



As a Year 1 Athlete I will know...

A t h l e t i c s	<p>Running: that if I swing my arms it will help me to run faster.</p> <p>Jumping: that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further.</p> <p>Throwing: that stepping forward with my opposite foot to hand will help me to throw further.</p> <p>Rules: that rules help us to play fairly.</p>	G y m n a s t i c s	<p>Shapes: that I can improve my shape by extending parts of my body.</p> <p>Balances: that balances should be held for 5 seconds.</p> <p>Rolls: that I can use different shapes to roll.</p> <p>Jumps: that landing on the balls of my feet helps me to land with control.</p> <p>Strategy: that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p>	D a n c e	<p>Actions: that actions can be sequenced to create a dance.</p> <p>Dynamics: that I can create fast and slow actions to show an idea.</p> <p>Space: that there are different directions and pathways within space.</p> <p>Relationships: that when dancing with a partner it is important to be aware of each other and keep in time.</p> <p>Performance: that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.</p> <p>Strategy: that if I use exaggerated actions it helps the audience to see them clearly.</p>	I n c l u s i v e S p o r t s B o c c i a	<p>Strategy: that you need to throw your balls closest to the 'jack', the white ball, to win.</p> <p>Rules: that during the game players must remain seated throughout.</p> <p>Participation: that Boccia is a great inclusive sport for non-disabled and disabled players to enjoy and play together.</p> <p>Tactics: that Boccia is a game of precision and skill.</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">In v a s i o n - F o o t b a l</p>	<p>Sending & receiving: to look at my partner before sending the ball.</p> <p>Dribbling: that moving with a ball is called dribbling.</p> <p>Space: that being in a good space helps us to pass the ball.</p> <p>Attacking: that being able to move away from a partner helps my team to pass me the ball.</p> <p>Defending: that staying with a partner makes it more difficult for them to receive the ball.</p> <p>Tactics: that tactics can help us when playing games.</p> <p>Rules: that rules help us to play fairly.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">F i t n e s s</p>	<p>Agility: that bending my knees will help me to change direction.</p> <p>Balance: that looking ahead will help me to balance.</p> <p>Co-ordination: that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.</p> <p>Speed: that if I swing my arms it will help me to run faster.</p> <p>Strength: that exercise helps me to become stronger.</p> <p>Stamina: that when I move for a long time it can make me feel hot and I breathe faster.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">B a l l S k i l l s - S e n d i n g & R e c e i v i n g</p>	<p>Sending: to face my body towards my target when rolling and throwing underarm to help me to balance.</p> <p>Catching: to watch the ball as it comes towards me.</p> <p>Tracking: to move my feet to get in the line with the ball.</p> <p>Dribbling: that moving with a ball is called dribbling.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">C r i c k e t - S t r i k i n g a n d F i e l d i n g</p>	<p>Striking: that the harder I strike, the further the ball will travel.</p> <p>Fielding: that throwing the ball back is quicker than running with it.</p> <p>Throwing: which type of throw to use to throw over longer distances.</p> <p>Catching: to watch the ball as it comes towards me.</p> <p>Tactics: that tactics can help us when playing games.</p> <p>Rules: that rules help us to play fairly.</p>
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<p>T e n n i s - N e t & W a l l</p>	<p>Hitting: to use the centre of the racket for control.</p> <p>Feeding: to use an underarm throw to feed to a partner.</p> <p>Rallying: that throwing/hitting to my partner with not too much power will help them to return the ball.</p> <p>Footwork: that using a ready position will help me to move in any direction.</p> <p>Tactics: that tactics can help us to be successful when playing games.</p> <p>Rules: that rules help us to play fairly.</p>	<p>R u g b y</p>	<p>That you hold a rugby ball in two hands.</p> <p>That to receive a rugby ball you must have both hands up ready</p> <p>That you need to be aware of the space around you to pass a rugby ball.</p> <p>That you need to move into spaces to avoid defenders</p>	<p>T e a m B u i l d i n g</p>	<p>That I can communicate simple instructions</p> <p>That I can follow paths and lead others.</p> <p>That I can suggest ideas to solve tasks.</p> <p>That I can work with a partner or in a small group.</p> <p>That I understand the rules of the game.</p>	<p>T a r g e t G a m e s</p>	<p>Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.</p> <p>Tactics: that tactics can help us when playing games.</p> <p>Rules: know that rules help us to play fairly.</p>
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As a Year 1 Athlete I can...

Athletics	<p>Running: explore running at different speeds.</p> <p>Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance.</p> <p>Throwing: explore throwing for distance and accuracy.</p>	<p>Gymnastics: explore basic shapes straight, tuck, straddle, pike.</p> <p>Balances: perform balances making my body tense, stretched and curled.</p> <p>Rolls: explore barrel, straight and forward roll progressions.</p> <p>Jumps: explore shape jumps including jumping off low apparatus.</p>	Dance	<p>Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.</p> <p>Dynamics: explore varying speeds to represent an idea.</p> <p>Space: explore pathways within my performance.</p> <p>Relationships: begin to explore actions and pathways with a partner.</p> <p>Performance: perform on my own and with others to an audience.</p>	Inclusive Sports - Boccia	<p>Develop rolling and throwing a jack towards a target.</p> <p>Develop receiving a rolling Jack and tracking skills.</p>
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As a Year 1 Athlete I can...

<p>Tennis - Net & Wall</p>	<p>Hitting: explore hitting a dropped ball with a racket.</p> <p>Feeding: throw a ball over a net to land into the court area.</p> <p>Rallying: explore sending a ball with hands and a racket.</p> <p>Footwork: use the ready position to move towards a ball.</p>	<p>Rugby</p> <p>Hold a rugby ball competently in two hands.</p> <p>Pass a rugby ball to a partner and to have both hands up ready to receive a pass back.</p> <p>Pass a rugby ball with some degree of accuracy from a short distance.</p> <p>Navigate space to some degree of competency whilst holding a rugby ball.</p> <p>Work as a team in team games, introducing elements of attack and defence.</p>	<p>Team Building</p> <p>Co-operate and communicate with a partner to solve challenges.</p> <p>Explore and develop teamwork skills.</p> <p>Plan with a partner and small group to solve problems.</p> <p>Communicate with a group to solve challenges.</p>	<p>Target Games</p>	<p>Throwing overarm: explore technique when throwing overarm towards a target.</p> <p>Throwing underarm: explore technique when throwing underarm towards a target.</p>
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