



What are the aims and intentions of this curriculum?

That children should:

- Master basic movements including running, jumping, throwing and catching, as well as develop 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
- perform dances using simple movement patterns

Term	Topic	Knowledge	Skills	Vocabulary
Autumn 1	Fundamental Movement Skills 1	<ul style="list-style-type: none"> • To know what a good space to stand in is • To know how to take time and work with care • To run around with head up • To be aware of other children • To know which parts of the body help with balancing • To take turns • To know some effects of exercise on the body 	<ul style="list-style-type: none"> • To run skilfully • To negotiate space successfully • To pick up, carry and put down with care • To use tools to help manipulate objects • To show increasing control over an object • To balance on one leg • To move skilfully through an obstacle course • To encourage teammates • To play games fairly 	<ul style="list-style-type: none"> • Space • Exercise • Space • Control • balance
Autumn 1	Locomotion 2	<ul style="list-style-type: none"> • To know how to safely jump and land • To know which foot feels better to jump off • To know when to jump when skipping • To know different skipping techniques 	<ul style="list-style-type: none"> • To jump in a variety of ways: <ul style="list-style-type: none"> ✓ with a small run up ✓ from a standing position ✓ with a scissor kick • To bend legs on landing • To drive arms upwards when jumping • To skip with a rope • To skip with consistency 	<ul style="list-style-type: none"> • Jump • Bend • Skip • scissor kick • consistency



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Autumn 2	Gymnastics – Balancing and Spinning	<ul style="list-style-type: none"> • To know how to start and finish a sequence • To know what symmetrical shapes are • To know what asymmetrical work looks like • To know what a sequence should contain. • To know how to start linking movements • To know that gym work should involve changes of level and direction 	<ul style="list-style-type: none"> • To perform controlled spins • To spin on apparatus • To support body weight in symmetrical balances • To perform spins on side from front to back • To perform a combination of symmetrical and asymmetrical spins • To hold balances on different points of the body • To spin out balances to perform a sequence • To work effectively with a partner. 	<ul style="list-style-type: none"> • Symmetrical • Asymmetrical • Balance • Levels • formations
Autumn 2	Dance - Animals	<ul style="list-style-type: none"> • To know how to safely move around in space • To know how to control speed to stay safe • To know how to use simple technical language to provide feedback 	<ul style="list-style-type: none"> • To travel safely and creatively in space • To show different levels when travelling • To translate words/ideas into theme related shapes, movements and actions • To communicate effectively with a partner • To create and perform a simple sequence of movement • To give supportive feedback 	<ul style="list-style-type: none"> • Theme • mind map • shapes • sequence • feedback • creative • communicate
Spring 1	Fundamental movement skills 2	<ul style="list-style-type: none"> • To know that focussing eyes and using arms is helpful for balancing • To know how to use arms to help when hopping • To know how to glance over both shoulders when travelling backwards • To know which foot is preferred for take off 	<ul style="list-style-type: none"> • To hop • To move and retain balance • To travel backwards safely • To jump in a variety of ways • To land safely when jumping • To combine a run and a jump • To dodge 	<ul style="list-style-type: none"> • Hop • Dodge • Space • Combine • Evade • Dodge • Punt



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		<ul style="list-style-type: none"> To know when to attack and defend To know what a punt is To know that when kicking from the ground, the standing foot should be adjacent to the ball 	<ul style="list-style-type: none"> To move safely with awareness of others To evade others To attack and defend To punt a ball To catch using W shape 	<ul style="list-style-type: none"> Attack Defend take off
Spring 1	Gymnastics – Pathways	<ul style="list-style-type: none"> To know how to form symmetrical and asymmetrical arm positions To know some different pathways to travel To know to start a sequence in a clearly defined position To know different ways of changing direction To know how to share space considerately To know how to mount and dismount apparatus imaginatively and safely To know that a sequence needs to flow from one move to the next 	<ul style="list-style-type: none"> To step in a controlled and elegant movement To create a sequence involving sideways, forwards and backward stepping To form a sequence by travelling in specified pathways To step and turn gracefully To jump in different pathways with coordination To create sequences in curved pathways on the floor and the apparatus To mount and dismount apparatus using different pathways 	<ul style="list-style-type: none"> Symmetrical Asymmetrical Pathways Levels Mount Dismount zig zag sequence
Spring 2	Striking and fielding game skills 1	<ul style="list-style-type: none"> To know when to run and not to To know the need to communicate with a partner To know the importance of a good stance To know the need to run after striking a ball to score runs 	<ul style="list-style-type: none"> To strike a ball off a tee To get in line with a ball when fielding To stop a ball with two hands To bowl a ball at a target To pick up a ball with one hand To chase and retrieve a ball To bowl underarm with some accuracy To perform a long barrier to stop a ball To keep a straight arm when bowling 	<ul style="list-style-type: none"> Strike Throw Catch long barrier communicate rules



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Spring 2	Target Games 2	<ul style="list-style-type: none"> To know which part of the foot to strike a ball with To know how to punt high To know to hold the ball over to the side when wanting to punt the ball To know to keep the head still when striking To know to get into a sideways position when striking To know how to stand when throwing overarm To know when to throw underarm and when to throw overarm 	<ul style="list-style-type: none"> To punt a ball with increasing accuracy with both feet To strike a ball at a target using equipment To strike into spaces To strike a ball at a target with some degree of force To choose correctly when it is best to throw underarm or overarm To throw overarm on one bounce to a partner To receive a ball well after one bounce 	<ul style="list-style-type: none"> Punt Strike Overarm Underarm Sideways Force accuracy
Summer 1	Gymnastics – wide, narrow and curled rolling and balancing	<ul style="list-style-type: none"> To know what is meant by a ‘curled shape’ To know how to move elegantly from one move to the next To know what inversion is To know what a contrast is To know how to work with a partner to agree a sequence 	<ul style="list-style-type: none"> To travel and balance in a wide shape To take body weight and move in tight curled shapes To create a sequence of curled movements To form a sequence of long shapes whilst in balance, motion and flight To perform at different levels To identify a good starting point on the floor or apparatus 	<ul style="list-style-type: none"> balance coordination agility apparatus wide shape spin balance curled shape motion flight
Summer 1	<u>Net & Wall Game Skills 1</u>	<ul style="list-style-type: none"> To know what a ready position looks like To know to leave a ball which is going to land out 	<ul style="list-style-type: none"> To send a large ball with some degree of accuracy To receive a ball by moving swiftly into position 	<ul style="list-style-type: none"> ready position strike volley



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		<ul style="list-style-type: none"> To know what a T position is and how it can help To know to move to the line to get into the T position To know that the ball needs to be struck over the net To know not to turn your back on the ball To know how to throw for accuracy and power 	<ul style="list-style-type: none"> To strike a large ball with one hand To strike and volley a large ball To strike a small ball using an open palm To keep a rally going with a partner To keep eye on the ball at all times 	<ul style="list-style-type: none"> T position rally
Summer 2	Invasion Games skills 1	<ul style="list-style-type: none"> To know how to receive a bounce pass To know that dribbling requires pushing down with one hand To know that hands need to be soft when receiving a pass To know to move into space after passing a ball 	<ul style="list-style-type: none"> To pass the ball using a bounce pass To get into a good position to receive a bounce pass To move around safely in a limited space To use big toe, little toe when dribbling a ball To bounce and dribble the ball with good control To trap a ball 	<ul style="list-style-type: none"> chest pass bounce pass catch dribble roll space position
Summer 2	Athletics 2	<ul style="list-style-type: none"> To know the importance of a good start To know to cushion knees when landing To know the techniques for different types of jump To know the difference between a leap and a jump To know how to increase the distance of a jump To know why it is important to warm up 	<ul style="list-style-type: none"> To jump in a variety of ways To coordinate a run with a jump To discover and develop different styles of jumping To leap, jump and hop To add a short run to a jump To use a run up before a throw To show a sense of anticipation To react quickly To demonstrate agility and balance 	<ul style="list-style-type: none"> Leap Jump Hop Increase Anticipate Landing Cushion technique



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		<ul style="list-style-type: none">• To know how to keep others safe when throwing		
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