Year 1 Learning Organiser PE – Term 1 (Personal) Stay on Task

Vocabulary:

practise – To do an activity many times to become skilled at it

combine – To put together two or more actions

pivot – To rotate or swing back and forth from a point on the ground

reverse – To perform a backward movement

muscles- Muscles help to move your other body parts

Groblox:

RPE1: I can follow instructions and practise safely

RPE2: I can work on simple tasks by myself

RPE3: I try several times if I don't succeed at first and ask for help when appropriate

RPE4: I can complete **all yellow** challenges for my **footwork and static balance FMS**

Previous Groblox:

EYFS T1: I enjoy working on simple tasks with help

RPE4: I can complete **some yellow** challenges for my **footwork and one-legged balance FMS**

Year 1 Learning Organiser PE – Term 2 (Social) To Understand Others

Vocabulary:

Praise – Say kind things about others performance.

Share – To have or use something at the same time as others.

Control - When you hold positions carefully. Tense your muscles to help control your movements and balances

Flexibility - the ability to bend or to be bent easily

Encourage – To **cheer** on and **clap** to give someone confidence to do something

Groblox:

RPE1: I can play with others, take turns and share.

RPE2: I can work sensibly with others, taking turns and sharing.

RPE3: I can help, praise and encourage others.

RPE4: I can complete at least **4/6** yellow challenges for my jumping & landing and seated balance.

(jump on two feet forwards, backwards and side to side, seated balance with one arm and leg up (then the other), seated balance with both arms and legs

Previous Groblox:

EYFS T2: Take turns and share with help

EYFS T2: I can complete some yellow challenges for my jumping & landing and seated balance

Year 1 Learning Organiser PE – Term 3 (Cognitive) To Observe and Describe

Vocabulary:

Understand – To know what something means

Simple – Easy to do or understand

Backwards – Moving towards things that are behind you

Heels – The rounded back parts of your feet

Shoulder – The joint that connects the arm to the body

Width – The measurement of something from one side to the other

Groblox:

RPE1: I can understand and follow simple rules

RPE2: I can name some things that I am good at

RPE3: I can begin to order instructions, movements and skills

RPE4: I can complete at least 4/6 yellow challenges for my dynamic balance & stance.

(walk along a line forwards, walk along line backwards, balance two footed on a line in the 'ready' stance, balance two footed on a line in the 'ready' stance with heels up)

Previous Groblox:

EYFS T2: I can follow simple instructions

EYFS T2: I can complete some yellow challenges for my jumping & landing and seated balance.

Year 1 PE Learning Organiser – Term 4 (Cognitive) To Explore and Describe

Vocabulary:

Observe – To watch closely

Describe – To talk about in detail

Upper body – The part of the body above the waist (chest, shoulders, back & arms)

Around – To move in a circle

Side-to-side – To move your body left or right from the direction you are facing

Groblox:

RPE1: I can explore and describe different movements

RPE2: I can select and link movements together to fit around a theme

RPE3: I can begin to compare my movements and skills with those of others

RPE4: I can complete least 4/6 yellow challenges for my ball skills and counter balance

(roll a ball around your body, roll a ball up and down your body, seated counter balance both hands, seated counter balance one hand, seated counter balance rock back and forth, seated counter balance rock side to side)

Previous Groblox:

EYFS T4: I can observe and copy others

EYFS T4: I can explore different movements

EYFS T4: I can complete some yellow challenges for my ball skills and counter balance.

Year 1 Learning Organiser PE – Term 5 (Physical) To control movement

Vocabulary:

single – only one

range – limits between something can be different or vary

steady – A regular, stable movement or action.

backswing – The first part of the swing of a bat, club or racket, in which it is swung toward the player's back, ready for the forward swing.

follow through - The final part of a stroke, kick, throw, or swing, after the ball has been hit.

Groblox:

RPE1: I can move confidently in different ways

RPE2: I can perform a single skill or movement with some control

RPE3: I can perform a small range of skills and link two movements together

RPE4: I can complete at least 4/6 **yellow** challenges for my **sending & receiving and reaction & response FMS**

(Roll a large ball to a partner using left hand and right hand; Roll a small ball to a partner using left hand and right hand; Bounce throw a large ball to a partner; Catch a bounce throw from your partner; React and catch a ball dropped by partner after two bounces; React and catch ball dropped by partner after one bounce)

Previous Groblox:

EYFS T5: I can follow instructions

RPE: I can perform a single skill or movement with some control

EYFS T5: I can complete **some yellow** challenges for my **sending and receiving & reaction and response FMS**

Year 1 Learning Organiser PE – Term 6 (Health & Fitness) Exercise and the body

Vocabulary:

changes – To become different

health – The condition of a person's body or mind

balanced – Staying firm and steady without any uncontrolled movements

in line – To be positioned one behind the other in a straight line

hips- The part either side of the body between the waist and the thigh

Groblox:

RPE1: I am aware of why exercise is important to good health

RPE2: I can say how my body feels before, during and after exercise.

RPE3: I am aware of the changes to how I feel when I exercise

RPE4: I can complete at least 4/6 **yellow** challenges for my **ball chasing and floor work balance FMS**

(Roll a ball, chase and collect it; Try different speeds; Work with a partner to roll/collect ball for each other; Balance on hands and knees; Lift just left arm up high;

Previous Groblox:

EYFS T6: I am aware of how exercise is important for good health

EYFS T6: I can complete **some yellow** challenges for my **floorwork and balance FMS**