



PE Year 1 Overview

Autumn	Spring	Summer
KS1 National Curriculum		
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>		
Year 1 Key Learning	Year 1 Key Learning	Year 1 Key Learning
<p><u>Athletics</u></p> <ul style="list-style-type: none"> To land safely when performing a jump To change speed and direction when running To accurately send a beanbag to a target. <p><u>Gymnastic</u></p> <ul style="list-style-type: none"> To move confidently in different ways altering speed and direction - in a combination To perform a range of jumps with control and balance To perform and links balances with control and strength 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To create and link movements that resemble a theme - Lion King To use different levels in a performance to help portray a character To remember and repeat a short movement phrase in time with the beat and other group members To identify when different levels and speeds have been used in a dance <p><u>Fundamental skills</u></p> <ul style="list-style-type: none"> Move with control, changing direction and speed when playing avoiding and chasing games. 	<p><u>Games</u></p> <ul style="list-style-type: none"> Accurately throw a ball or bean bag to themselves. Consistently chase and stop a rolling ball. Catch a ball or bean bag with some consistency. Kick a ball to a partner with control and some accuracy. Use feet to move a ball around and area, keeping control. Use a racket to strike a ball with some accuracy. <p><u>Health and Fitness</u></p>

<ul style="list-style-type: none"> To demonstrate a range of rocking and rolling actions 	<ul style="list-style-type: none"> Accurately throw a ball or bean bag to themselves. Catch a ball or bean bag with some consistency. Dribble a basketball with two hands. Begin to recognise good examples of specific skills. 	<ul style="list-style-type: none"> Change speed to avoid collisions and change direction to find more space. To explain why movement is important in staying healthy. To know why we warm up, and what muscles you are using whilst warming up and the during the lesson
<p>Athletics – agility, underarm, overarm, control, heart and breathing</p> <p>Gymnastics – rocking, sequence and balance</p>	<p>Dance – character, feeling, levels, speed and habitat</p> <p>Fundamental skills – underarm, control, accurate, direction, dribble, attack and space</p>	<p>Games – underarm, control, accurate, direction and strike</p>