



# Year 1

## Unit Overviews

Unit:	Overview:
<b>Core Unit 1: Athletics</b>	<p><b>Skills: Balance, Co-ordination, Communication, Throwing, Accuracy</b></p> <p>In this unit, the children will continue to build and develop their running technique, as well as developing the ability to throw accurately at a range of targets. They will also continue to practice how to perform a long hump with balance and control. During this unit, the children will have ample opportunity to build on their team work skills and how to co-operate effectively in a team.</p>
<b>Core Unit 2: Gymnastics</b>	<p><b>Skills: Balance, Co-ordination</b></p> <p>In this unit, the children will develop how to perform basic gymnastic movements, including balances, rolls and jumps. They will practice how to perform movements on, over, under and across apparatus safely. During this unit, they will begin to explore combining different gymnastic skills to create a sequence of movement.</p>
<b>Core Unit 3: Seaside Dance</b>	<p><b>Skills: Balance, Co-ordination, Agility, Skipping, Jumping, Co-operation, Team Work</b></p> <p>In this unit, the children will begin to move in time to the beat of the music, performing basic dance movements. They will develop performing basic dance movements with some control and adding a variety of levels to their movements. During this unit, they will begin to co-operate with a partner/group to create, remember and perform a simple dance routine.</p>
<b>Core Unit 4: Multi Skills</b>	<p><b>Skills: Balance, Agility, Throwing, Catching, Co-ordination</b></p> <p>In this unit, the children will continue to build on their balancing, agility and co-ordination skills through a variety of activities. They will explore different ways they can change direction whilst moving and think about how they can maintain control of equipment whilst moving and changing direction,</p>

<p><b>Core Unit 5: Ball Skills</b></p>	<p><b>Skills: Co-ordination, Throwing, Catching, Kicking, Team Work</b></p> <p>In this unit, the children will learn how to perform different skills with a ball, including kicking, catching, throwing and dribbling. They will explore how they can move the ball using different parts of their body and begin to identify which movements enable more control, speed and accuracy.</p>
<p><b>Unit 6: Ball Games</b></p>	<p><b>Skills: Co-ordination, Team Work, Communication, Spatial Awareness</b></p> <p>In this unit, the children will develop skills in team work and communication through a variety of team games and competitive activities. They will explore how to create space, with and without the ball, and how working as a team can enable success. During this unit, they will begin to explore the attacking and defending principles of invasion games.</p>
<p><b>Unit 7: Tennis</b></p>	<p><b>Skills: Throwing, Catching, Co-ordination</b></p> <p>In this unit, the children will continue to build on their throwing, bouncing and catching skills. They will begin to explore how to use a racket correctly by balancing and controlling a ball on the racket. The children will develop skills in trying to hit the ball, performing a basic forehand and backhand technique.</p>
<p><b>Unit 8: OAA</b></p>	<p><b>Skills: Team work, communication, Control, Respect, Strength, Power, Co-ordination, Balance. Flexibility.</b></p> <p>In this unit, the children will participate in a variety of games and activities which promote the use of good teamwork and communication. They will also need to think logically about how to solve problems, whilst performing activities that use control, balance and co-ordination.</p>