



**PE**  
**2021/22**



## Year 1 Key Skills

### Diet and Hygiene:

I understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow.

### Applying Skills and Using Tactics:

I can link skills and actions in different ways to suit different activities.

I can establish sequences of actions and skills which have a clear beginning, middle and ending.

### Acquiring and Developing Skills:

I can hold a balance whilst walking along a straight line

I can zig zag through a series of markers spaced evenly, about 2 metres apart.

I can hop on the spot using the same foot.

I can jump for distance.

I can jump for height

I can catch a bean bag.

I can throw a small ball underarm, using the correct technique.



Click play on our video!

## **Gymnastics**

### **Learning Objective**

**To explore travelling movements using the space around you.**

### **Success Criteria**

**I can use different parts to travel on**

**I can hold a balance for 5 seconds**



## ***January 2022***

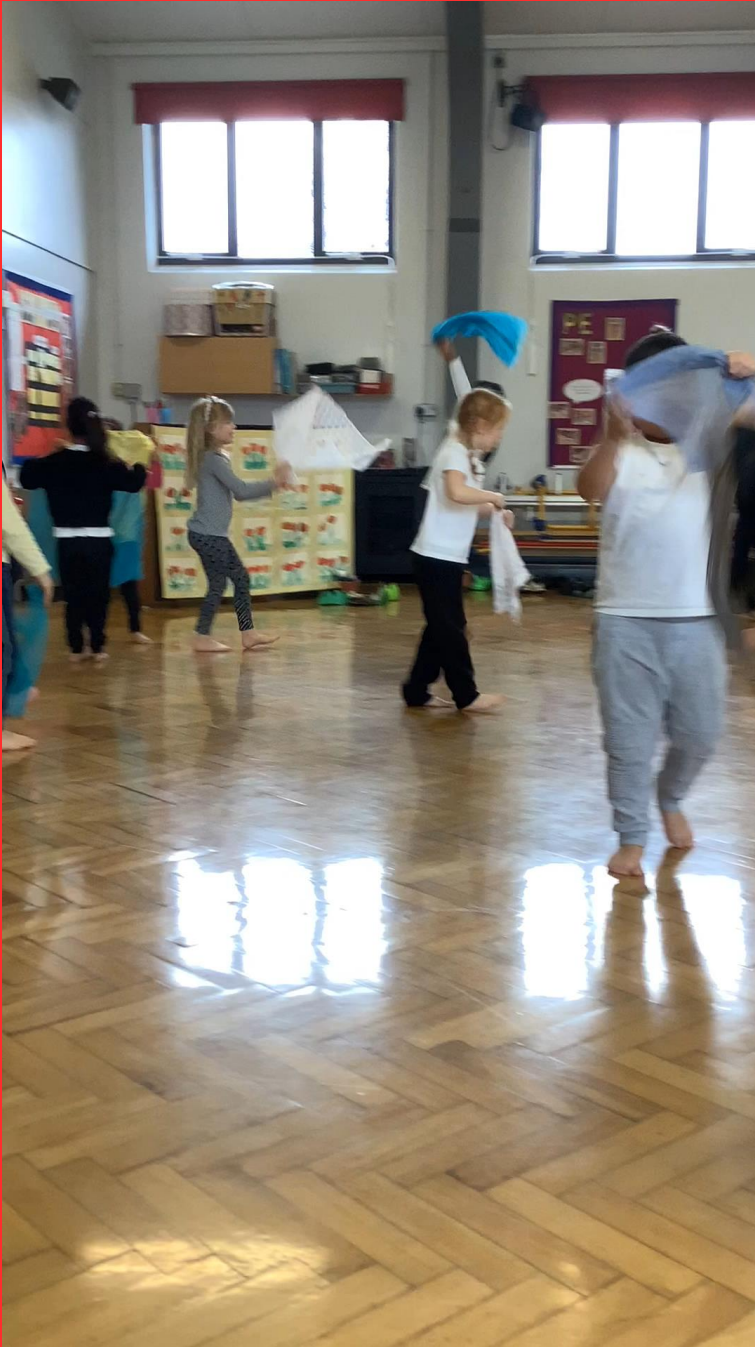
We have been exploring ways of **moving**, and ways of **balancing** using different parts of our body.

Our next step is to link movements and balances together to create a **sequence**.



# Dance

## Spring 2



**I can link skills and actions in different ways to suit different activities.**

We have been portraying the story of 'The Very Hungry Caterpillar' through dance. This week we were the butterfly. We found different ways to use our scarves to show the butterfly's wings. We had to work with a partner to experiment different ways of moving.



Look at all of the different ways we found to use our scarf as butterfly wings!

We then put these movements together to music.

I can establish sequences of actions and skills which have a clear beginning, middle and ending.





# Dance performance

## Final Week



We performed our dance to the other Year 1 class. We have worked on being flowers and bee's.

I can establish sequences of actions and skills which have a clear beginning, middle and ending.



## Year 2 Key Skills

### Diet and Hygiene:

I can identify the five types of food that make up a balanced diet and begin to give examples of these.

### Applying Skills and Using Tactics:

I can structure sequences of actions and skills in different orders to improve performance.  
(For example: speed, direction, level.)

### Healthy Bodies:

I can identify ways I can increase my own body protection.

### Acquiring and Developing Skills:

I can zig zag through a series of tightly spaced markers .

I can hop along a straight line using the same foot.

I can jump for distance controlling the landing.

I can jump for height with a controlled landing.

I can catch a small ball.

I can throw a small ball overarm, using the correct technique.



In the spring term we are learning about striking and fielding games. In the first lesson we learnt how to;

Roll a ball

Track a ball

And stop the ball.

We started by rolling it back and fourth to each other.



Then we had to play a game.

One player was the striker.

One player was the fielder.

The striker rolled the ball to one of the 3 cones and shouted out that colour.

The fielder had to move in the correct direction and track and stop the ball.





# Dance

This term we have been developing our skills in strength, coordination and balance.

We have been using our bodies to create different movements and actions and have put these together to create a short performance.

We have related this to our learning about 'Charlie and the Chocolate Factory'.



We have put the actions together to create a sequence.  
We called this and Oompa Loompa dance.

We have also been using our bodies to show characterisation.  
We pretending to walk like Willy Wonka and demonstrate  
How the children feel when they walk into the chocolate room.

This was then put together for a performance at the end of the term.





# Gymnastics

As well as dance we have also been doing gymnastics.

**We have learnt how to:**

- Use shapes to create a balance that we can hold for 5 seconds.
- Explore actions, directions and levels.
- Link travelling actions and balances using apparatus.
- Demonstrate different landings when performing jumps.



Practicing balances and demonstrating good body tension.