



PE Topic Journey Overview Y1

Y1 PE Topic: Games

PE Topic: Y1 Kicking (Football)

<p>Lesson 1 Key Skills: Develop individual ball skills Warm-up: Split group into 2 teams, one on each side of pitch. Balls are kicked from one side to the other and back. Activities: warm-up, individual kicking of ball, dribbling ball, kicking with both feet Outcomes: Can children kick the ball on the ground/in the air</p>	<p>Lesson 2 Key Skills: rolling the ball both by kicking and with hands Warm-up: All balls in middle. Children in 4 groups run to the middle and collect a ball to take back to their group using their feet. Activities: warm up individually with ball, children work in pairs to roll and collect Conditioned game: roll/kick ball through gates Outcomes: ability to roll the ball on ground, control</p>	<p>Lesson 3 Key Skills: to pass the ball accurately through gates Warm-up: Football stuck in the mud Activities: In pairs, children pass through gates. How many in one min. Conditioned game: In 4s, use 3 cones, ball is rolled and number called for which cone to aim at. Outcomes: to be able to pass the ball with side of foot, improving accuracy</p>
<p>Lesson 4 Key Skills: To work with others in a team passing and dribbling with accuracy Warm-up: Sprint cone react Activities: Children to transfer balls from one hoop to another using feet only, one player in each hoop Conditioned game: As above, but whole class involved and balls need to be passed from own halves into end zones and collected by goalkeepers Outcomes: Improved co-operation and teamwork.</p>	<p>Lesson 5 Key Skills: To improve confidence and control with the ball Warm-up: Throw cones, bibs around space. Children to react quickly to find particular item. Activities: Ball each, individual dribbling, inside/outside foot, move along lines, through gates, around cones Conditioned game: Children set out a course with cones to take the ball around Outcomes: Improved confidence and speed when moving with the ball.</p>	<p>Lesson 6 Key Skills: To further develop passing skills and teamwork. Warm-up: Colour Explosion : Children in bibs dribble around inner circle, colour shouted takes ball outside Activities: Gauntlet : Children stand in pairs across grid. One player goes in middle and receives pass from each player and passes back, then moves across grid. Conditioned Game: 4 goal glory Each team has a goal to defend. When goal is scored by other team, a cone is taken Outcomes: Improved teamwork and passing</p>
<p>Resources: Cones, Footballs, range of softer balls, poles, hoops, bibs</p>	<p>After school club: Pro-skills soccer all year Girls football club: Autumn Term</p>	<p>Out of school links: Links to local football clubs including Maghull FC youth teams</p>

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
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PE Topic: Y1 Throwing and Catching (Netball/Dodgeball)

<p>Lesson 1 Key Skills: To catch a variety of soft balls and beanbags Warm-up: Play with 4 separate groups of 8, one has a ball. When player with ball bounces the ball, rest of team jump up and down, roll the ball, rest of team run etc. Activities: 1) All children with a ball or beanbag, throw and catch, throw ball/bean bag up, clap and catch. 2) With a partner, throw and catch, vary distance thrown, low throws and high throws. Swap equipment 3) 4 groups of approx 8 form circle. Start with one ball being passed around circle in same direction. Introduce a second ball and third if possible. Encourage accurate throwing and catching. Start with large soft ball and change to bean bag for winning team. Outcomes: Children to improve their catching skills</p>	<p>Lesson 2 Key Skills: To catch a ball or beanbag with one hand Warm-up: traffic lights activity where all children follow the traffic light instructions when cones are held aloft. Children to add their own suggestions. Activities: 1) Children select their own small ball, beanbag or quoit. Practice throwing the ball from one hand to another. Increase height of throw, how many catches can be done in a minute 2) Working with a partner, practice throwing from right hand to right hand, left to left and left to right. 3) Play 'Take Cover' game. Groups of 4 in a line, with one 'thrower' in front. Thrower throws ball to first player to catch one handed 3 times, first player then ducks down so 3 throws are then made to second player etc. Play competitively against other groups Outcomes: Children to be able to catch with one hand</p>	<p>Lesson 3 Key Skills: Explore different ways to send/pass the ball Warm-up: Call out numbers, children get into groups of that number, on 2, go through partners legs Activities: In pairs, children run to gates and then pass/throw the ball to partner through gates. How many in one min. Conditioned game: (4v4 approx.) Use cones as goals, children to score goals by throwing soft ball at cones. Develop into small sided dodgeball. Outcomes: Children to demonstrate difference between controlled throw/ pass and throwing the ball harder to score.</p>	
<p>Lesson 4 Key Skills: Develop and practice different ways to throw the ball Warm-up: Bib/cone reaction: Children to touch a bib/cone of particular colour as its called out, huddle movement: Group protect one player from a chaser Activities: Children in pairs to throw ball to each other in different ways: underarm, overarm, one handed, two handed Children to transfer balls from one hoop by throwing them to a partner. Conditioned game: recap small sided dodgeball from previous week and play game again Outcomes: Children to throw accurately at targets.</p>	<p>Lesson 5 Key Skills: Throwing the ball as part of a team game Warm-up: Run and chase, 2 lines of players, A runs to opposite line, B runs past, A turns and chases Activities: Groups of 2/3 to practice throwing the ball, Rogueball (3s) Player rolls out ball, runs after, picks up and throws it back, Treasure chest: all balls in middle, collect then steal from groups. Balls are thrown from line to collector who cant move from specified area. Outcomes: Children to throw with control in a game/competitive situation</p>	<p>Lesson 6 Key Skills: Develop control, movement and confidence with the ball Warm-up: Make 3 shapes from cones :triangle, circle and square. With 1 tagger children move between the shapes. Do 5 star jumps if tagged Activities: As warm-up above but to be done while carrying a ball. Set cones into approx. 8 sets of goals with one pupil defending each goal. Other players try to throw their ball through goal before moving to another goal. Outcomes: Improving throwing control of the ball and movement.</p>	
<p>Resources: Cones, Footballs, netballs, range of softer balls, poles, hoops, bibs</p>		<p>After school club: Y1 Netball club spring term</p>	

<u>Emerging</u>	<u>Exceeding</u>	<u>Absent (2 or more)</u>	<u>Topic Completed</u>

PE Topic: Y1 Rolling and Receiving (including Netball skills)

<p>Lesson 1 Key Skills: To roll the ball for accuracy Warm-up: Follow the leader in groups. Pass the ball between hands. Activities: Children roll a ball individually and retrieve it. Move to working in pairs, Use a different type of ball. Roll at a target such as cone or skittle in groups. Team game rolling the ball amongst team members. Outcomes: Children to roll a ball with increasing accuracy</p>	<p>Lesson 2 Key Skills: Practice rolling the ball, then progress to throwing Warm-up : Running, jogging, skipping to be led by child in each group, follow the leader Activities: In 4 groups, one player in the middle rolls ball out to every other player who rolls back to middle. Change player in middle, then progress to throwing the ball. Lead to competitive game, which group is the quickest Outcomes: Accuracy of roll, accuracy of throw and catch/retrieve</p>	<p>Lesson 3 Key Skills: Using rolling skills in a specific game Warm-up: Chasing game where bibs are thrown to hit children, released by ball being rolled to them. Activities: in small groups of 4/5, ball is rolled between group trying to hit one player who is trying to dodge. Develop into one player trying to intercept the ball as it is rolled. Outcomes: Children to observe position of other players before rolling</p>
<p>Lesson 4 Key Skills: Use previously learned rolling skills with alternative equipment: quoits and hula hoops. Warm-up: Four separate games of dodgeball played in quarters of pitch. Ball to be rolled, not thrown. Activities: In pairs, children to practice rolling quoits, trying to keep the quoit rolling straight. Move to game where children in groups of 4/5 attempt to keep the quoit away from one player. Repeat activities with hula-hoops. Outcomes: Control of rolling carefully and accurately</p>	<p>Lesson 5 Key Skills: To apply rolling skills when using a small ball Warm-up : Stuck in mud game where players are released by ball being rolled between legs Activities: Individually roll ball and retrieve, move to pairs, roll ball to each other. Introduce 4 goals in corners of area. Children to roll into goals to score points. Use goalkeepers to kick away balls. Make more challenging by rolling from increasing distance. Outcomes: Accuracy and control of rolling</p>	<p>Lesson 6 Key Skills: To incorporate rolling skills into a game situation Warm-up : Play roller dodgeball with whole group. Activities: Recap rolling skills. Start with one player in the middle, ball is rolled to every other player who rolls back to the middle. In groups of approx 8, play roller keepball Small-sided game: Rollerball: 4 teams, 2 games. Aim is to hit back fence with a rolled ball. Each team to have defenders(near the fence) and attackers(near the centre line). 3 balls in play at once. Swap positions of defenders/attackers Outcomes: Communication between defenders and attackers, playing a competitive game.</p>
<p>Resources: netballs, dodgeballs, cricket balls, tennis balls, quoits, hula hoops, cones, bibs</p>	<p>After school club : Y1 Netball (spring term), Y1 Cricket (summer term)</p>	<p>Out of school links: Links to local cricket club: Maghull CC</p>

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PE Topic: Y1 Travelling (Hockey/Rugby)

<p>Lesson 1 Key Skills: To travel around area carrying a range of equipment Warm-up: Children choose item of equipment and travel around area. On command of change, swap equipment with another child. Activities: 1) All equipment in the middle, children in 4 or 6 groups to steal equipment from middle and then from other groups 2) Groups in lines to move one piece of equipment at a time from one end of the line to the other Outcomes: Children to travel with equipment confidently and transfer it to others</p>	<p>Lesson 2 Key Skills: To be able to chase others wearing tag belts, to run with a rugby ball. Warm-up: Children to wear tag belts. One group of 8 at a time to chase and pull tags Activities: 1) Children in lines of up to 8. Using a rugby ball, player 1 runs to player 2, Player 2 runs to 3 etc. Last player runs length of cage to become new player 1 2) Whole class game, all wearing tags, approx 10 players carrying a rugby ball in 2 hands. If a tag is taken, player must surrender the rugby ball to the tagger Outcomes: Running with the ball in 2 hands, dodging others</p>	<p>Lesson 3 Key Skills: Running with a rugby ball, taking account of obstacles and evading taggers Warm-up: Children with tag belts. Class split in 2 to play rats and rabbits with one group chasing the other depending on the call. Activities: 1) Split class into 4 groups. Each group to create a series of obstacles for players to run through or avoid in their set area carrying a rugby ball while travelling. Use cones, poles, spots which must be stepped on etc. Swap groups so that children use each others obstacles. Introduce one chaser for each group Outcomes: Children to run confidently around obstacles while carrying the ball</p>
<p>Lesson 4 Key Skills: To travel with a ball while bouncing it Warm-up: Half of class with a ball, others statues run around with ball and on command, swap. Introduce carrying ball in one hand only Activities: 1) All children to have a ball and to practice bouncing it, firstly with 2 hands, moving to one. Can they walk/run while keeping control of the ball. 2) In groups of 4/5, children bounce/dribble the ball to each other. Look to increase speed but maintain accuracy 3) Set up gates using cones/poles for children to take their ball through Outcomes: Children to become more proficient when bouncing the ball and keeping control</p>	<p>Lesson 5 Key Skills: Travelling with a ball/bean bag while dribbling it with a hockey stick Warm-up: All children with a hockey stick; run while carrying stick safely in two hands. Find space and perform stretches while moving the stick around the body. Activities: 1) Children to have a ball with their hockey stick. Travel around space taking ball to specific points they are asked to travel to eg. red line, white line, against the fence. 2) Play sharks game in groups of approx 8 where one shark tries to touch all other balls in the group with their stick Outcomes: Children to be able to keep reasonable control of the ball/bean bag with their hockey stick</p>	<p>Lesson 6 Key Skills: To travel with a ball/bean bag and hockey stick and to shield it from an opponent Warm-up: Play sharks game from previous week as a warm up. Activities: 1) Children to recap on dribbling skills. In pairs, one player with a ball/bean bag tries to protect it from their partner by dribbling or shielding it. Reverse roles. 2) Team game with groups of 4/5 in a line with one ball or bean bag. In turn, each player in a team dribbles out to a cone and takes the ball/bean bag back for the next player Outcomes: Improving control of the ball/bean bag with the hockey stick.</p>
<p>Resources: rugby balls, netballs, basketballs, handballs, softer balls, unihoc hockey sticks, tennis balls, bean bags, cones, poles, bibs, tag rugby belts</p>		

<u>Emerging</u>	<u>Exceeding</u>	<u>Absent (2 or more)</u>	<u>Topic Completed</u>
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PE Topic: Y1 Cricket (Striking, throwing, catching, rolling, retrieving)

<p>Lesson 1 Key Skills: To practice catching the ball Warm-up : Heads, shoulders, knees and ball. 2 lines opposite each other with line of balls between. Call out various body parts ending with a grab for the ball Activities: 1) Children to take a ball or bean bag and practice catching individually eg. throw in air and catch, throw clap hands catch, throw bounce and catch, emphasise eyes on ball 2) Children in pairs, throw and catch. Try to make 10 catches 3) Set out gates, in pairs children run to gates, throw and catch, find new gates Outcomes: Children to improve their catching skills</p>	<p>Lesson 2 Key Skills: To throw the ball at a target with increasing accuracy Warm-up : Volcanoes and craters: Split group in two with one group turning cones the correct way round, the others turning them upside down Activities: 1) Split class into 2 groups. Each group on a side of a centre line. On go, each group rolls a ball one at a time to the other side. Look for gaps to try and hit the back fence. 2) 4 groups of approx 8. One set of wickets and lots of cones in the space between the wickets and the start. Players run through cones and try to roll ball to hit the wickets Outcomes: Success in hitting the target with a throw</p>	<p>Lesson 3 Key Skills: To introduce bowling of a ball. Warm-up : Space Invaders: all balls in the middle, children in 4 groups. On command, children run one at a time from each group to collect a ball from middle, then steal from other groups Activities: 1) Show children how to make a star shape to prepare for bowling, then do with ball in hand. 2) Show follow through into bowling action and when ready encourage children to release the ball. Practice in pairs bowling to each other. Focus on the straight arm. Introduce a set of wickets or a traffic cone as a target. Outcomes: Children to bowl mostly with a straight arm (star shape)</p>
<p>Lesson 4 Key Skills: To become more accurate when bowling a cricket ball Warm-up : Dodgeball; 6 soft cricket balls or tennis balls in play for whoever gets them. Roll the ball to try and hit other players under the knee. If hit, player does 5 star jumps. Only 1 attempt allowed before another player gets the ball. Activities: 1) Recap on bowling action and children to bowl to each other. Aim is for ball to bounce once before reaching partner. 2) Bowl a goal game. Children in lines of 3. Player in the middle is a goalkeeper/fielder. Players at either end bowl the ball alternately to try and get the ball past the fielder. Introduce points scoring. Outcomes: Children to bowl with increasing accuracy</p>	<p>Lesson 5 Key Skills: To introduce batting Warm-up : Yes, No, Wait: All children to carry a bat or tennis racket. Yes means run from one line to another, No means don't, Wait means wait for yes or no to follow Activities: 1) Half of children with a bat and ball (or unihoc stick if not enough). Cones set out in pairs. Children to hit ball along ground through 3 different cone pairs before passing bat and ball to partner 2) Children in groups of 3/4 each with a batting tee and 3 balls. Each player hits three balls from the tee for the others to retrieve. Outcomes: Children to be able to hit the ball both along the ground and from the tee.</p>	<p>Lesson 6 Key Skills: To incorporate running and batting in a small-sided game. Warm-up : Stuck in Mud game with 6 chasers, 6 with a ball who release those caught by rolling the ball between their legs Activities: 1) As last week, children in groups of 3/4 each with a batting tee and 3 balls. Each player hits three balls from the tee for the others to retrieve. 2) Groups of approx 8. 1 batter, 7 fielders who are all at their own cone. Player hits the ball from a tee and starts to run between 2 lines, counting each run. One player retrieves the ball and passes it to nearest player who touches their cone with the ball before passing to the next player who does the same. When last fielder touches their cone, shout stop and the batter stops their running Outcomes: Children to be able to hit the ball and score runs and improving fielding and team work.</p>
<p>Resources: Kwik cricket bats, balls, wickets, tees, cones, bean bags, larger balls</p>	<p>After school club: Y1 Cricket ASC (summer term)</p>	<p>Out of school links: Maghull Cricket Club All stars</p>

<p><u>Emerging</u></p>	<p><u>Exceeding</u></p>	<p><u>Absent (2 or more)</u></p>	<p><u>Topic Completed</u></p>
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PE Topic: Y1 Striking (Tennis)

Lessons 1 and 2
Key Skills: To learn the forehand shot
Warm-up: Cones around edge of playing area/court.
Players jog round changing direction on command, no overtaking.
Activities: 1) Children in pairs, each with racket in front. Ball between 2 is thrown underarm to land on opponents racket
2) Pick up racket and still in pairs, rolling rally of the ball pushed to each other, stop the ball first and push back, ball remains on floor 3) Bounce hit catch; in pairs the ball is fed underarm and after one bounce is hit back for a catch. Focus on control of the ball
Outcomes: Children to show the forehand action as they push the ball.

Lessons 3 and 4
Key Skills: To develop and improve the forehand shot from previous week
Warm-up: Set up cones around edge. Side-stepping around perimeter of the area, changing direction on command
Activities: 1) In pairs, rolling rally from previous week, try not to stop the ball but keep it moving 2) Still in pairs, throw the ball underarm to each other with aim of throw, bounce and catch. How many can each pair do successfully. 3) Bounce and hit activity with one feeder. Hitter attempts to land their shot on a target of the racket of the feeder which is on the floor
Outcomes: To be able to hit forehand shots with increasing accuracy

Lessons 5 and 6
Key Skills: To introduce the volley
Warm-up: Jumping; all children to stand behind a cone. On command, jump over the cone to land on both feet in a crouched, balanced position. Jump sideways, forwards and backwards. Run activity as 'Simon says..'
Activities: 1) Catching in a cone. In pairs, children about 4m apart, throw the ball to each other with underarm throw. Aim is to catch the ball without it bouncing in the cone which is a bigger target area. 2) One player with a racket. Feeder throws for player to try to play a controlled volley back to the feeder. Encourage children to push the ball, not to swing at it. Aim is to land the ball in a 2x 4m rectangle made from 4 cones. 5 goes then swap feeder/hitter.
Outcomes: Children to know what a volley is and attempt to play the shot with some control

Resources: Stringed tennis rackets, plastic rackets, slow bounce tennis balls, sponge balls, cones

Emerging

Exceeding

Absent (2 or more)

Topic Completed