



# Grange Park Primary School Physical Education Journey

## Year 1

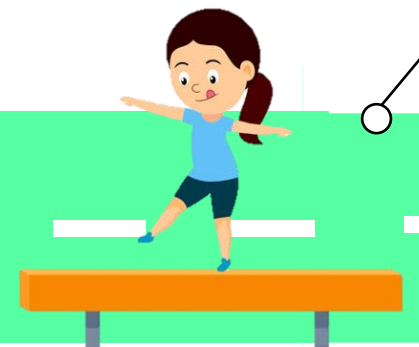
### OAA

In our Outdoor & Adventure Activities unit, we will cover: Orienteering, Team-Building, Trails and Problem Solving.



### Gymnastics

You will learn different ways to travel in gymnastics for this unit and focus on controlling your body whilst balancing.



### #TeamGP



### Games

In this unit you will be developing partner work by throwing, catching, rolling and bouncing a variety of equipment with a partner.



### Gymnastics

You will learn how to safely complete basic rolls used in gymnastics and copy sequences for this unit.



### Summer Term



### Dance

Continuing to learn different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



Try Your Best in Every Lesson

- Passion ☒
- Respect ☒
- Organised ☒
- Unselfish ☒
- Determination ☒

### Gymnastics

You will be working on points and patches in gymnastics for this unit.



### Spring Term

### Dance

You will be learning different styles of dance and how to refine and improve dances adapting them to include use of rhythm and expression.



### Athletics

Your lessons will be covering the three disciplines of athletics: throwing, running and jumping. You will develop an understanding of the basic technique required for each event.



### Games

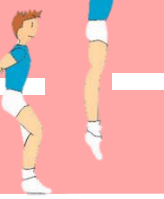
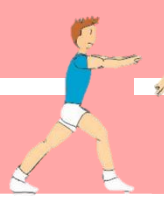
You will learn to steer and send a ball in different directions using a bat and demonstrate control, movement and balance using a bat and ball.



### Autumn Term

### Games

For this unit you will focus on ball skills and will observe, copy and play games as an individual and in pairs. You will also learn how to use apparatus for its intended purpose.



### Games

In this unit you will learn to throw and catch a range of equipment individually and with a partner. You will also play aiming games co-operatively and keeps scores.

### Gymnastics

You will be developing the basic components of flight – bouncing, jumping and landing.



Your Year 1 Physical Education Journey starts here ...