

# LEINTWARDINE CE PRIMARY SCHOOL LEARNING JOURNEY ITINERARY

**SUBJECT: PE**

**YEAR GROUPS: KS1**

**PREVIOUS KNOWLEDGE** *We would expect most children to:*

- 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.

**By the end of KS1, children should be able to:**

Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
<ul style="list-style-type: none"> <li>• copy actions</li> <li>• repeat actions and skills</li> <li>• move with control and care</li> <li>• copy and remember actions</li> <li>• repeat and explore actions with control and coordination</li> </ul>	<ul style="list-style-type: none"> <li>• talk about what they have done</li> <li>• describe what other people did</li> <li>• talk about what is different between what they did and what someone else did</li> <li>• say how they could improve</li> </ul>	<ul style="list-style-type: none"> <li>• describe how their body feels before, during and after an activity</li> <li>• show how to exercise safely</li> <li>• describe how their body feels during different activities</li> <li>• explain what their body needs to keep healthy</li> </ul>

Dance	Games	Gymnastics
<ul style="list-style-type: none"> <li>• move to music</li> <li>• copy dance moves</li> <li>• perform some dance moves</li> <li>• make up a short dance</li> <li>• move around the space safely</li> <li>• dance imaginatively</li> <li>• change rhythm, speed, level and direction</li> <li>• dance with control and co-ordination?</li> <li>• make a sequence by linking sections together</li> <li>• link some movement to show a mood or feeling</li> </ul>	<ul style="list-style-type: none"> <li>• throw underarm</li> <li>• roll a piece of equipment</li> <li>• hit a ball with a bat</li> <li>• move and stop safely</li> <li>• catch with both hands</li> <li>• throw in different ways</li> <li>• kick in different ways</li> <li>• use hitting, kicking and/or rolling in a game</li> <li>• stay in a 'zone' during a game</li> <li>• decide where the best place to be is during a game</li> <li>• use one tactic in a game</li> <li>• follow rules</li> </ul>	<ul style="list-style-type: none"> <li>• make their body tense, relaxed, curled and stretched</li> <li>• control their body when travelling</li> <li>• control their body when balancing</li> <li>• copy sequences and repeat them</li> <li>• roll in different ways</li> <li>• travel in different ways</li> <li>• balance in different ways</li> <li>• climb safely</li> <li>• stretch in different ways</li> <li>• curl in different ways</li> <li>• plan and show a sequence of movements</li> <li>• use contrast in their sequences</li> <li>• show controlled movements</li> <li>• think of more than one way to create a sequence which follows a set of 'rules'</li> <li>• work on their own and with a partner to create a sequence</li> </ul>

## Swimming

- To swim 1 width unaided.
- To jump in the water from the side.
- To submerge head completely under the water and blow out bubbles for 3 seconds.
- To do a star float on front or back for 10 seconds.
- To swim through a hoop on the bottom of the shallow end.
- To swim 1 width on front and 1 width on back.
- To jump in the deep end and swim 1 width.

### ASSESSMENT OPPORTUNITIES

*Children will be able to demonstrate their learning through:*

- Small-sided games
- Routines created within dance/gymnastics
- Isolated drills focusing on key skills

### ENRICHMENT OPPORTUNITIES

*We will endeavour to include:*

- Sports day
- After-school club
- Active break and lunchtimes
- Active in Rise & Shine club

### SUBJECT-SPECIFIC VOCABULARY

*We will expect children to use these words and phrases:*

rhythm, speed, level, direction, control, coordination, improve, tactic, zone, travelling, balance, sequence, rules, climb, stretch, teamwork, passing, striking, healthy, pulse, muscle, fitness, front crawl, back crawl, stroke, float, swim

### CROSS-CURRICULAR LINKS

*This itinerary fits with our other learning through:*

- Maths: Time, scores, measuring
- Science: heart rate, pulse rate, keeping healthy

### LEARNING BEHAVIOURS *Children will be expected to:*

<b>Tries new things</b>	Have a go attempting new skills or sports.	<b>Improves</b>	Accept advice from peers and class teacher/coach/
<b>Works hard</b>	Put effort into all drills or activities set	<b>Understands others</b>	Listen and works well with a range of children.
<b>Concentrates</b>	Listen fully to task instructions	<b>Doesn't give up</b>	Show perseverance and determination to succeed.
<b>Self-motivates</b>	Demonstrate their competitive nature in a positive light.	<b>Imagines</b>	Think of creative moves and balances within a sequence.