



PHYSICAL EDUCATION COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 1

Intent: To challenge and further develop all learners' gross motor skills, regardless of their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Tor View we aim to follow Sports England vision 'Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.'

		CYCLE A - 2023-2024	CYCLE B - 2024-2025	Running throughout each cycle each half term
A u t u m n	1	<p style="text-align: center;">Theme- Myself, My Senses</p> <p>Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping, developing balance, agility and co-ordination, and begin to apply these in a range of activities. 	<p style="text-align: center;">Theme- My Family and Where I live</p> <p>Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping, developing balance, agility and co-ordination, and begin to apply these in a range of activities. 	<p>Pupils to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>
	2	<p style="text-align: center;">Theme- Celebrations</p> <p>Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. 	<p style="text-align: center;">Theme- Festivals</p> <p>Dance – Nursery Rhymes <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. 	
S p r i n g	1	<p style="text-align: center;">Theme- My Community</p> <p>Team Games <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Participate in team games, developing simple tactics for attacking and defending. 	<p style="text-align: center;">Theme- People Who Help Us</p> <p>Team Games <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> Participate in team games, developing simple tactics for attacking and defending. 	
	2	<p style="text-align: center;">Theme- Animals in my Community (My Pets/Farm)</p> <p>Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> 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 in readiness for Sports Day. 	<p style="text-align: center;">Theme- Animals in the Wild</p> <p>Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> 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 in readiness for Sports Day. 	

S u m m e r	1	<p style="text-align: center;">Theme - Lifecycles</p> <p>Dance National Curriculum coverage to be taught at differentiated Developmental steps.</p> <ul style="list-style-type: none"> • Perform dances using simple movement patterns. 	<p style="text-align: center;">Theme- Growing Plants</p> <p>Gross Motor Movement/Development National Curriculum coverage to be taught at differentiated Developmental steps.</p> <ul style="list-style-type: none"> • 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 in relation to Festivals. 	
	2	<p style="text-align: center;">Theme- Moving</p> <p>Gross Motor Movement/Development - Cycling National Curriculum coverage to be taught at differentiated Developmental steps.</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cycling. <ul style="list-style-type: none"> ○ <i>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</i> 	<p style="text-align: center;">Theme- Transport</p> <p>Gross Motor Movement/Development - Cycling National Curriculum coverage to be taught at differentiated Developmental steps.</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cycling. <ul style="list-style-type: none"> ○ <i>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</i> 	