



**PE Programme of study 2018 – 2019**



		1	2	3	4	5	6	7	8
Why are humans not like tigers?	<b>Dance</b>		✓		✓				
Why can't a penguin live near the equator?	<b>Gymnastics</b>		✓		✓	✓			
What do aliens think of like on planet Earth?	<b>Multi-skills</b>	✓	✓	✓		✓			
Is the Wii/Xbox better than Grandma and Grandad's old toys?	<b>Football</b>		✓	✓			✓		✓
Which birds and plants would Peter Rabbit find in our park?	<b>Athletics</b>			✓		✓	✓		
Where do and did the wheels of the bus go?	<b>Striking &amp; Fielding</b>	✓					✓		✓
Why would a dinosaur not make a good pet?	<b>Multi-skills</b>	✓	✓	✓		✓			
How have people like Rosa Parks helped to make the world a better place?	<b>Gymnastics</b>		✓	✓			✓		✓
What is our school made of?	<b>Football</b>		✓		✓	✓			



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Where would you prefer to live England or Kenya?	<b>Health Related Exercise</b>		√		√				
What do we know about the Victorians and the way they lived?	<b>Athletics</b>			√		√	√		
How old are the trees around us?	<b>Striking &amp; Fielding</b>	√					√		√

**KS1 PE Objectives**

Pupils should be taught to:

1. Throw and catch displaying a degree of competency, in isolation and in varied environments.
2. Demonstrate changes of direction, level & speed.
3. Show an awareness of how the body functions/changes during exercise.
4. Repeat and perform sequences of movements.
5. Displays development in the Fundamentals of movement (jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)
6. Uses Fundamentals of movement to achieve success in competitive environments, individually and as a team.
7. Show competence in one stroke when swimming.
8. With guidance participate displaying respect, fair play and working well with others.