



Grange Park Primary School Physical Education Journey

Year 1

#TeamGP



Try Your Best in Every Lesson

- Passion
- Respect
- Organised
- Unselfish
- Determination

Proud to Shine



Games
This unit will help you develop your throwing and catching skills using a range of sports equipment. You will also challenge yourself by trying to beat your own best scores.

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

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.

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.

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

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.

Spring Term

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.

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.

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.

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

Your Year 1 Physical Education Journey starts here ...