

Physical Education

Year 1

Yearly Coverage of Learning Behaviours

Fairisle Infant and Nursery School



Expect Success

Personal Cog

Can you stay on task?

By the end of the year, children should know how to:

- follow instructions
- practise safely
- work on simple tasks by themselves

Vocabulary

Follow: to copy what is being told

Instructions: directions or orders

Safely: without being harmed

Tasks: any duty or item of work that one must carry out



Social Cog

Can you work with others?

By the end of the year, children should know how to:

- work sensibly with others
- take turns with others
- share resources with others

Vocabulary

Sensibly: making good choices

Take turns: to alternate doing a task with another person

Share: to receive, use, or enjoy together with one or more others

Resources: things that are available for a particular use



Physical Cog

Can you perform single skills?

By the end of the year, children should know how to:

- perform a single skill or movement with some control
- perform a small range of skills
- link two movements together

Vocabulary

Perform: to do or present

Single: only one

Skill: the ability to perform a task well, especially because of training or practice

Movement: a particular action or way of changing place or position

Control: to manage the movement of your body

Range: a variety

Link: to join or connect



Cognitive Cog

Can you observe and describe?

By the end of the year, children should know how to:

- understand and follow simple rules
- name some things they are good at

Vocabulary

Follow: to copy what is being told

Rules: something that guides behaviour or action



Creative Cog

Can you explore and describe?

By the end of the year, children should know how to:

- explore and describe different movements

Vocabulary

Explore: to learn through trying something

Describe: to create a picture in words

Movement: a particular action or way of changing place or position



Health and Fitness Cog

Can you explain the benefits of exercise?

By the end of the year, children should:

- have an awareness of why exercise is important for good health

Vocabulary

Awareness: to know

Exercise: activity done to keep the body or mind strong or to make them stronger

Health: the condition of one's body or mind



Physical Education

Year 1

Coverage of Fundamental Movement Skills

Fairisle Infant and Nursery School



Expect Success

FUNS—Agility

Can you jump and land?

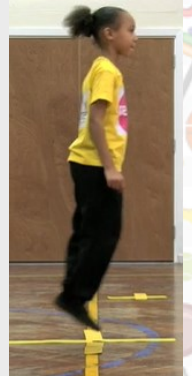
Can you chase a ball?

Can you react and respond?

By the end of year one, children should know how to:

Jumping and Landing (FUNS 6, Unit 2a)

- jump from 2 feet to 2 feet forwards, backwards and side-to-side



Ball Chasing (FUNS 11, Unit 6a)

- roll a ball, chase and collect it in a balanced position facing opposite direction
- chase a ball rolled by a partner and collect it in a balanced position facing opposite direction



Reaction and Response (FUNS 12, Unit 5b)

From 1, 2 and 3 metres—

- react and catch a ball dropped from shoulder height after 2 bounces
- react and catch large ball dropped from shoulder height after 1 bounce



FUNS—Balance

Can you balance in different ways?

By the end of year one, children should know how to:

Static Balance—1 leg (FUNS 1, Unit 1b)

- stand still for 10 seconds on (dominant and non-dominant) leg



Static Balance—seated (FUNS 2, Unit 2b)

- hold a seated-balance with both hands & feet; with 1 hand & 2 feet; with 2 hands & 1 foot; with 1 hand or 1 foot down; with no hands or feet down



(both hands & 1 foot)



(no hands or feet)

Static Balance—Floor work (FUNS 3, Unit 6b)

- hold mini-front support position; reach round and point to ceiling with either hand in mini-front support



FUNS—Balance

Can you balance in different ways?

By the end of year one, children should know how to:

Static balance—Stance (FUNS 4, Unit 3b)

- stand on a line with good stance for 10 seconds



Dynamic Balance—on a line (FUNS 5, Unit 3a)

- walk forwards and backwards with fluidity and minimum wobble



Counter Balance—in pairs (FUNS 7, Unit 4b)

- sit holding hands with toes touching, lean in together then apart
- sit holding 1 hand with toes touching, lean in together then apart
- sit holding hands with toes touching and rock forwards, backwards and side-to-side



FUNS—Coordination

Can you send and receive?

Can you control a ball around your body?

Can you move your feet in different ways?

By the end of year one, children should know how to:

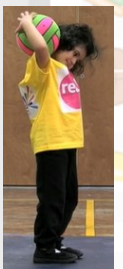
Send and receive (FUNS 8, Unit 5a)

- roll a large / small ball and collect the rebound
- throw a large ball and catch the rebound with 2 hands



Ball Skills (FUNS 9, Unit 4a)

- sit and roll a ball along the floor around your body using 2 hands; then using 1 hand (right and left)
- sit and roll a ball up and down legs and around upper body using 2 hands (then standing)



Footwork (FUNS 10, Unit 1a)

- side-step in both directions
- gallop, leading with either foot
- hop on either foot
- skip

