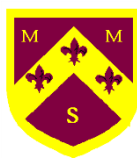


## PE Curriculum KS1



### **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.

All of the skills and knowledge above will be taught through the following units of work:

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