

Summer Term

Year 1

Strands covered:

**What prior knowledge should students have?**

- Pupils have explored skills of running, jumping, and throwing with a range of equipment.
- Pupils have learnt how to move and stop confidently, negotiating the space around them.

Key Vocabulary	Definition
Throwing	Propelling an object with your arm
Jumping	Moving your body off the ground by pushing with your legs
Skipping	Hopping on one foot and then the other with a jump in between
Landing	The way you touch the ground after a jump
Coordination	Using different parts of your body together and smoothly
Control	Being able to move how you want.

#### What skills will students learn? (Disciplinary Knowledge)

- Children will develop their fundamental movement skills of throwing, jumping, skipping and running whilst being able to change direction and stop.
- Children will work collaboratively with others to perform a skill
- Children will learn that we should land softly with bent knees to absorb the impact.

#### What key knowledge will be taught? (Substantive Knowledge)

- Children will understand the correct running technique to gain their quickest times.
- To know and demonstrate fair play and sportsmanship, turn taking, following instructions, and communicating effectively with partners.
- Children will understand how different body movements work together for different skills (e.g. arm swing for throwing and running).
- Children will be taught and use the correct technique to perform different jumps (e.g. bending knees when landing from a jump)

#### Safe landing technique

1. Knees slightly bent to absorb the impact of landing. No straight legs on the landing. ...
2. Straight spine to keep the neck stable and prevent falling forward. No arch in the lower back. ...
3. Arms extended to the front, straight and level with the heart in order to keep chest up on the landing.

