

# Primary Y1 PE Unit Overviews – Mid Term Planning

## Gymnastics

Week	Lesson 1	Lesson 2
1	Basic shapes and movement patterns	Basic shapes and movement patterns on apparatus
2	Rolling	Rolling combined with movement patterns
3	Jumping	Rebound jump
4	Build sequences	Assessment sequences

## Swimming

Week	Lesson 1	Lesson 2
1	Pool safety and assessment	Buoyancy
2	Streamline position	Intro to freestyle
3	Freestyle legs with Bubbles	Freestyle arms with Bubbles
4	Races	Assessment

## Striking & Fielding

Week	Lesson 1	Lesson 2
1	Throwing	Catching
2	Bowling	Backstop
3	Running the bases	Batting
4	Softball game	Assessment

## Ball Skills

Week	Lesson 1	Lesson 2
1	Dribbling	Dribbling
2	Passing	Passing

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3	Shooting	Shooting
4	Game play	Game play

## Athletics & Fitness

Week	Lesson 1	Lesson 2
1	The Heart and Exercise	Breathing and Exercise
2	Healthy Eating Games	Fitness Circuits
3	Running	Jumping
4	Throwing	Mini Olympics

## Team Games

Week	Lesson 1	Lesson 2
1	Football Skills & Drills	Football Game Play
2	Rugby Skills & Drills	Rugby Game Play
3	Hockey Skills & Drills	Hockey Game Play
4	Basketball Skills & Drills	Basketball Game Play

## Indoor Games

Week	Lesson 1	Lesson 2
1	Communication & Teamwork Games	Communication & Teamwork Games
2	Parachute Games	Parachute Games
3	Team Races	Team Races
4	Problem Solving	Problem Solving

## Dance

Week	Lesson 1	Lesson 2
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1	Traveling in time with the music	Unison
2	Mirroring / matching	Cannon
3	Levels	Formations
4	Group dance final preparations	Group dance assessment