

PEMBRIDGE CE PRIMARY SCHOOL LEARNING JOURNEY ITINERARY

Pembridge is a school where we encourage everyone to be inspired through faith in God and to live by Christian values so that our teaching and learning is of the highest quality, our whole community flourishes and we reflect all that is worthy of praise.

SUBJECT: PE

YEAR GROUPS: KS1

PREVIOUS KNOWLEDGE We would expect most children to:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

By the end of KS1, children should be able to:

Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
• copy actions • repeat actions and skills • move with control and care • copy and remember actions • repeat and explore actions with control and coordination	• talk about what they have done • describe what other people did • talk about what is different between what they did and what someone else did • say how they could improve	• describe how their body feels before, during and after an activity • show how to exercise safely • describe how their body feels during different activities • explain what their body needs to keep healthy
Dance	Games	Gymnastics
• move to music • copy dance moves • perform some dance moves • make up a short dance • move around the space safely • dance imaginatively • change rhythm, speed, level and direction • dance with control and co-ordination? • make a sequence by linking sections together • link some movement to show a mood or feeling	• throw underarm • roll a piece of equipment • hit a ball with a bat • move and stop safely • catch with both hands • throw in different ways • kick in different ways • use hitting, kicking and/or rolling in a game • stay in a 'zone' during a game • decide where the best place to be is during a game • use one tactic in a game • follow rules	• make their body tense, relaxed, curled and stretched • control their body when travelling • control their body when balancing • copy sequences and repeat them • roll in different ways • travel in different ways • balance in different ways • climb safely • stretch in different ways • curl in different ways • plan and show a sequence of movements • use contrast in their sequences • show controlled movements • think of more than one way to create a sequence which follows a set of 'rules' • work on their own and with a partner to create a sequence

Year	Autumn Term		Spring Term		Summer Term	
A	Football striking	Multi-skills	Gymnastics Rolling	Netball Spatial awareness	Dance Free-style (Y1) Swimming (Y2)	Athletics Field (Y1) Swimming (Y2)
	Rugby Throwing	Hockey Hitting the ball	Basketball Dribbling	Dodgeball	Rounders	Cricket Ball-rolling
B	Football controlling	Fitness	Gymnastics Balancing	Netball Throwing/catching	Athletics track	Dance Genre Swimming (Y2)
	Rugby Running with the ball	Hockey tackling	Basketball Passing	Tennis	Rounders	Cricket hitting

ASSESSMENT OPPORTUNITIES

Children will be able to demonstrate their learning through:

- Small-sided games
- Routines created within dance/gymnastics
- Isolated drills focusing on key skills

ENRICHMENT OPPORTUNITIES <i>We will endeavour to include:</i> • Sports day • After-school club • Pembridge Active	SUBJECT-SPECIFIC VOCABULARY <i>We will expect children to use these words and phrases:</i> rhythm, speed, level, direction, control, co-ordination, improve, tactic, zone, travelling, balance, sequence, rules, climb, stretch, teamwork, passing, striking, healthy, pulse	CROSS-CURRICULAR LINKS <i>This itinerary fits with our other learning through:</i> • Maths: Time, scores, measuring • Science; heart rate, pulse rate, keeping healthy
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LEARNING BEHAVIOURS Children will be expected to:

Tries new things	Have a go attempting new skills or sports.
Works hard	Put effort into all drills or activities set
Concentrates	Listen fully to task instructions
Self-motivates	Demonstrate their competitive nature in a positive light.
Imagines	Think of creative moves and balances within a sequence.
Improves	Accept advice from peers and class teacher/coach/
Understands others	Listen and works well with a range of children.
Doesn't give up	Show perseverance and determination to succeed.