

Curriculum Map – Year 1 2015-2016

Support materials are in red font. Where indicated please start with core task, use this to assess where the children are. Then carry out a series of lessons which are focused at achieving the learning and assessment focuses.

Year 1	Autumn Term			Spring Term			Summer Term		
	Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus
1 st half term	Games Core task 1 - Throw a bean bag into the hoop.	Underarm throw. Accurate throw to a target. Defending a target. Catching a bean bag or ball.	Able to throw object to a target. Able to move to defend an oncoming object. Use basic rules and ways to score. Describe how their body feels during exercise.	SAQ No core task.	Side steps, stopping and starting. Work in different directions. High knees, head up, strong arm action - hip to lip, opposite arm to foot.	Begin to work using the balls of feet and high knee lift whilst walking and running. Use the correct arm action in coordination with legs (hip to lip, opposite arm to foot). Able to side step between using the correct technique between spots.	Games No core task. LCP Games Unit 1	Rolling, throwing underarm and overarm, bouncing, kicking (to include dribbling), stopping, trapping or catching a moving ball. Defending a goal or area.	Throwing and catching accurately. Kicking and stopping a ball. Bouncing a ball - static and moving. Able to defend an area, goal or target.
	Gymnastics Core task 1 - Make a short movement phrase.	Travelling Shapes Rolls Balance, coordination and agility	Copy and repeat Perform movements with some control and coordination when travelling and remaining still. Find and use space safely.	Gymnastics Core task 2 - Link together like actions.	Shapes Rolls Jumps and landing bunny hop Balance, coordination and agility	Perform three different jumps and rolls Able to bunny hop. Link three 'like' movements together on floor and apparatus. Repeat movement phrase.	Athletics Core task 1 & 2 1. Move bean bags from hoop to hoop. 2. How many cones can you touch in the time?	Different ways of travelling Walking, running, hopping, skipping, jumping.	Able to use different methods of travelling, walking, running, hopping, skipping and jumping.

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2 nd half term	Games Core task 2 - Roll the ball over the line.	Underarm throw. Accurate throw to a target. Defending a target. Catching a bean bag or ball. Rolling a ball.	Use basic underarm and rolling skills. Intercept, retrieve and stop a bean bag/medium size ball with some consistency; sometimes catch a bean bag/medium size ball.	Dance No core task. Matalan Card 5 - Time Use clock as stimuli, circular movements, shapes of clock hands and numbers. A Day in the Life: - Waking /morning routine, travelling to school, playing, sleeping.	Stillness, curl, roll, stretch, twitch, peaceful sleep/disturbed sleep. Travelling actions that depict going to school. Working in small groups to create shapes.	Show the ability to travel and be still. Show balance and coordination. Individual, pairs and group shapes.	Athletics No core task. Use different ways of throwing - underarm, overarm, pushing, sliding. How far can you throw? Continue running activities e.g. relay fun race.	Use different types of equipment to throw. Use correct body position for throwing. Use correct throwing technique for underarm and overarm. Develop running technique.	Able to throw underarm and overarm for distance using the correct technique. Able to throw underarm and overarm for accuracy. Able to use arms correctly when sprinting.
	Dance Core task 1 - Make your own dance. Matalan card 1 - Laugh a minute.	Start and Finish. Different shapes. Gestures. Travelling. Working with a partner or group	Remember and repeat simple dance phrases. Respond to stimuli and musical accompaniment. Begin to work with a partner.	Gymnastics Core task 3 - Make a sequence using elements.	Safe use of apparatus. Different balances, jumps and rolls (including forward rolls). Different shapes.	Show good extension - straight arms/legs and good body tension. Show a clear start and end position and move smoothly between shapes and actions.	Dance No core task. LCP Dance - At The Seaside.	Explore movement ideas and respond to a range of stimuli. Move confidently and safely in their own space, using changes of speed, level and direction. Copy, explore, remember, repeat and link a range of	Remember and repeat simple dance phrases. Respond to stimuli and musical accompaniment. Begin to use space safely, changing

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					Move from one move to other smoothly			actions with coordination and an awareness of the expressive qualities of dance	direction, level and speed. Begin to work with a partner.
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