

Subject: Physical Education	Year group: Year 1	Topic: Gymnastics	Initiation & activation activities:
Prior knowledge required: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.		Vocabulary:	
Programme of Study	Implementation:	Impact –lesson sequence:	Evaluations and assessments:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• Can they copy actions?</li> <li>• Can they repeat actions and skills?</li> <li>• Can they move with control and care</li> <li>• Can they talk about what they have done?</li> <li>• Can they describe what other people did?</li> <li>• Can they describe how their body feels before, during and after an activity?</li> <li>• Can they make their body tense, relaxed, curled and stretched?</li> <li>• Can they control their body when travelling?</li> <li>• Can they control their body when balancing?</li> <li>• Can they copy sequences and repeat them?</li> <li>• Can they roll in different ways?</li> <li>• Can they travel in different ways?</li> <li>• Can they balance in different ways?</li> <li>• Can they climb safely?</li> <li>• Can they stretch in different ways?</li> <li>• Can they curl in different ways?</li> </ul>		