



SCHEME OF WORK



Year 1

Unit Overview:

In this unit, Year 1 will begin to perform a range of basic shapes. They will explore simple jumps including the straight and star jump and start to learn how to roll safely, practising movements such as the tuck roll, log roll, and forward roll. Children will also begin to understand how to create and perform a simple sequence independently, linking a roll, a jump, and a balance together.

Learning Intentions:

Lesson 1	How can you perform gymnastics shapes?
Lesson 2	How can you perform a jump?
Lesson 3	How can you perform different rolls?
Lesson 4	How can you balance on different parts of your body?
Lesson 5	How can you perform a Bunny Hop?
Lesson 6	How can you perform shapes, balances and jumps using various apparatus?
Lessons 7-12	How can you co-operate with your team when using apparatus?

***Note:** Challenge lessons (7–12) on apparatus, can be delivered at any point within the unit. These lessons are designed to encourage co-operation, teamwork and the transfer of key skills learned throughout the unit (**linking learning**).

Unit End Points:



Physical Me

- Can perform a shape with a strong body
- Can perform a jump with a strong body
- Can perform a tuck rock and a tuck roll with control
- Can balance on different parts of my body, holding the balance for 3 seconds
- Can perform a bunny hop into a hoop, placing hands in first, then feet
- Can show a roll, jump and balance on the apparatus with some control



Thinking Me

- Can say what they did well and what they enjoyed.
- Can share ideas



Social Me

- Can cooperate with others in a group
- Can support and encourage others during activities.



Value Me

- Demonstrate Key Values



Healthy Me

- Can identify the changes in their body and identify feelings

End of Year Attainment Targets:

- Has begun to master basic movements such as jumping
- Has begun to demonstrate agility, balance and co-ordination
- Has begun to compete against self/others in a range of increasingly challenging situations
- Has begun to co-operate in physical activities
- Can talk about what they did well and what they enjoyed
- Can recognise simple changes in their body during exercise, such as feeling warm, tired or sweaty, and understand that exercise helps keep their body healthy.



Physical Me

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- HOPPING
- LEAPING
- SKIPPING
- ROLLS
- JUMPS
- BUNNY HOPS
- STRENGTH
- FLEXIBILITY
- CLIMBING

Social Me



- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- TAKING TURNS
- PERFORMING IN FRONT OF A GROUP

Thinking Me

- SELECT AND APPLY SKILLS
- LINK SKILLS TO A SIMPLE SEQUENCE
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING SHAPES
- UNDERSTANDING HOW BEING STRONG HELPS ME WITH MY GYMNASTICS

Healthy Me

- WARMING UP
- FEEL MY HEART BEATING
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- KNOW SOME HEALTHY ME TIPS
- COOL DOWN
- STAY HYDRATED



Value Me

Throughout the PE lesson, teachers should highlight and reward any key values shown in individual, paired, or group activities. Use short reflections or "Value Me" shout-outs to celebrate pupils who show effort, cooperation, and self-improvement, connecting their physical progress with personal growth.



Health & Safety:

- Children to stay hydrated
- Warm up and down before and after the lesson
 - Children to wear appropriate footwear