

Wath CofE Primary PE Assessment

Year 1

Areas of Learning	Expected outcomes:	Pupil notes: W or G
Dance	<ul style="list-style-type: none"> • Respond to a range of stimuli. • Perform simple rhythmic patterns and repeat them in different formations. • Work alone, with guidance from the teacher, to create movement ideas in response to a story or repeated rhythm. • Select movements from those they practise to create a dance. • Observe each other and talk about their dances using appropriate language. 	
Gymnastics	<p><u>Flight – Bouncing, Jumping and Landing Hopping, bouncing, skipping, jumping in different directions.</u></p> <ul style="list-style-type: none"> • 1 foot to 2 feet jumping. • Thin shapes, star shapes. • High and low levels. <p>Points and Patches Small and large parts to balance on.</p> <ul style="list-style-type: none"> • Partner work – making hole for partner to slide under. • Travelling on small “points” + large “patches” Changing balances smoothly and showing different speeds. • Rocking and Rolling Which body parts can you rock upon? Different rolling actions. Join together jump and roll. Short sequences. <p><u>Wide-Narrow-Curled Different stretched balances showing wide and narrow shapes.</u></p> <ul style="list-style-type: none"> • Travelling in long and narrow, wide and short shapes. Close to ground and far away from ground. • Tucked jump. • Feet together and apart. • Run-jump, roll and stretched balance. 	
Games	<p><u>Ball Skills and games Familiarisation with a ball Patting and bouncing the ball.</u></p> <ul style="list-style-type: none"> • Kicking the ball and dribbling. 	

	<ul style="list-style-type: none"> • Throwing and catching using bean-bags / quoits Using skills to develop individual and partner target games. <p><u>Throwing and catching – aiming games</u> Throwing and catching with <u>different equipment.</u></p> <ul style="list-style-type: none"> • Throwing one handed. • Aiming using different equipment. • Rolling, kicking, bouncing and throwing to aim at a range of targets. • Aiming onto/over lines, at targets, hoops, skittles etc. Partner aiming games. <p>Games Roll and push the ball along the ground with a bat.</p> <ul style="list-style-type: none"> • Push and roll in different directions and weave through “slaloms” • Balance a ball on a bat with control – standing and walking. In a controlled way hit a ball upwards / downwards with a bat. • Strike a ball to a partner – both along the ground and in the air. • Strike a ball rolled or thrown with a partner. Strike alternatively to each other along the ground. • Developing Partner Work Co-operative games are developed to practise and progress the various sending and receiving skills. • Children change the rules to make the games more challenging. 	
Athletics	<p><u>Develop techniques of:-</u></p> <ul style="list-style-type: none"> • Changing speed. • Running style. • Running in curved pathways. • Control in picking up/putting down equipment. • Underarm throwing + push throw. • Pull throw – overarm throwing. • Jumping - simple take-offs and landings. • Jumping techniques and combinations of jumps together with a partner. 	
Orienteering	<ul style="list-style-type: none"> • Understand that a map is an aerial picture of the ground. • Understand how to orientate the map. • Identifying a position on the map. • Understand the use of symbols and a key. • Develop spatial awareness of the relationship of shapes to each other. 	

Overall pupil assessment	
Pupil working below age-related expectations	Pupils working above age-related expectations