



PE Y1 Champions Year Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Multi-skills</p> <p>Lesson 1 - Explore static balancing and understand the concept of bases.</p> <p>Lesson 2 - Combine a number of coordination drills, using upper and lower body movements.</p> <p>Lesson 3 - To aim a variety of balls and equipment accurately. To time running to stop or intercept the path of a ball.</p>	<p>Story Time Dance</p> <p>Lesson 1 - To change direction during travelling moves. Link travelling moves that change direction and level.</p> <p>Lesson 2 - Link moves together. Use a variety of moves.</p> <p>Lesson 3 - To link moves together. Develop gesture and ways of travelling.</p> <p>Lesson 4 - Explore basic body patterns and</p>	<p>Groovy Gymnastics</p> <p>Lesson 1 - Explore movement actions with control.</p> <p>Lesson 2 - Explore movement actions with control and link them together with flow.</p> <p>Lesson 3 - Explore gymnastic actions and shapes.</p> <p>Lesson 4 - Explore travelling on benches using different heights and movements.</p>	<p>Brilliant Ball Skills</p> <p>Lesson 1 - To master basic sending and receiving techniques. Develop ABC's.</p> <p>Lesson 2 - To master sending and receiving techniques. Improve on ABC's.</p> <p>Lesson 3 - Be able to catch a ball from a bounce and from a throw.</p> <p>Lesson 4 - To make use of coordination, accuracy and</p>	<p>Throwing & Catching</p> <p>Lesson 1 - Learn skills for striking and fielding games.</p> <p>Lesson 2 - Practise basic striking, sending and receiving.</p> <p>Lesson 3 - To use throwing and catching skills in a game.</p> <p>Lesson 4 - Practise accuracy of throwing and consistent catching.</p>	<p>Active Athletics</p> <p>Lesson 1 - Use varying speeds when running.</p> <p>Lesson 2 - Explore different footwork patterns.</p> <p>Lesson 3 - Explore arm mobility. Explore different methods of throwing.</p> <p>Lesson 4 - Practise short distance running.</p> <p>Lesson 5 - Practise taking off from different positions using 2 feet.</p>

<p>Lesson 4 - Travel in different ways, showing clear transitions between movements.</p> <p>Lesson 5 - Travel in different directions (side to side, up and down) with control and fluency.</p> <p>Lesson 6 - Practise ABC (agility, balance and coordination) at circuit stations.</p>	<p>movements to music.</p> <p>Lesson 5 - Use a variety of moves that change speed and direction.</p> <p>Lesson 6 - Link together dance moves with gestures and changing direction in time to music.</p>	<p>Lesson 5 - Travel with a focus on changing direction and level, using small equipment.</p> <p>Lesson 6 - Choose and use simple compositional ideas by creating and performing sequences. Repeat and link combinations of gymnastic actions.</p>	<p>weight transfer.</p> <p>Lesson 5 - Develop receiving skills. Understand the 'stop, trap and catch' technique whilst on the move.</p> <p>Lesson 6 - Use ball skills in game-based activities.</p>	<p>Lesson 5 - To be able to strike with a racket or bat.</p> <p>Lesson 6 - To play a game fairly and in a sporting manner. Use fielding skills to play a game.</p>	<p>Lesson 6 - Complete an obstacle course with control and agility.</p>
<p>Boot camp</p> <p>Lesson 1 - Understand how to prepare the</p>	<p>Mighty movers (running)</p> <p>Lesson 1 - Explore running at</p>	<p>Skip to the beat</p> <p>Lesson 1 - Develop foot patterns that aid</p>	<p>Gym Skills</p> <p>Lesson 1 - Identify the techniques to</p>	<p>Cool core (strength)</p> <p>Lesson 1 - Identify</p>	<p>Fitness Frenzy</p> <p>Lesson 1 - Complete a circuit that includes</p>

<p>body for exercise. Understand what fitness means.</p> <p>Lesson 2 - To complete a range of circuit-based activities and understand the reason for doing them. Understand what happens to the heart rate when exercising.</p> <p>Lesson 3 - Complete a circuit that includes activities practised in lessons 1 & 2.</p> <p>Lesson 4 - Complete a circuit that includes activities from lesson 1, 2 & 3</p>	<p>a variety of speeds and in a variety of styles.</p> <p>Lesson 2 - Run at different speeds in different directions with control.</p> <p>Lesson 3 - Understand what happens to our breathing during exercise and why it changes.</p> <p>Lesson 4 - Understand the purpose of a circuit and how it can improve fitness.</p> <p>Lesson 5 - Understand how a circuit can improve our fitness and complete a running</p>	<p>skipping.</p> <p>Lesson 2 - Develop the 'step hop' technique for a good skip without the rope.</p> <p>Lesson 3 - Develop skipping skills. Learn how to skip with a rope.</p> <p>Lesson 4 - Improve agility, balance and coordination.</p> <p>Lesson 5 - Perform a skipping circuit with knowledge and understanding.</p> <p>Lesson 6 - Perform a skipping circuit with knowledge and understanding.</p>	<p>improve balance.</p> <p>Lesson 2 - Practise a range of gymnastic skills through a series of circuits.</p> <p>Lesson 3 - Perform a range of gymnastic skills with increased accuracy.</p> <p>Lesson 4 - Perform a sequence of gymnastic moves within a circuit.</p> <p>Lesson 5 - Perform a sequence of moves at each station within a circuit with increased accuracy.</p>	<p>techniques to improve core strength and agility.</p> <p>Lesson 2 - Perform a movement that demonstrates good core control.</p> <p>Lesson 3 - Learn the technique for the plank, front support and back support.</p> <p>Lesson 4 - Perform a wheelbarrow with a partner showing good control.</p> <p>Lesson 5 - Walk demonstrating good posture and balance. Develop</p>	<p>activities learned throughout the year.</p> <p>Lesson 2 - Explore running at different speeds.</p> <p>Lesson 3 - Improve on agility, balance and coordination.</p> <p>Lesson 4 - Evaluate performance of gymnastic moves within a circuit.</p> <p>Lesson 5 - Identify techniques to improve core strength and agility.</p> <p>Lesson 6 - Use techniques already learned to improve</p>
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<p>with balance and coordination.</p> <p>Lesson 5 - Complete a circuit with balance, coordination and agility.</p> <p>Lesson 6 - Complete a circuit with balance, coordination, agility and speed.</p>	<p>circuit.</p> <p>Lesson 6 - Explore running at different speeds. Understand the importance of using our arms when running.</p>		<p>Lesson 6 - Evaluate my performance of gymnastic moves within a circuit.</p>	<p>more complex footwork patterns on the SAQ ladders.</p> <p>Lesson 6 - Use techniques already learned to improve performance.</p>	<p>performance.</p>
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga