

**PE Unit of Work  
Year 1 Autumn 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Netball	<ul style="list-style-type: none"> <li>To develop accuracy when throwing to a target</li> <li>To throw and catch with a partner</li> </ul>	<ul style="list-style-type: none"> <li>Begin to use and understand the terms attacking and defending</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Netball has the same rules as basketball</li> <li>There is only one type of pass in netball</li> <li>Girls are better than boys at netball</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>master basic movements running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Know how to negotiate space adjusting speed and direction.</li> <li>Know how to catch a large ball.</li> <li>Know how to show control over throwing and catching.</li> </ul>		<ul style="list-style-type: none"> <li>Pass</li> <li>Catch</li> <li>Game</li> <li>Team</li> <li>Shoot</li> </ul>
<b>Procedural Knowledge:</b>			<b>Sports Knowledge</b>
	<ul style="list-style-type: none"> <li>Begin to use the terms attacking and defending</li> <li>Use simple defensive skills such as marking a player.</li> <li>Throw using a chest pass</li> <li>Catch and bounce a ball.</li> <li>Practise accurate throwing and consistent catching.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can move and stop safely.</li> <li>I can throw from my chest</li> <li>I can throw and catch with both hands.</li> <li>I can throw in different ways.</li> <li>I can move and stop safely.</li> <li>I can throw in different ways.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Halton Netball</li> </ul>		

**PE Unit of Work  
Year 1 Autumn 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Tennis	<ul style="list-style-type: none"> <li>To learn to play against an opponent</li> <li>To play by the rules and develop coordination</li> <li>To explore striking a ball and keeping score</li> </ul>	<ul style="list-style-type: none"> <li>Practise basic underarm and overarm techniques.</li> <li>Practise accurate sending and receiving skills.</li> </ul>	<ul style="list-style-type: none"> <li>Tennis is only played on grass</li> <li>You can't play tennis with your left hand</li> <li>Tennis is only a 1 V 1 sport.</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>master basic movements such as running, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</li> <li>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Show good control and co-ordination in large and small movements. Handle equipment effectively.</li> </ul>		<ul style="list-style-type: none"> <li>Own space</li> <li>Racket</li> <li>Direction</li> <li>Scoring</li> </ul>
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>Use hitting skills in a game.</li> <li>Practise basic underarm and overarm techniques.</li> <li>Practise accurate sending and receiving skills.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can move and stop safely.</li> <li>I can hold a tennis racket correctly</li> <li>I can move holding a tennis racket</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Widnes Tennis academy</li> </ul>		

**PE Unit of Work  
Year 1 Autumn 2**

Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
Gymnastics 	<ul style="list-style-type: none"> <li>• Perform actions of controlled basic movements.</li> <li>• To walk and move around space with your head up and looking forward to see where you are going.</li> <li>• To move carefully around the space avoiding other children</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing on 1 and 2 limbs.</li> <li>• Jump off objects and land.</li> <li>• Travel under, over and through equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Balances can only be completed on 1 limb.</li> <li>• The only way to travel is walking/running.</li> <li>• Gymnastics is only for girls.</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• perform using simple movement patterns.</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>• Know that a gymnastics sequence has a beginning, middle and end.</li> <li>• Know that two or more actions linked together make a sequence.</li> <li>• Know that you can travel in different ways.</li> <li>• Know a range of shapes and balances.</li> <li>• Know a range of simple jumps.</li> </ul>		Forwards, backwards, sideways, roll, slow, fast, tuck, star, pike.
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>• Copy actions with a beginning, middle and end.</li> <li>• Link two actions to make a sequence.</li> <li>• Recognise and copy contrasting actions (small/tall).</li> <li>• Travel in different ways.</li> <li>• Hold still shapes and balances.</li> <li>• Carry out a range of simple jumps.</li> </ul>		<ul style="list-style-type: none"> <li>• Describe how the body feels before and after exercise.</li> <li>• Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<p align="center"><b>Procedural</b></p> <ul style="list-style-type: none"> <li>• Master a range of different ways to travel including running and walking.</li> <li>• Develop balance and co-ordination including balancing on 1 and 2 limbs.</li> <li>• Create a sequence of movements that have a beginning, middle and end.</li> <li>• Perform a sequence for peers.</li> </ul>		
<b>Significant people/places</b>	Beth Tweddle- Elizabeth Kimberly Tweddle is a retired British artistic gymnast. Renowned for her uneven bar and floor routines, she was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.		

**PE Unit of Work  
Year 1 Autumn 2**

Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
Hockey 	<ul style="list-style-type: none"> <li>• Head up and looking forward to see where you are going when moving around.</li> <li>• Move carefully around the space avoiding other children.</li> <li>• Stay close to your team mates.</li> </ul>	<ul style="list-style-type: none"> <li>• Show control over hitting a ball.</li> <li>• Control a ball with the bat that has been passed to you.</li> </ul>	<ul style="list-style-type: none"> <li>• You can only hit the ball with the inside of the stick.</li> <li>• You can shoot inside the circle.</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>• Know how to hit a ball using the hockey stick.</li> <li>• Know how to roll a ball to another person.</li> <li>• Know how to defend by marking another player.</li> </ul>		Catch, pass, team, passing, shooting, controlling
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>• Practise accurate passing and receiving.</li> <li>• Begin to use the terms attacking and defending.</li> <li>• Know how to strike a ball with a hockey stick.</li> </ul>		<ul style="list-style-type: none"> <li>• Describe how the body feels before and after exercise.</li> <li>• Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<p align="center"><b>Procedural</b></p> <ul style="list-style-type: none"> <li>• Master basic movements whilst moving with a ball and hockey stick.</li> <li>• Develop striking and receiving a ball.</li> <li>• Participate in a hockey game where you mark another player.</li> </ul>		
<b>Significant people/places</b>	Sam Quek- is an English television personality and former field hockey player. She played as a defender for both the England and Great Britain teams, wearing squad number 13, and won gold as part of the British team at the 2016 Summer Olympics.		

**PE Unit of Work  
Year 1 Spring 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Basketball	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Begin to use and understand the terms attacking and defending</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Basketball has the same rules as netball</li> <li>There is only one type of pass in basketball</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>master basic movements running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</li> </ul>		
<b>Knowledge:</b>		<b>Key Vocabulary</b>	
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Know how to negotiate space adjusting speed and direction.</li> <li>Know how to catch a large ball.</li> <li>Know how to show control over throwing and catching.</li> </ul>		<ul style="list-style-type: none"> <li>Rules</li> <li>Follow</li> <li>Game</li> <li>Catching</li> <li>Team</li> <li>Passing</li> <li>Shooting</li> <li>Controlling</li> </ul>
		<b>Sports Knowledge</b>	
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>Begin to use the terms attacking and defending</li> <li>Use simple defensive skills such as marking a player.</li> <li>Throw using a chest pass</li> <li>Catch and bounce a ball.</li> <li>Practise accurate throwing and consistent catching.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can move and stop safely.</li> <li>I can throw from my chest</li> <li>I can throw and catch with both hands.</li> <li>I can throw in different ways.</li> <li>I can move and stop safely.</li> <li>I can throw in different ways.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Sankey Wildcats Junior Basketball</li> </ul>		

**PE Unit of Work  
Year 1 Spring 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Dance	<ul style="list-style-type: none"> <li>• Move in space.</li> <li>• Move in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>• Make lines and circles using gross motor movements.</li> <li>• Experiment with different ways of moving.</li> </ul>	<ul style="list-style-type: none"> <li>• Dancing is only for girls.</li> <li>• There is only one type of dance.</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>• perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>• Know that a sequence of actions makes a dance.</li> <li>• Know some choreographic devices such as canon and mirroring.</li> </ul>		<ul style="list-style-type: none"> <li>• Floppy</li> <li>• Slither</li> <li>• Follow</li> <li>• Lead</li> <li>• Copy</li> </ul>
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>• I can move and stop safely.</li> <li>• I can make my body curled, tense, stretched and relaxed.</li> <li>• I can control my body when travelling and balancing.</li> <li>• I can copy sequences and repeat them.</li> <li>• I roll, curl, travel and balance in different ways.</li> </ul> <p>I can use equipment safely</p>		<ul style="list-style-type: none"> <li>• Describe how the body feels before and after exercise.</li> <li>• Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>• perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>• Diverse performing arts Liverpool</li> </ul>		

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Year 1 Spring 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Basketball	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Begin to use and understand the terms attacking and defending</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Basketball has the same rules as netball</li> <li>There is only one type of pass in basketball</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>master basic movements running, throwing and catching, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</li> </ul>		
<b>Knowledge:</b>		<b>Key Vocabulary</b>	
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Know how to negotiate space adjusting speed and direction.</li> <li>Know how to catch a large ball.</li> <li>Know how to show control over throwing and catching.</li> </ul>		<ul style="list-style-type: none"> <li>Rules</li> <li>Follow</li> <li>Game</li> <li>Catching</li> <li>Team</li> <li>Passing</li> <li>Shooting</li> <li>Controlling</li> </ul>
		<b>Sports Knowledge</b>	
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>Begin to use the terms attacking and defending</li> <li>Use simple defensive skills such as marking a player.</li> <li>Throw using a chest pass</li> <li>Catch and bounce a ball.</li> <li>Practise accurate throwing and consistent catching.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can move and stop safely.</li> <li>I can throw from my chest</li> <li>I can throw and catch with both hands.</li> <li>I can throw in different ways.</li> <li>I can move and stop safely.</li> <li>I can throw in different ways.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Sankey Wildcats Junior Basketball</li> </ul>		

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Year 1 Spring 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Dance	<ul style="list-style-type: none"> <li>• Move in space.</li> <li>• Move in different ways.</li> </ul>	<ul style="list-style-type: none"> <li>• Make lines and circles using gross motor movements.</li> <li>• Experiment with different ways of moving.</li> </ul>	<ul style="list-style-type: none"> <li>• Dancing is only for girls.</li> <li>• There is only one type of dance.</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>• perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>• Know that a sequence of actions makes a dance.</li> <li>• Know some choreographic devices such as canon and mirroring.</li> </ul>		<ul style="list-style-type: none"> <li>• Floppy</li> <li>• Slither</li> <li>• Follow</li> <li>• Lead</li> <li>• Copy</li> </ul>
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>• I can move and stop safely.</li> <li>• I can make my body curled, tense, stretched and relaxed.</li> <li>• I can control my body when travelling and balancing.</li> <li>• I can copy sequences and repeat them.</li> <li>• I roll, curl, travel and balance in different ways.</li> </ul> <p>I can use equipment safely</p>		<ul style="list-style-type: none"> <li>• Describe how the body feels before and after exercise.</li> <li>• Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>• perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>• Diverse performing arts Liverpool</li> </ul>		

**PE Unit of Work  
Year 1 Summer 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Football	<ul style="list-style-type: none"> <li>To dribble a ball using feet</li> <li>To kick a ball to a target</li> </ul>	<ul style="list-style-type: none"> <li>Begin to use and understand the terms attacking and defending</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Only boys can play football</li> <li>Attacking is more important than defending</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping throwing and catching as well as developing balance and co-ordination</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Negotiate space adjusting speed and direction.</li> </ul>		<ul style="list-style-type: none"> <li>Rules</li> <li>Follow</li> <li>Game</li> </ul>
			<b>Sports Knowledge</b>
<b>Procedural Knowledge:</b>	<ul style="list-style-type: none"> <li>Begin to use the terms attacking and defending</li> <li>Use simple defensive skills such as marking a player.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can move and stop safely.</li> <li>I can throw and kick in different ways.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Alex Greenwood- Women's Football</li> </ul>		

**PE Unit of Work  
Year 1 Summer 1**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
Rounders	<ul style="list-style-type: none"> <li>To develop accuracy when throwing to a target</li> <li>To throw and catch with a partner</li> </ul>	<ul style="list-style-type: none"> <li>Strike or hit a ball with increasing control.</li> <li>Learn skills for playing striking and fielding games.</li> <li>Position the body to strike a ball.</li> </ul>	<ul style="list-style-type: none"> <li>Rounders is the same as baseball</li> <li>Hitting the ball is more important than catching the ball</li> </ul>
<b>National Curriculum Subject Content:</b>	<ul style="list-style-type: none"> <li>Master basic movements including running, throwing and catching as well as developing co-ordination</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
<b>Knowledge:</b>			<b>Key Vocabulary</b>
<b>Intended Knowledge Declarative</b>	<ul style="list-style-type: none"> <li>Show control over pushing, Batting and kicking.</li> </ul>		<ul style="list-style-type: none"> <li>Batting</li> <li>Throwing</li> <li>Kicking</li> <li>Rolling</li> </ul>
<b>Procedural Knowledge:</b>			<b>Sports Knowledge</b>
	<ul style="list-style-type: none"> <li>Use hitting skills in a game.</li> <li>Practise basic striking, sending and receiving.</li> </ul>		<ul style="list-style-type: none"> <li>Describe how the body feels before and after exercise.</li> <li>Carry and place equipment safely.</li> </ul>
<b>Assessment Outcomes</b>	<ul style="list-style-type: none"> <li>I can hit a ball with a bat.</li> <li>I can throw and kick in different ways.</li> </ul>		
<b>Significant people/places</b>	<ul style="list-style-type: none"> <li>Halton Baseball and Softball Club (Runcorn)</li> </ul>		