

YEAR 1 PHYSICAL EDUCATION CURRICULUM FRAMEWORK



Overview of Key Stage 1 Curriculum:

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.

AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 3
DINOSAUR PLANET	PAWS, CLAWS AND WHISKERS	SUPERHEROES
<p>Perform dances using simple movement patterns.</p> <p>Create dinosaur movements, changing rhythm, speed, level and direction. Link sequences of movements such as stomping, stamping, creeping, stretching, clawing, biting and bashing.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Play 'Dinosaur chase'. Negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles.</p>	<p>Perform dances using simple movement patterns.</p> <p>Think about the ways that familiar animals move and explore them through movement and dance. Have fun with animal-like movements at rest and on the move by curling, stretching, climbing, jumping, balancing and rolling.</p>	<p>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.</p> <p>Move like a superhero. Move confidently around an outdoor space using the environment to explore direction, speed and changing levels. Carry out a superhero rescue! Travel over and under, through and around different obstacles.</p> <p>Perform dances using simple movement patterns.</p> <p>Move to superhero music, thinking about speed and dynamics.</p>
	TOP GYMNASTICS	LCP PE:GYMNASTICS
	<p>Develop balance, agility and co-ordination.</p> <p>Travel using hands, feet and alternate feet. Learn animal movements such as the bear, caterpillar, crab, crocodile and bunny. Use apparatus and mats to travel on.</p>	<p>Develop balance, agility and co-ordination.</p> <p>Travel safely using mats, hops, mats and benches. Work with a partner to perform basic gymnastic actions including travelling and jumping.</p>
LCP PE: GAMES ACTIVITIES	LCP PE: DANCE	LCP PE:DANCE
<p>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</p>	<p>Perform dances using simple movement patterns.</p> <p>Learn and perform 'The Magic Toys' dance. Work with a partner to create movements and link actions to</p>	<p>Perform dances using simple movement patterns.</p> <p>Learn and perform 'Animals' dance. Copy and explore basic body actions. Make animal movements, using</p>

<p>range of activities.</p> <p>Be confident and safe in the spaces used to play games. Play games with beanbags and quoits. Show control and accuracy with the basic actions for underarm throwing.</p>	<p>express an idea, mood or feeling.</p>	<p>different levels, speeds and directions.</p>
<p>EXTRA ACTIVITIES</p>	<p>EXTRA ACTIVITIES</p>	
<p>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.</p> <p>Take part in a House Hoop Challenge working in teams to earn points for their House and a chance to win the Autumn Sports Trophy.</p>	<p>Perform dances using simple movement patterns. Take part in a Year One Dance Festival at Henry Box led by Sports Leaders.</p>	
<p>SPRING TERM 4</p>	<p>SUMMER TERM 5</p>	<p>SUMMER TERM 6</p>
<p>ENCHANTED WOODLAND</p>	<p>MOON ZOOM</p>	<p>LCP PE: GYMNASTICS</p>
<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Play 'Owl's-a-hunting'! Negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles.</p>	<p>Perform dances using simple movement patterns. Imagine they are the alien or aliens who have crash-landed in the school grounds. Use their bodies and a range of facial expressions to show how the aliens might feel and move. Perform their alien dance to appropriate 'space' music or sounds.</p>	<p>Develop balance, agility and co-ordination</p> <p>Use their body to create different shapes. Link and repeat basic gymnastic actions. Create a sequence with a partner that has a clear beginning, middle and end.</p>
<p>LCP PE: GAMES ACTIVITIES</p>	<p>LCP PE: DANCE</p>	<p>LCP PE: ATHLETICS</p>
<p>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</p> <p>Show control and accuracy with the basic actions for underarm throwing, rolling and kicking. Understand</p>	<p>Perform dances using simple movement patterns. Learn and perform 'Colours and Moods' dance. Begin to link colours to feelings and movements. Practise and repeat movements and perform them in a controlled way.</p>	<p>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</p> <p>Throw with increasing accuracy and coordination. Use different techniques, speeds and effort to meet</p>

the concepts of aiming and tracking a ball.		challenges set for running and jumping.
EXTRA ACTIVITIES	EXTRA ACTIVITIES	EXTRA ACTIVITIES
<p>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.</p> <p>Take part in a House Uni-Hoc Challenge working in teams to earn points for their House and a chance to win the Spring Sports Trophy.</p>	<p>Perform dances using simple movement patterns.</p> <p>Learn and perform dances for the May Day celebrations that are held on the Church Green with children from The Batt.</p>	<p>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.</p> <p>Take part in a House Sports Day working in teams to earn points for their House and a chance to win the Summer Sports Trophy.</p>