

KS1 P.E Curriculum Overview



Cycle A

	Autumn		Spring		Summer	
Topic	Incredible Me!	Animal Antics	To Infinity...and beyond	Land Ahoy- Pirates (Ocean)	Crazy Castles	Terrific Toys
P.E	Fundamental Skills/ Team Building	Yoga	Ball Skills	Sending & receiving	Striking & fielding	Athletics
	Gymnastics		Dance		Forest School	Target Games
Sticky Knowledge/ Key concept	-Change direction and dodge. -Hop in different directions. -Body moves at different speeds. -Control taking off and landing a jump.	-Balance and pose by making body tense. -Recognise own feelings and focus. - Remember, copy and repeat sequences of linked poses.	-Throw underarm -Throw and kick in different ways. -Decide best space to be in. - Roll and throw a ball at a target. -Catch with two hands.	-Control body when moving -Copy and repeat sequences -Perform dance moves -Move safely in a space -Make a sequence by linking actions.	-Strike a ball with hand/equipment. -Track a ball -Use co-ordination when throwing underarm and overarm.	-Run at different speeds -Jump safely for distance and height -Understand what is needed to throw for distance.

Cycle B

	Autumn		Spring		Summer	
Topic	Magical Memories!	Once Upon a Journey	A Twist in the Tale	Fire, Fire!	Our Roarsome Work!	The Potting Shed
P.E	Fundamental Skills/ Team Building	Gymnastics	Ball Skills	Net & wall	Invasion	Athletics
	Dance		Gymnastics	Fitness	Forest School	Yoga
Sticky Knowledge/ Key concept	-Show different speeds when running. -Skip using a single and double bounce. -Show balance when jumping.	-Use varying speeds to represent an idea. -Perform on my own and with a group -Remember and repeat actions.	-Catch with and without a bounce. -Catch a variety of items. -Dribble with hands and feet -Roll and throw with some accuracy.	-Hit a dropped ball with a racket -Throw a ball over a net to land in a targeted area. -Use ready position to move forwards towards a ball. -Hit a dropped ball over a net.	-Send and receive to a partner using hands and feet. -Move into a space away from others. -Change direction when moving away from someone.	-Run using a sprinting action. -Use overarm throwing for distance. -Step/run inbetween marked spaces.