


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

Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>		
Knowledge:			Key Vocabulary
<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>
			Sports Knowledge
<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>Halton Netball</li> </ul>		


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Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>		
Knowledge:			Key Vocabulary
<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>
			Sports Knowledge
<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**

<b>Sport</b>	<b>Prior learning (Retrieval)</b>	<b>Future learning</b>	<b>Common Misconceptions</b>
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>		
Knowledge:			Key Vocabulary
<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
			Sports Knowledge
<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			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>		
Knowledge:			Key Vocabulary
<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>
			Sports Knowledge
<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			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>
National Curriculum Subject Content:	<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>		
Knowledge:			Key Vocabulary
Intended Knowledge Declarative	<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>
			Sports Knowledge
Procedural Knowledge:	<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>
Assessment Outcomes	<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>		
Significant people/places	<ul style="list-style-type: none"> <li>Diverse performing arts Liverpool</li> </ul>		

PE Unit of Work Year 1 Spring 1			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>		
Knowledge:			Key Vocabulary
<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>
			Sports Knowledge
<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			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>
National Curriculum Subject Content:	<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>		
Knowledge:			Key Vocabulary
Intended Knowledge Declarative	<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>
			Sports Knowledge
Procedural Knowledge:	<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>
Assessment Outcomes	<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>		
Significant people/places	<ul style="list-style-type: none"> <li>Diverse performing arts Liverpool</li> </ul>		



PE Unit of Work Year 1 Summer 1			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>
National Curriculum Subject Content:	<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>		
Knowledge:			Key Vocabulary
Intended Knowledge Declarative	<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>
			Sports Knowledge
Procedural Knowledge:	<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>
Assessment Outcomes	<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>		
Significant people/places	<ul style="list-style-type: none"> <li>Alex Greenwood- Women's Football</li> </ul>		

PE Unit of Work Year 1 Summer 1			
Sport	Prior learning (Retrieval)	Future learning	Common Misconceptions
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>
National Curriculum Subject Content:	<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>		
Knowledge:			Key Vocabulary
Intended Knowledge Declarative	<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>
			Sports Knowledge
Procedural Knowledge:	<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>
Assessment Outcomes	<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>		
Significant people/places	<ul style="list-style-type: none"> <li>Halton Baseball and Softball Club (Runcorn)</li> </ul>		