

PE Curriculum KS1

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject Content

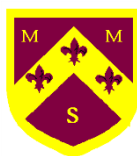
Key stage 1

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:

- 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.

PE Curriculum Year A



Key Stage and Year A/B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 YA	Gym-Traditional Tales	Street Dance	Gym-Animals	Country Dancing	Gym-Under the Sea	Creative Dance-seasons
KS1 YA	Games-Throw and Catch 1	Games-Throw and Catch 2	Games-Invasion Games 1	Games-Invasion Games 2	Games-Target Games	Games-Athletics Multiskills
KS1 YB	Gym-Yoga	Street Dance	Gym-Landscapes and citiscapes	Country Dancing	circuits	Creative Dance-plants
KS1 YB	Games-Bat and Ball 1	Games-Bat and ball 2	Games-Attacking and defending 1	Games-Attacking and defending 2	Athletics - Running and jumping	Athletics-Animal Olympics