

Subject: Physical Education	Year group: Year 1	Topic: i-practise Machines	Initiation & activation activities:
<p>Prior knowledge required: Children 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.</p>		<p>Vocabulary: sprint, quietly, loud, small crouch, very fast/slow, stiff arms, legs apart, anding, jumping, hop, bound, further, high, low, obstacle, direction</p>	
<ul style="list-style-type: none"> <li>● Programme of Study</li> <li>● Pupils should be taught to:</li> <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> </ul>	<p>Implementation:</p> <ul style="list-style-type: none"> <li>• Can they be an independent learner, asking for help when needed.</li> <li>• Can they try again to improve to be 'their best self'.</li> <li>• Can they demonstrate knowledge about how to be safe when being active.</li> <li>• SEN/Supported - independently engage with a task, asking for help when needed.</li> <li>• Can they show resilience with new tasks; try again to improve their skill; understand basic safety rules.</li> <li>• <b>GD-</b> Set and work towards simple 'be my best' goals. Confidently try to beat their previous best. Observe good safety practices.</li> <li>• Can they show ability to run, jump and skip with spatial awareness; in different directions and at different speeds.</li> <li>• Can they demonstrate agility - running, skipping, jumping and safe landing.</li> <li>• Can they demonstrate increasing confidence and competence in running with spatial awareness, from different starting positions and at different speeds.</li> <li>• Can they demonstrate increasing confidence and competence in running with jumping for distance and height in varying ways and in different directions</li> <li>• Can they engage in competitive activities - compete against themselves.</li> </ul>		