

Partnership of:

SPORT4KIDS

aktivkids



S4K PE BOOK YEAR 1

Your
name:

www.sport4kids.biz

WELCOME TO YOUR PUPIL PATHWAY

The Sport4Kids PE Books are designed to offer a record of achievement and progression for children in PE classes taught using S4K PE programmes for EYFS, KS1 and KS2.

The books are used for coach assessment, and for children to self-evaluate and self-assess what they have achieved in each lesson, either during or after class.

Our PE Books are truly unique and provides a bespoke curriculum where teachers, pupils and parents can monitor every child's progress through their physical, emotional and social development in line with curriculum standards.

Our KS1 curriculum features the following modules:

- Balls Skills
- Bat and Ball
- Team 1
- Team 2
- Athletics
- Gymnastics
- Dance
- Preparing for Sports Day

YOUR WEEKLY TO-DO CHECKLIST

Each week I need to remember to...

Bring my PE kit

Be positive in my PE lesson

Enjoy my PE lesson

Work in a team

Help others

Tell a grown up what I did in my PE lesson

BALLS SKILLS

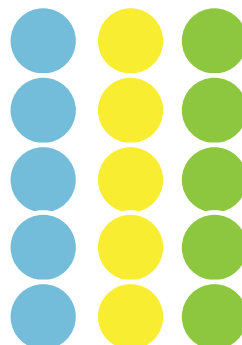
I can do the following actions...

Catch a ball				Work in a team			
Throw a ball				Run			
Kick a ball				Jump			
Small kicks				Balance			
Big kicks				Skip			
Aim when kicking				Dodge			
Aim when throwing				Sketch			
Score a goal							

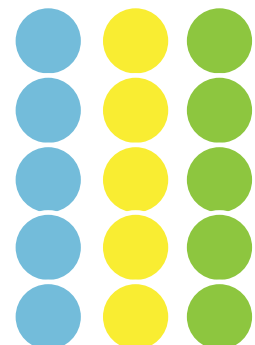
SKILL SCORING

- Throw and catch a large ball
- Kick a large ball through cone gates
- Pass a rugby ball down a line
- Gallop around the room
- Balance on one leg for 5 seconds

WK1



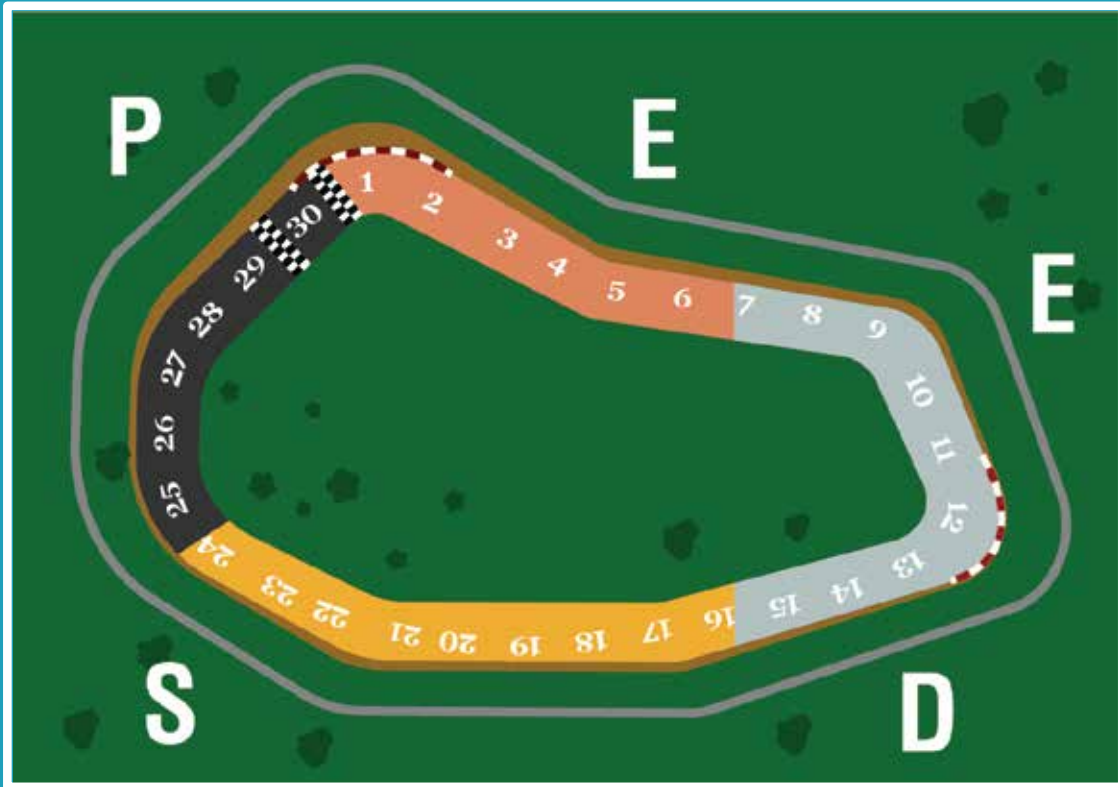
WK6



BALLS SKILLS

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YEAR 1

Collect the speed rewards...



I can get even better if...

01

02

03



TEAM 1

I can do the following actions...

Balance a beanbag				Balance a beanbag			
Hit a large ball to someone				Aim when hitting a ball			
Throw a ball to be hit				Throw underarm			
Catch a ball				Throw a ball accurately			
Work in a team				Run			
Jump				Balance			
Skip				Dodge			
Stretch							

SKILL SCORING

- Throw and catch a large ball
- Kick a large ball through cone gates
- Pass a rugby ball down a line
- Gallop around the room
- Balance on one leg for 5 seconds

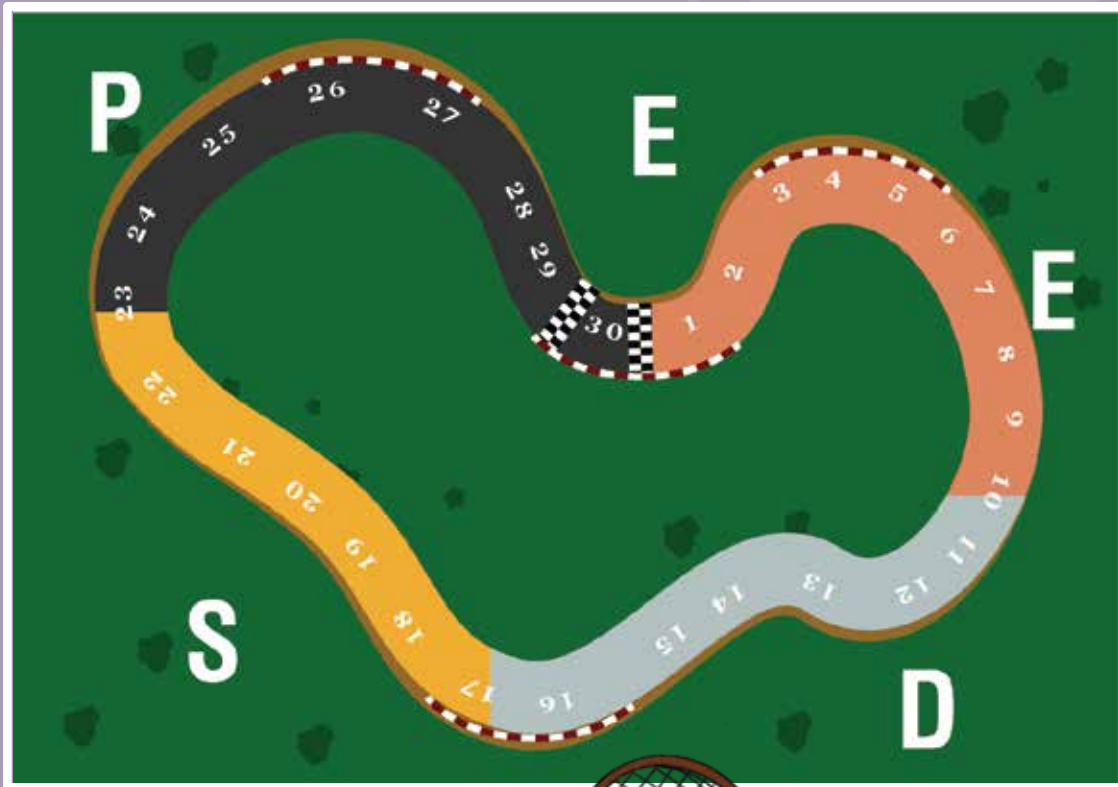
WK1

WK6

BAT AND BALL

S4K
PE BOOK
YEAR 1

Collect the speed rewards...



I can get even better if...

01

02

03



TEAM 1

I can do the following actions...

Pass a ball				Work in a team			
Roll a hoop				Run			
Throw a frisbee				Jump			
Catch a frisbee				Balance			
Hit a ball to someone				Skip			
Kick a ball to someone				Dodge			
Work with a partner				Stretch			
Talk with a partner							

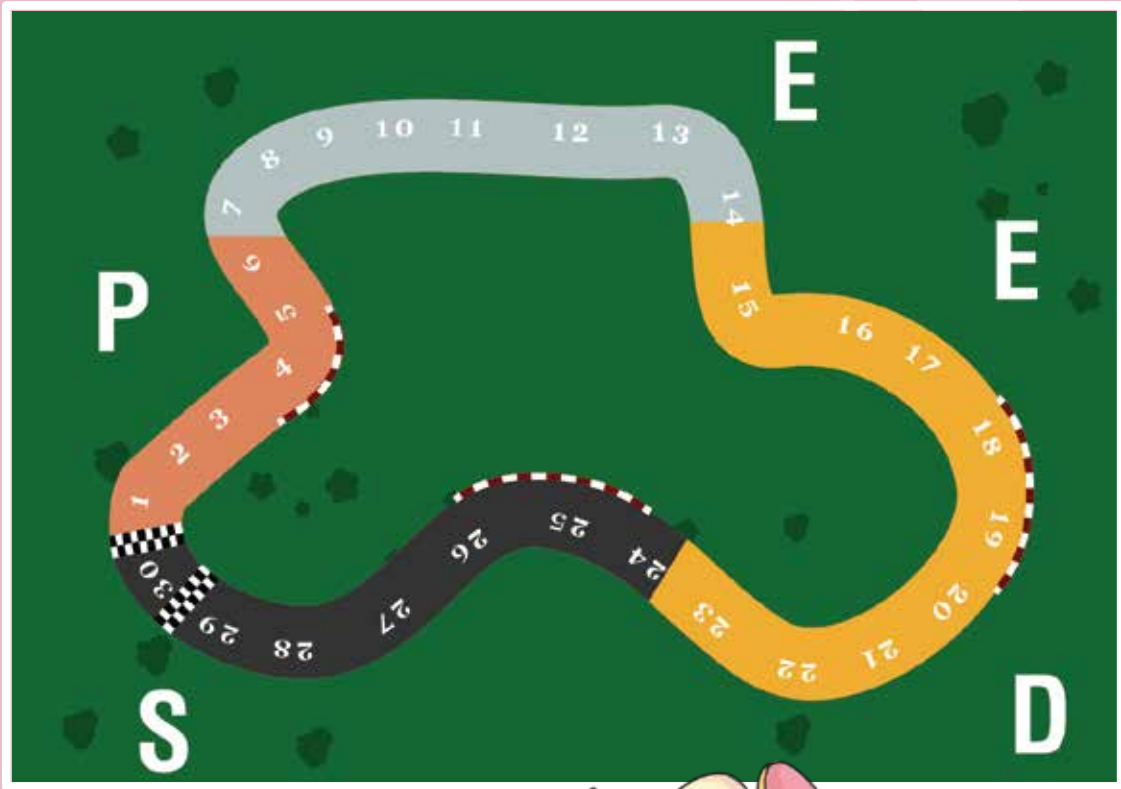
SKILL SCORING

	WK1	WK6
Kick a ball to a partner (sympathetic pass)		
Roll a hoop to a partner (sympathetic pass)		
Play Bop-it		
Run and jump over cones (co-ordinated and in control of my body)		
Play under/over (work as a team/positive comments)		

TEAM 1

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PE BOOK
YEAR 1

Collect the speed rewards...



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TEAM 2

I can do the following actions...

Cheer someone on				Work in a team			
Help a friend				Run			
Enjoyed playing a game				Jump			
Shake hands				Balance			
Follow rules				Skip			
Did my job				Dodge			
Spoke to my team				Stretch			
Had good ideas							

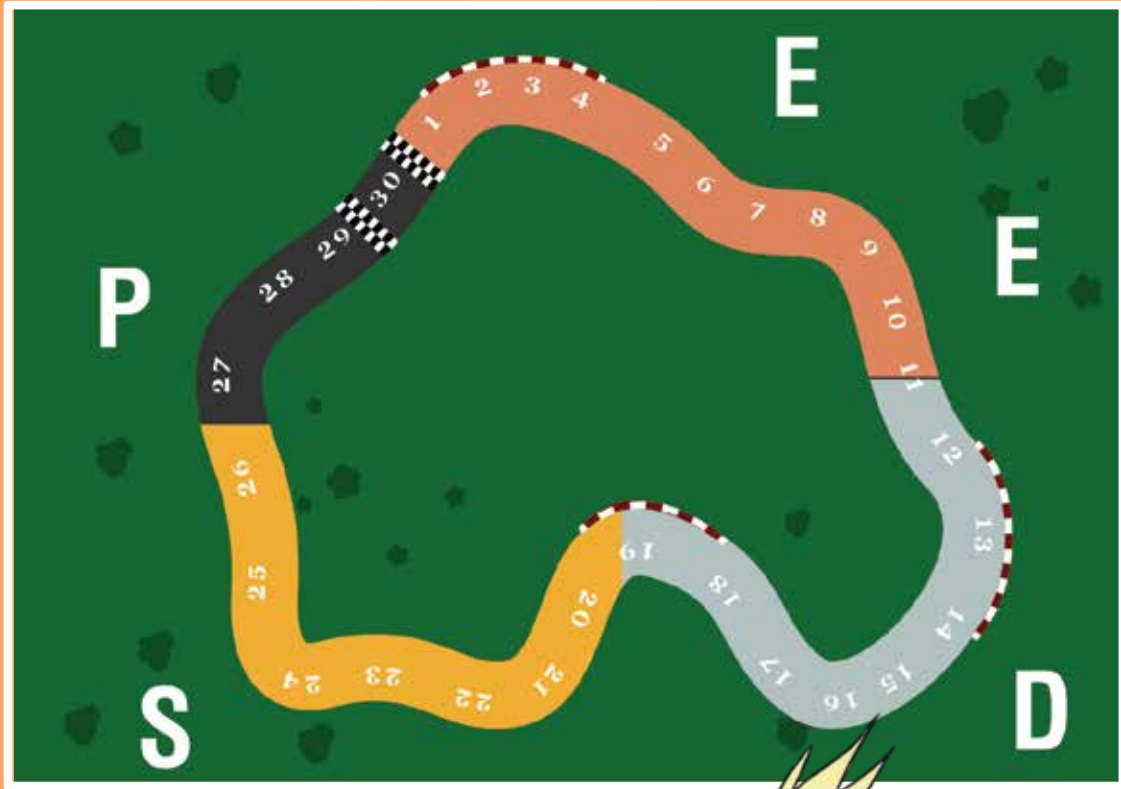
SKILL SCORING

	WK1			WK6		
Kick a ball to a partner (sympathetic pass)						
Roll a hoop to a partner (sympathetic pass)						
Play Bop-it						
Run and jump over cones (co-ordinated and in control of my body)						
Play under/over (work as a team/positive comments)						

TEAM 2

S4K
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YEAR 1

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01

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ATHLETICS

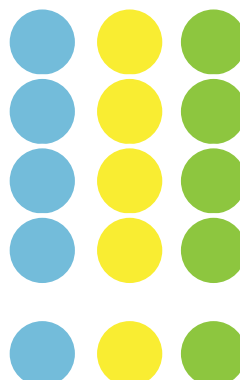
I can do the following actions...

Jump				Jump high			
Run fast				Side-step			
Run a long way				Throw in different ways			
Jump and land on my feet				Balance			
throw a long way				Skip			
Excercise				Dodge			
Throw accurately				Stretch			
Run and jump							

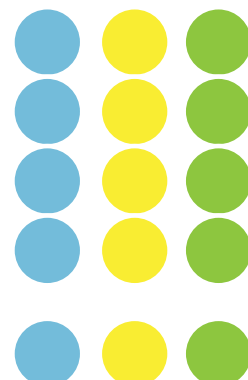
SKILL SCORING

- Run quickly (one side to the other)
- Run around the Skills Box 3 times (without stopping or complaining)
- Throw a beanbag (across the Skills Box)
- Two-foot jump (and land on feet)
- Upper body stretches (maintain balance)

WK1



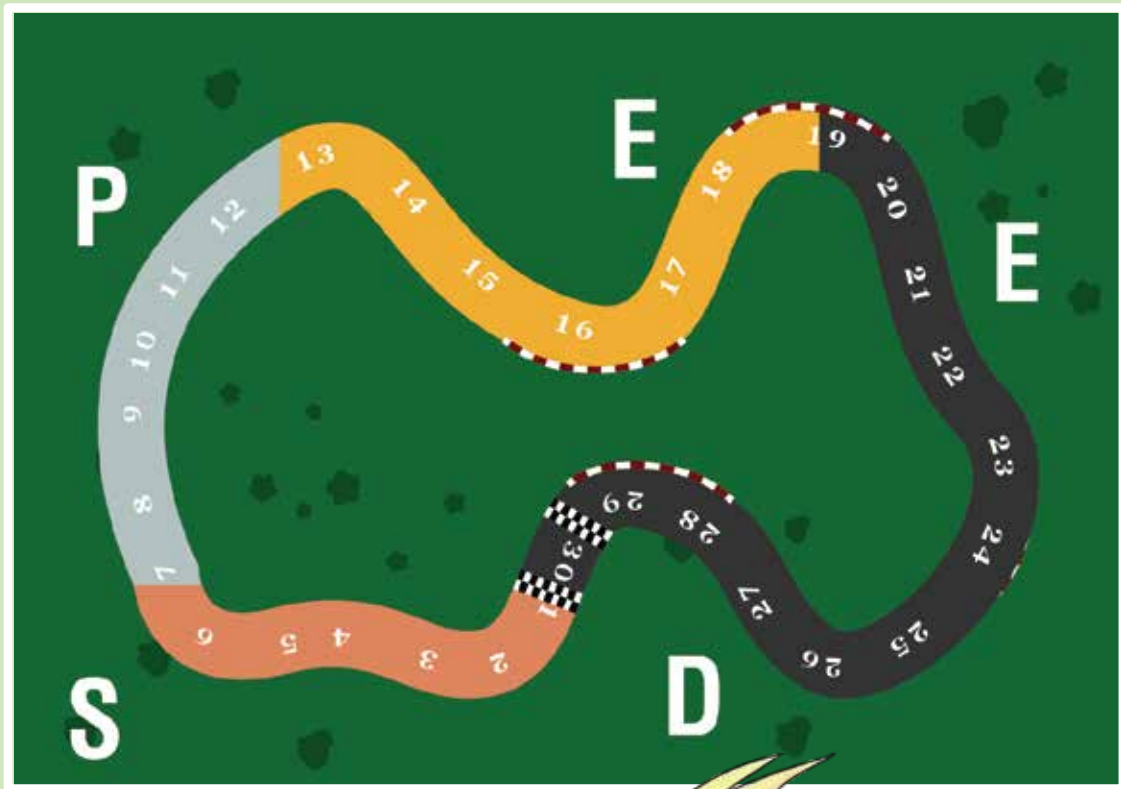
WK6



ATHLETICS

S4K
PE BOOK
YEAR 1

Collect the speed rewards...



I can get even better if...

01

02

03



GYMNASTICS

I can do the following actions...

Jump				Shape			
Jump				Roll			
Jump				Roll			
Balance				Roll			
Balance				Travel			
Balance				Travel			
Shape				Travel			
Shape							

SKILL SCORING

Show a balance

Show a jump

Show a shape

Show a roll

Show travelling

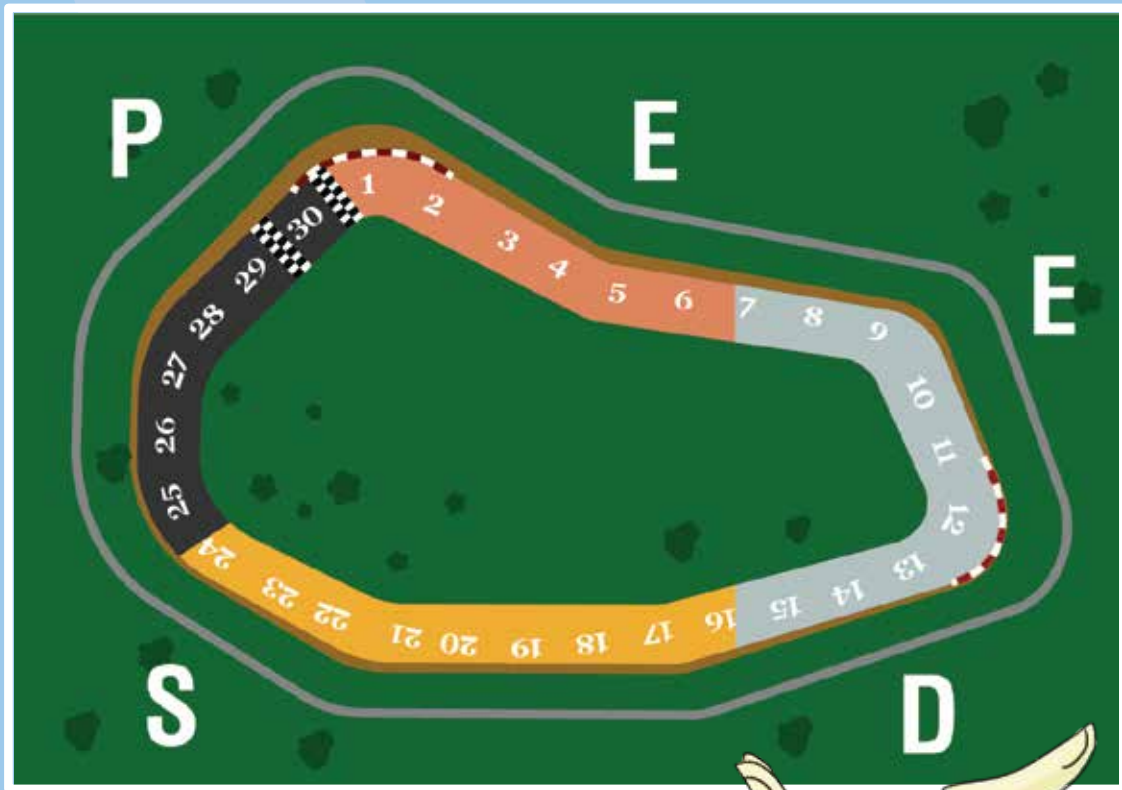
WK1

WK6

GYMNASTICS

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PE BOOK
YEAR 1

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DANCE

I can do the following actions...

Twist				Move my feet			
Turn				Move my arms			
Balance				Move my body			
Skip				Energy			
Jump				Count a beat			
Shape statue				Copy dance moves			
Action statue				Perform			
Rhythm							

SKILL SCORING

- Clap in time to the music
- Show rhythm when dancing to music
- Copy a partner moving to music
- Balance on one leg
(for more than 5 seconds)
- Alternate between galloping,
jumping and running

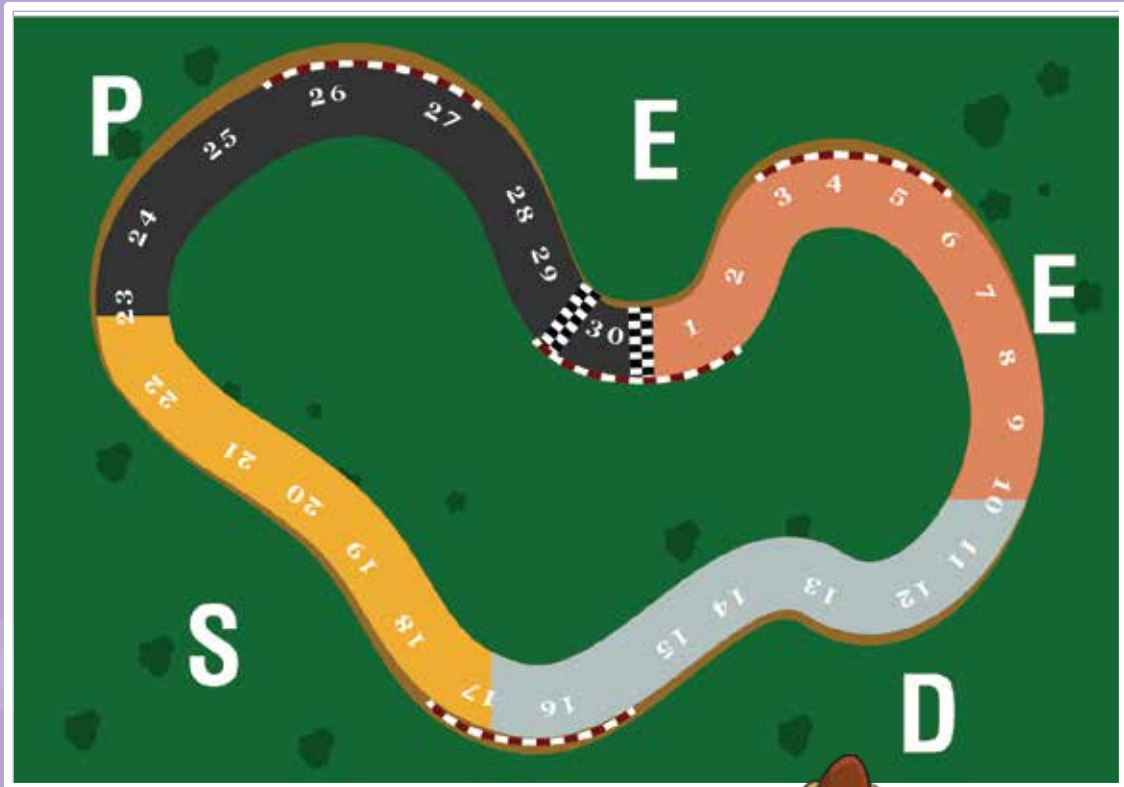
WK1

WK6

DANCE

S4K
PE BOOK
YEAR 1

Collect the speed rewards...



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PREPARING FOR SPORTS DAY

I can do the following actions...

Obstacle course				Teamwork			
Pass a beanbag				Run			
Dribble				Jump			
Beanbag balance				Balance			
Fast running				Skip			
Throw accurately				Dodge			
Aim				Stretch			
Relay							

SKILL SCORING

Dribble a football around 5 cones



WK6



Balance a beanbag on head (between two cones, approximately 5 metres apart)



Throw a beanbag into a hoop (3 beanbags, hoop 5 metres away)



Run quickly
(for side to the other)



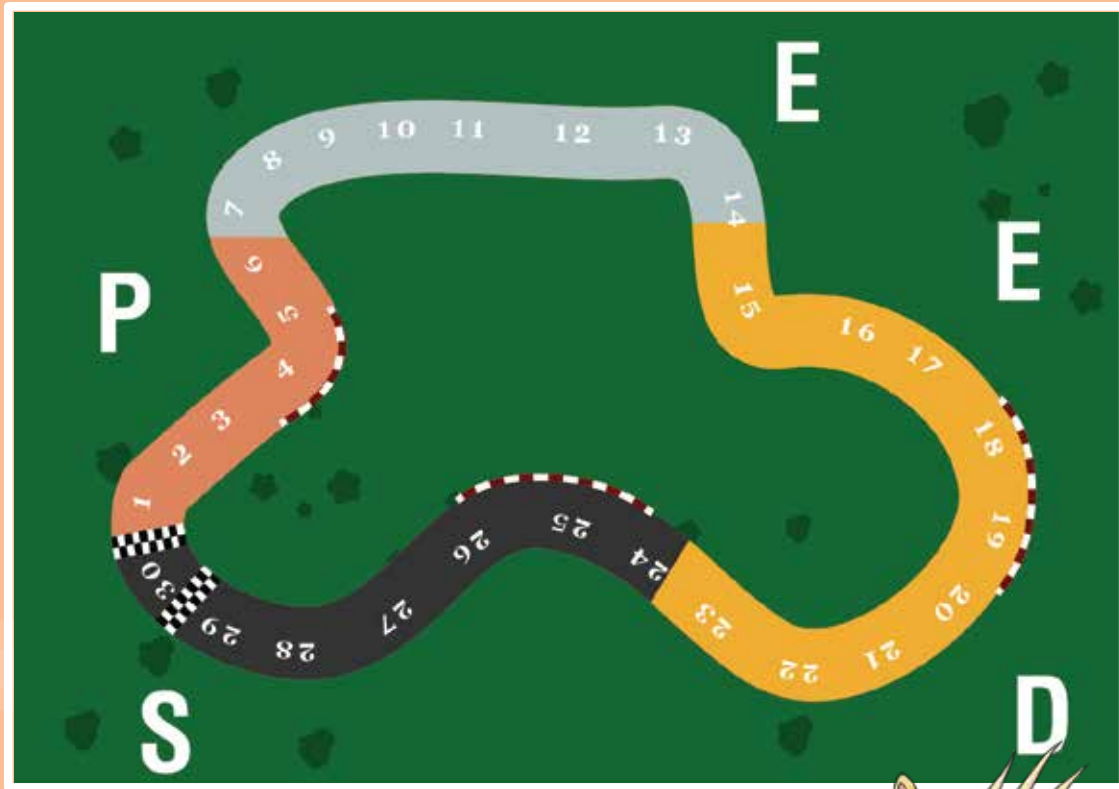
Perform a shuttle relay
(team of 4-6 children)



PREPARING FOR SPORTS DAY

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INTRODUCING THE S4K SPEED TRACK

Earn points racing around the S4K SPEED Track in each of your PE lessons!

Pick up SPEED Points for:

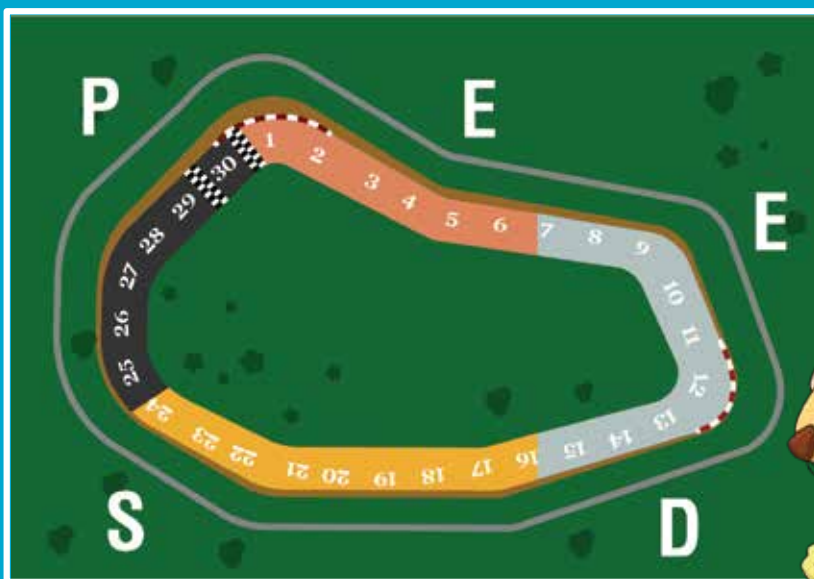
- Sportsmanship – e.g. shake hands
- Progression – e.g. show a skill that you are proud of
- Enthusiasm – e.g. try your hardest
- Engagement – e.g. show good teamwork or work well with a partner
- Discipline – e.g. get changed for PE quickly

These points will take you through the different stages of the S4K SPEED track. Where will you end up at the end of term?

Will you earn BRONZE, SILVER, GOLD or PLATINUM?

What prize will you earn at the end of term?

Let Sport4Kids teach you skills, get you fit and give you prizes!



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