

PE		Year 1	Term 4
Key knowledge in unit		Key vocabulary in unit	
Attack, Defend, Shoot- Unit 1 <ul style="list-style-type: none"> To practice basic movement including throwing, catching, running, jumping To being to engage in competitive activities To experience opportunities to improve balance, agility and co-ordination 		attack catch compete defend over-arm play against receive rolling send throw under-arm	
Lesson	Key knowledge in lesson	Vocabulary in lesson	Learning A = absent NA = not accessed
1	<ul style="list-style-type: none"> Throwing techniques: Rolling Underarm Over arm Step forward with opposite foot to throwing arm 	rolling underarm over arm step forward opposite palm direction sideways towards	
2	<ul style="list-style-type: none"> Basic defending skills to defend a target Showing a defensive body position - middle of target, on toes / knees bent, hands spread 	defend(ing) target defence defensive body position spread	
3	<ul style="list-style-type: none"> Rolling or sliding a ball/beanbag with some accuracy Step forward with the correct foot when rolling a ball 	roll slide technique step forward	
4	<ul style="list-style-type: none"> Using basic attacking and defending skills Using throwing skills to score goals Using defensive body position to defend goal 	shoot defend attack throw(ing) defensive body position	
5	<ul style="list-style-type: none"> Using attacking/ defending skills co-operatively with partner Talk to improve 	shoot defend attack throw(ing) defensive body position	
6	<ul style="list-style-type: none"> Using simple attacking skills to move towards a goal 	play against shoot	

Key Knowledge and vocabulary @ GPVPA

	<ul style="list-style-type: none">• Using simple defending skills to defend a goal/ stop others from scoring• Describe how to use skills to score or defend	defend attack throw(ing) defensive body position	
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