style-type: none"> ● To be able to roll a ball towards targets ● To stop a moving ball along the floor 	Fairy Tale Fun warm up. Develop ball control when rolling towards target by playing game in pairs. Develop a game to improve rolling.
Lesson 3	<ul style="list-style-type: none"> ● To throw a small ball underarm to a target 	Fairy Tale Fun warm up. Throw variety of objects, exploring best technique. Play a game to improve underarm throwing.
Lesson 4	<ul style="list-style-type: none"> ● To be able to catch a ball with 2 hands 	Fairy Tale Fun warm up. Practise skills in pairs, throw and catch to self, then partner. Play a game to improve catching.
Lesson 5	<ul style="list-style-type: none"> ● To strike a ball along the floor using your hand with control 	Fairy Tale Fun warm up. Move ball between cones with hands. Hand strike to partner. Play game aiming into hoop.
Lesson 6	<ul style="list-style-type: none"> ● To hand strike a ball towards a target from 5-10m 	Fairy Tale Fun warm up. Move ball around cones, hand strike to partner. Introduce short tennis rackets. Play collect 4 game.
Lesson 7	<ul style="list-style-type: none"> ● To demonstrate good control when moving the ball with hands 	Fairy Tale Fun warm up. Circuit/course practising different skills. Throw & catch to partner.
Lesson 8	<ul style="list-style-type: none"> ● To work cooperatively with a partner to keep score 	Fairy Tale Fun warm up. Play collect 4 game in groups, keeping score. Hand or bat strike ball and run between cones.

Summer Term 2
Physical literacy - Netters

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To control & send a bean bag ● To move safely in space 	Toy Story warm up. Relay activities with different movements. Throw beanbag to target spot in pairs and keeping joint score.
Lesson 2	<ul style="list-style-type: none"> ● To send & receive a rolling ball ● To take it in turns to complete activity 	Toy Story warm up. Ball control tasks. In pairs roll and stop ball from standing. Roll ball to space and partner moves to stop it.
Lesson 3	<ul style="list-style-type: none"> ● To cooperate with a partner 	Toy Story warm up. Bounce ball to partner. Bounce into space for partner to run to. Stand either side of target and bounce to each other, aiming for target, keeping joint score.
Lesson 4	<ul style="list-style-type: none"> ● To bounce a ball to a moving target ● To devise a game to practice bouncing/aiming 	Toy Story warm up. Bounce ball into space. Throw and go task in groups.
Lesson 5	<ul style="list-style-type: none"> ● To be able to catch a moving ball 	Toy Story warm up. Throw ball and catch. Keep rally with partner, moving and catching after 1 bounce. Play 1v1 catching game, keeping score.
Lesson 6	<ul style="list-style-type: none"> ● To be able to “hand hit” the ball to my partner 	Toy Story warm up. Hand hit ball along ground to each other. Play 1v1 game hand hitting from floor or cone, keeping score.
Lesson 7	<ul style="list-style-type: none"> ● To be able to control a ball with a racket 	Toy Story warm up. Ball control task in pairs, one with racquet. Imaginary ball first, then with ball. Play floor tennis in pairs, trying to beat own score.
Lesson 8	<ul style="list-style-type: none"> ● To be able to control a ball with a racket (not hitting) ● To follow rules to play a game 	Toy Story warm up. In pairs with racquet each, practise task striking along floor and trapping/stopping ball. Play floor tennis in pairs, keeping rally going and trying to beat own score.

Summer Term 2
Physical literacy - Athletics

Lesson	Skill focus	Context
Lesson 1	<ul style="list-style-type: none"> ● To be able to move with control at speed 	Athletic Abby says warm up. Follow the leader task in groups, moving in different ways. Sprinting task in groups.
Lesson 2	<ul style="list-style-type: none"> ● To be able to vary the speed of running 	Athletic Abby says warm up. Alternate jogging and walking in task. Jog or walk around course as a large group.
Lesson 3	<ul style="list-style-type: none"> ● To be able to land with control when jumping 	Athletic Abby says warm up. Play Bouncing Billy says to practise different jumps. Jump using different take off and landing positions. Jump for distance in pairs.
Lesson 4	<ul style="list-style-type: none"> ● To demonstrate how to jump over objects 	Athletic Abby says warm up. Run and jump tasks in groups. In pairs, run and jump over single hurdle. Jump and land on spot tasks in pairs.
Lesson 5	<ul style="list-style-type: none"> ● To be able to throw objects to gain distance 	Athletic Abby says warm up. Move towards each other in different ways and high 5, low 5, high 10. Throw for distance with different objects. Discuss which objects went furthest.
Lesson 6	<ul style="list-style-type: none"> ● To be able to throw objects towards a target 	Athletic Abby says warm up. Throwing task in groups with thrower and retrievers. Throwing circuit with different targets and equipment.
Lesson 7	<ul style="list-style-type: none"> ● To follow instructions to complete an athletics circuit ● To work with a partner to record a score 	Athletic Abby says warm up. Variety of challenges to practise skills. Time and score.
Lesson 8	<ul style="list-style-type: none"> ● To follow instructions to complete an athletics circuit ● To work with a partner to record a score 	Athletic Abby says warm up. Variety of challenges to practise skills. Time and score.