



Subject- Physical Education



Threshold Concepts and Milestones

Threshold Concept		Year 1	Content
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	Games	<p>Use the terms 'opponent' and 'team-mate'.</p> <ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. 	<p>Spring 1 Games and Multi Skill Spring 2 Cricket Summer 1 Tennis</p> <p>In the Spring term, the children begin by recapping the multi skills they have developed in FS. The focus of this block is to begin combining movements to create sequences, for example using an SAQ ladder in different ways.</p> <p>In Spring 2, the focus is on cricket, a vitally important sport to our children. They will follow the Chance to Shine programme and is delivered by them. They should learn the skills to play a simple, modified version of the game.</p> <p>In the Summer term, the children begin to learn a new game of tennis. This is to develop their hand eye co-ordination. They will follow the LTA introductory programme and begin to play simple</p>

			games linked with using a ball and racket. This is in addition to the Tennis Roadshow that comes in.
	Dance	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Choose movements to communicate a mood, feeling or idea. 	<p>Autumn 1 Dance</p> <p>In dance, the children will be looking at a specific type of music, based around the theme of Africa, and developing a dance sequence to music.</p>
	Gymnastics	<ul style="list-style-type: none"> • Copy and remember actions. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. 	<p>Autumn 2 Gymnastics</p> <p>In gymnastics, the children will take part in an adapted mini sport education block. The children should experience more complex gymnastic moves, such as rolling, contrasts and hold. As part of this block, children should experience top gymnastic performances, develop their own routine and perform this to judges. In both blocks, the focus should be on the movements and developing a simple sequence.</p>

	Swimming		N/A as Year 1 do not go swimming.
	Athletics		<p>Summer 2 Athletics The children will develop their athletics skills, such as running, throwing and jumping. This culminates in a sports day for the children with the children from FS, to support transition.</p>
	Outdoor and adventurous activities		<p>Spring 1 Cycling They will also have their second block of HSBC Cycle, which has been superb in developing the children's balance and co-ordination.</p> <p>Summer 2 Ice Skating This was changed a number of years ago, as it improves their gross motor skills, builds confidence and helps develop a growth mindset. As part of this programme, the children will also gain certification.</p> <p>Covered by Games blocks.</p>