



Year 1 PE Curriculum Map – Autumn

Autumn 1 <i>Locomotion: Jumping</i>		Autumn 2 <i>Gymnastics: Wide, Narrowed and Curled</i>	
Lesson 1	To recap jumping, in different directions, at different speeds and different levels.	Lesson 1	To apply 'champion gymnastics' to explore movements and balances in a wide way on the floor and on apparatus.
Lesson 2	To begin to develop their understanding of how to jump efficiently.	Lesson 2	To explore movements and balances in a narrow way on the floor and on apparatus.
Lesson 3	To explore how jumping affects our bodies.	Lesson 3	To explore movements and balances in a curled way on the floor and on apparatus.
Lesson 4	To explore skipping.	Lesson 4	To explore different ways of transitioning between each shape using apparatus.
Lesson 5	To apply our understanding of jumping and skipping into a game.	Lesson 5	To explore combining wide, narrow and curled movements together while being introduced to 'linking'.
Lesson 6	To apply their knowledge of jumping into competitions.	Lesson 6	To link two movements together.
Autumn 1 <i>Ball skills: Hands 1</i>		Autumn 2 <i>Dance – The Zoo</i>	
Lesson 1	To introduce throwing (underarm).	Lesson 1	To control and co-ordinate their bodies to perform movements that represent big animals.
Lesson 2	To develop throwing (underarm) a beanbag.	Lesson 2	To control and co-ordinate their bodies adding movements together which represent the actions of a small animal.
Lesson 3	To work in a team and apply the underarm throw in a competitive situation.	Lesson 3	To control and co-ordinate their bodies to perform a motif.
Lesson 4	To explore different ways of stopping a ball using our hands.	Lesson 4	To control and co-ordinate their bodies to perform a sequence with a partner.
Lesson 5	To develop pupils' ability to accurately roll a ball towards a target.	Lesson 5	To create and perform a motif.
Lesson 6	To consolidate pupils' ability to accurately roll a ball towards a target.	Lesson 6	To create and perform a motif to an audience.