



Physical Education Curriculum Overview - Year 1

	Unit	Details
Autumn One	Gymnastics / Multikills	With the support of a gymnastics coach, pupils will copy and explore simple balances, body shapes, jumps and rolls with some control and coordination. Pupils will begin to link 2-3 simple movements with a view to balance and travel with some control. Pupils will learn to use equipment safely and will explore performing at different levels in relation to the floor. Pupils will be introduced to the Key Step 1 sequence and look to complete it with care and some control. In multikills, pupils will play a range of games that will develop their spatial awareness. They will also develop their ability to change speed quickly and to dodge opponents or objects.
Autumn Two	Ball Skills / Sending & Receiving / Fundamentals	Within ball skills, pupils will explore controlling and dribbling a ball with both their hands and feet with some control. They will begin to develop their skills of tracking a ball which will link into catching with two hands beginning to develop basic hand-eye coordination. In sending and receiving, pupils will explore rolling and throwing a ball towards a target, rolling and tracking a ball and begin to develop their throwing and catching skills. Within fundamentals, pupils will focus on developing their agility, balance and coordination. Pupils will also begin to develop basic movement skills such as running, jumping, hopping and skipping.
Spring One	Dance / Invasion Games / Sending & Receiving	Within dance, pupils will begin to use counts to try to keep time to music while moving confidently and safely. They will copy, remember and repeat actions and work with others to share creative ideas. Pupils will dance to a variety of themes and will have opportunities to choose appropriate movements based on these. In the unit of invasion games, pupils will begin to understand the roles of attackers and defenders and be able to move into an appropriate space in order to be passed to. They will apply their sending and receiving skills using both hands and feet, in simple games. In sending and receiving, pupils will continue to explore rolling and throwing a ball towards a target, rolling and tracking a ball and begin to develop their throwing and catching skills. They will begin to apply these skills to simple games.
Spring Two	Gymnastics / Invasion Games / Target Practice	In gymnastics, pupils will continue to develop their skills from Autumn One both on the floor and on equipment. They will also continue to focus on learning the Key Step 1 sequence and look to complete it with care and some control. Within the invasion games unit, pupils will continue to build on their skills from Spring One. They will apply their sending and receiving skills using both hands and feet, in simple small sided games. Pupils will be able to follow simple game rules in order to play fairly. In target practice, pupils will begin to develop their underarm and overarm throwing for accuracy and accuracy. They will learn to choose the correct throwing technique based on the game situation.
Summer One	Striking & Fielding / Team Building / Net & Wall	Within striking and fielding, pupils will apply their overarm and underarm throwing and catching skills to small sided games. Pupils will also be introduced to striking a ball with their hand and different equipment. They will begin to develop understanding in how to collect a ball when fielding and how to get a batter out. In team building, pupils will explore and develop teamwork skills including cooperating and communicating with others. They will plan and communicate with a partner or small group to problem solve. Within the net and wall unit, pupils will explore hitting with a racket, sending a ball with a racket and develop hitting over a net. Pupils will also play against an opponent and learn to keep score.
Summer Two	Fitness / Striking & Fielding / Net & Wall	In fitness, pupils will play a variety of games and complete different exercise related activities. Pupils will explore how exercise affects the body and the benefits it has. Within striking and fielding, pupils will continue to apply their overarm and underarm throwing and catching skills to small sided games. Pupils will also continue practising striking a ball with equipment and developing their understanding of fielding in small games. In net and wall, pupils will continue to develop their skills of hitting with a racket and sending over a net.