

## Physical Education Vision Map

### Year 1 – Fitness

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• My heart in in my chest (<i>near my school badge</i>)</li><li>• My heart holds blood</li><li>• My heart beats faster when I move a lot</li><li>• Moving my body helps to keep me healthy</li></ul>	<ul style="list-style-type: none"><li>• Making my heart beat faster</li><li>• Understand the changes in my heartbeat</li><li>• Keep my body moving for longer</li><li>• Running</li></ul>

### Year 1 – Team Building

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• A group is three or more people</li><li>• A team is a group of people working together to win</li><li>• Team work means listening to each person in my team</li><li>• Talking in my team means sharing ideas and asking for help</li></ul>	<ul style="list-style-type: none"><li>• Working with a friend</li><li>• Working with lots of friends in a group</li><li>• Team work: listening and watching</li><li>• Team work: talking</li></ul>

## Year 1 – Movement

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• Dance is when we move to music</li><li>• Sequence means in an order</li><li>• Gymnastics is when our body is strong whilst balancing.</li><li>• Balancing is when something doesn't fall over</li></ul>	<ul style="list-style-type: none"><li>• Ways my body can move</li><li>• Dance moves</li><li>• Dance sequences</li><li>• Gymnastics: roll, jump, balance</li><li>• Gymnastic sequences</li></ul>

## Year 1 – Attacking and defending

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• Attack is when you try to get something</li><li>• Defend is when you try to stop something</li><li>• A point is a score. We get this when we win.</li></ul>	<ul style="list-style-type: none"><li>• Scoring a point</li><li>• How to get more points</li><li>• Defending: stopping others from getting points</li><li>• Better defending</li></ul>

## Year 1 – Ball Skills

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• There are lots of different size and shapes of ball</li><li>• Different sports use different balls</li><li>• Rolling is where the ball travels along the floor</li><li>• Throwing is where the ball travels in the air</li><li>• We use our feet to kick</li><li>• A target is where we want the ball to go</li><li>• An aim is when we try to get the ball in a target</li></ul>	<ul style="list-style-type: none"><li>• Exploring a ball</li><li>• Rolling and throwing</li><li>• Catching</li><li>• Kicking</li><li>• Aiming towards a target</li></ul>

## Year 1 – Athletics

<b>Crucial Knowledge</b>	<b>Intent</b>
<ul style="list-style-type: none"><li>• A sprint is running as quickly as you can</li><li>• Distance means a long way.</li><li>• I bend my knees when I jump and land on both feet</li></ul>	<ul style="list-style-type: none"><li>• Sprint</li><li>• Distance throwing (on object)</li><li>• Jumping</li></ul>

