







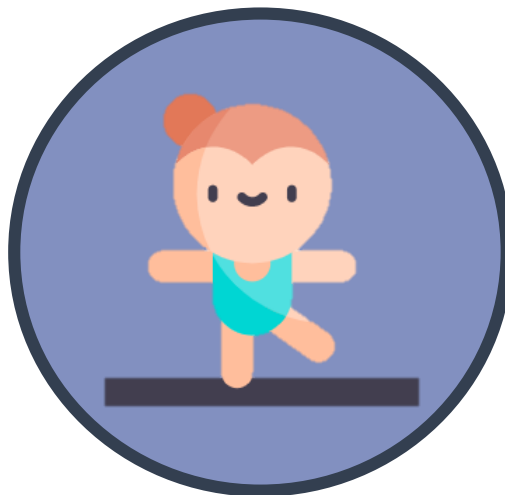
Year
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PE Curriculum Overview

	Autumn	Spring	Summer
Themes	Basic Skills & Gymnastics  	Dance & Core (RealPE - Physical)  	Athletics & Team Games  
National Curriculum	PE National Curriculum 2014 Key Stage 1 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. Pupils should be taught to: <ul style="list-style-type: none"> ❖ 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. ❖ Perform dances using simple movement patterns. 		
	Basic Skills & Gymnastics	Dance & Core Real PE (Physical)	Athletics & Team Games
	Vocabulary	Aut 1. THROW CATCH BOUNCE HOP JUMP SKIP STEP RUN TRAVEL SEND RECEIVE Aut 2. STRETCH PUSH PULL HOP SKIP STEP SPRING CRAWL STILL SLOWLY TALL LONG WIDE NARROW UP DOWN FORWARDS HIGH LOW ELBOWS BOTTOM BACK AROUND THROUGH EXTENSION ROLL COPY JUMP LAND BALANCE CURVED STRAIGHT ZIG-ZAG GRIP	Spr 1, TRAVEL STILLNESS DIRECTION SPACE BEGINNING MIDDLE END FEELINGS BODY PARTS LEVELS DIRECTIONS PATHWAYS SPEED RHYTHM COPY EXPLORE IMAGINATIVE PATTERNS RHYTHM SPEED PATTERNS DANCE STEPS Spr 2. SEND RECEIVE PASS BALL CONTROL HAND-EYE CO- ORDINATION SWITCH ALTERNATE LEFT HAND RIGHT HAND LEFT FOOT RIGHT FOOT REBOUND STRIKE RETURN

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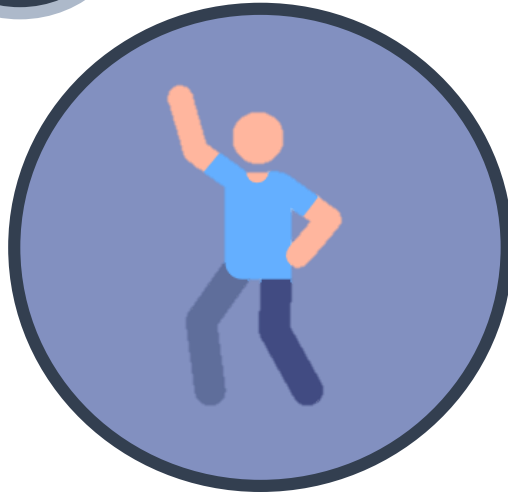
Basic Skills and Gymnastics



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	BS Move fluently, change speed and direction avoiding collisions		
	BS Recognise and use space to their advantage		
	BS Travel in a variety of ways – walking, running, skipping, hopping, jumping etc.		
	GYM Travel in a variety of ways – walking, running, skipping, hopping, jumping etc.		
	GYM Copy and repeat simple movement patterns from teacher and others		
	GYM Link basic actions e.g. shapes into rolls		
Subject Specific Knowledge	BS Pupils can run and pass a ball to a teammate using their hands.		
	BS Pupils can pass a ball to someone using their feet.		
	BS Pupils can catch a ball and throw using the overarm and underarm technique.		
	GYM Pupils can use their bodies in different way to move across apparatus effectively.		
	GYM Pupils can do a forward roll and link it to other actions.		
	GYM Pupils can jump from apparatus and land without falling over.		

Dance and Core

(RealPE - Physical)



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	DANCE Copy and repeat simple movement patterns from teacher and others.		
	DANCE Choose movements to make own phrases with beginnings, middle and ends.		
	CORE Pupils can pass and receive a ball from their partner in a variety of ways.		
Subject Specific Knowledge	DANCE Pupils can link a number of actions together.		
	DANCE Pupils can change the speed of their body following the change of speed in music.		
	RPE Pupils can use both hands to pass and receive a ball.		
	RPE Pupils can use both feet to pass and receive a ball.		

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Athletics and Team Games



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	ATH Demonstrate 5 basic jumps independently.		
	ATH Use different techniques, speeds and effort to meet challenges set for running.		
	ATH Use different techniques, speeds and effort to meet challenges set for jumping.		
	ATH Use different techniques, speeds and effort to meet challenges set for throwing.		
	TG Move fluently, change speed and direction avoiding collisions.		
	TG Recognise and use space to their advantage.		
	TG Travel in a variety of ways – walking, running, skipping, hopping, jumping etc.		
Subject Specific Knowledge	ATH Travel in a variety of ways with pace – walking, running, skipping, hopping, jumping etc.		
	ATH Pupils can throw using the overarm and underarm techniques to achieve further distances.		
	TG Pupils can move into space when asking for the ball off a teammate.		
	TG Pupils can pass the ball to someone in a better position than others.		
	TG Pupils can catch a ball and throw using the overarm and underarm technique.		
	TG Pupils can move into space when asking for the ball off a teammate.		