

Indoor PE overview

	<u>Key Knowledge and Skills to be committed to long term memory.</u>	<u>Key Vocabulary</u>
<p><u>Autumn 1</u></p> <p><u>Fundamental movements</u></p>	<p>How to find a space in the hall.</p> <p>Fundamental movements-walk, run, hop, crawl (opposite knee to hand) skip, jump (two feet to two feet) roll (in a straight position)</p> <p>To move from one movement to another with fluency (agility)</p> <p>Developing balance (holding positions)</p> <p>Developing coordination and body strength (skipping/ hopping/ jumping/ bunny hopping/ bear walks (opposite hand to foot) rolling (in a stretch position)</p>	<p>Walk, run, hop, crawl, jump, skip, balance, opposite</p>
<p><u>Autumn 2</u></p> <p><u>Multi skills 1</u></p>	<p>Continue to develop and refine fundamental movements -walk, run, hop, skip, jump (two feet to two feet)</p> <p>To slide a beanbag accurately to a target (through cones/ hit a cone) using a good technique: <i>Underarm, opposite arm to leg, bend the front knee- staying in line with the shoulder. Back knee to touch the floor.</i></p> <p>To roll a ball accurately to a target (through cones/ hit a cone) using a good technique: <i>Underarm, opposite arm to leg, bend the front knee- staying in line with the shoulder. Back knee to touch the floor.</i></p> <p>To accurately throw a bean bag underarm to a target using a good technique: Underarm, opposite arm to leg, releasing the beanbag when the arm is facing the target.</p> <p>To demonstrate good hand and eye coordination to hit a bean bag with the hand (as in when using a racket) Drop and hit.</p>	<p>Walk, run, hop, crawl, jump, skip, balance.</p> <p>Slide, Throw, Roll, Catch, Target, Underarm, Cone, Beanbag, Ball, Hoop Accurate, Technique, Opposite, Release</p> <p>Knee, Arm, Leg, Hand</p>

<p><u>Spring 1</u></p> <p><u>Travelling and jumping (pirate theme)</u></p>	<p>To understand how to take part in a relay race waiting for their turn to race.</p> <p>To continue to develop fluency, coordination and agility using fundamental movements (run, hop, skip, jump, bunny hop)</p> <p>To use fundamental movements to travel across a bench.</p> <p>How to perform a stretch jump on the floor and from a bench/ box top. (tuck and star for HA)</p> <p>How to land safely when jumping on the floor and from a bench/ box top.</p> <p>To hold a balance (standing on one foot) for three seconds on a bench or floor spot.</p>	<p>Run</p> <p>Hop</p> <p>Skip</p> <p>Jump</p> <p>Bunny hop</p> <p>Stretch</p> <p>Balance</p> <p>Tuck, Star</p>
<p><u>Spring 2</u></p> <p><u>Multi skills 2</u></p>	<p>To be able to dribble a ball around a cone without touching the cone</p> <p>To stop the ball using the sole of their foot</p> <p>To accurately kick the ball to a target or another player.</p>	<p>Walk, run, hop, crawl, jump, skip, balance.</p> <p>Parts of the foot: Inside/outside/heel/ sole.</p> <p>Cones</p> <p>Skittle</p> <p>Dribble (little kicks, keeping the ball/cone close to your feet)</p> <p>Defend (er)</p> <p>Goal (keeper)</p> <p>Agility</p>
<p><u>Summer 1</u></p> <p><u>Gymnastics</u></p>	<p>To demonstrate basic gymnastic shapes with control (stretch, tuck, dish, arch, front support and back support)</p> <p>HA: To be able to move from one shape to another with fluency.</p> <p>To demonstrate a jump with a safe controlled landing</p> <p>HA: to be able to demonstrate a range of jumps (star, tucked)</p> <p>To be able to hold a range of balances.</p> <p>To bunny hop over a bench successfully transferring their weight.</p>	<p>Balance</p> <p>Stretch</p> <p>Tuck</p> <p>Arch</p> <p>Disc</p> <p>Travel</p> <p>Land</p>

<p><u>Summer 2</u></p> <p><u>Dance</u></p>	<p>To perform a simple dance that includes 6 different movements To include a transition between movements.</p>	<p>Describing words for movements of mini beasts</p> <p>Movements Transition movements Jump leap turn spins</p>
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