

PE: Curriculum Overview

Key Stage 1



CLUBS

Multi-Sports
Running

Year 1

Year 2

SUMMER:

Athletics – Developing coordination and our ability to link movements, to refine our techniques for running, jumping and throwing

Strike and Field Skills – Learn the basics of batting, bowling and fielding skills to begin

SPRING:

Invasion Skills – Further developing sending and receiving skills, as well as dribbling/dodging, to become successful in small team games.

Dance – Creating a dance routine with our class to fit a theme, that is in time with music.

AUTUMN:

Fundamental Movement Skills – Using our bodies to negotiate space and manipulate objects to be successful in games.

Gymnastics – Using straight, zigzag and curving pathways. Stretching, curling and arching.

SUMMER:

Athletics - Further learning and developing of techniques for running, jumping and throwing.

Strike and Field Skills – Developing of stopping and returning skills, as well as striking of a ball

SPRING:

Invasion Skills – Using basic passing and receiving skills with partners and small teams, and play small team games.

Dance.- Creating a short dance routine with our class to fit a theme and music.

AUTUMN:

Fundamental Movement Skills – Beginning to use our bodies to move effectively and control objects, and also play some games.

Gymnastics – Wide, narrow and curled rolling and balancing. Using small and long pathways.