



PE Curriculum

Key Stage 1

2021-2022

Year 1

	Autumn 1 6 weeks	Autumn 2 6 Weeks	Spring 1 6 Weeks	Spring 2 6 Weeks	Summer 1 6 Weeks	Summer 2 6 Weeks
Skills	Ball skills/invasion/sending and receiving	Gymnastics	Dance	Ball skills/sending and receiving/Hockey	Net and wall	Athletics/Fitness
Sporting Focus	Football	Gymnastics	Dance	Hockey	Tennis	Athletics
Week 1	Sending and retrieving Yr 1/2 Lesson 3	Lesson 1 To explore travelling movements using the space around you	Lesson 1 Counting	Ball skills Yr 1 L1	<u>Net and wall Yr1/2 Lesson 1</u>	Lesson 1 To learn to move at different speeds for varying distances.
Week 2	Ball skills Yr 1/Lesson 4	Lesson 2 To develop quality when performing gymnastics shapes	Lesson 2 Trees and Leaves	Sending and receiving Yr1/2 Lesson 7	<u>Net and wall Yr1/2 Lesson 2</u>	Lesson 2 To develop a foundation for balance and stability.
Week 3	Ball skills Yr 1/Lesson 6	Lesson 3 To develop stability and control when performing balances	Lesson 3 Pirates	Hockey Yr 3/4 L1	Net and wall Yr 1/2 Lesson 3	Lesson 3 To develop agility and co-ordination.
Week 4	Ball skills Yr 1/Lesson 7	Lesson 4 To develop technique and control when performing shape jumps.	Lesson 4 Pirates	Hockey Yr 3/4 L2	Net and wall Yr 1/2 Lesson 4	Lesson 4 To explore hopping, jumping and leaping for distance.
Week 5	Invasion Yr 1/2 lesson 1	Lesson 5 To develop technique in barrel, straight and forward roll	Lesson 5 The lost Toy	Hockey Yr 3/4 L3	Net and wall Yr 1/2 Lesson 5	Lesson 5 To develop balance whilst jumping and landing.
Week 6	Invasion Yr 1/2 Lesson 2	Lesson 6 To build strength and begin to take body weight on hands	Lesson 6 The lost Toy	Hockey Yr 3/4 L5	Net and wall Yr 1/2 Lesson 6	Lesson 6 To develop balance and rhythm when travelling over obstacles.
Week 7	Ball skills Yr 1/Lesson 8	Lesson 7 To explore key skills on apparatus showing quality/control/balance	Lesson 7 Puddles	Mini games	Mini games	Lesson 7 To develop throwing for distance.

Key objectives/Assessment criteria - Year 1

Ball Skills

I am beginning to dribble a ball with my hands and feet.

I can recognise changes in my body when I do exercise.

I can track a ball in a controlled and balanced movement.

I can throw an object towards a target.

I can co-ordinate my body to send and receive a ball.

Invasion

I am beginning to dribble a ball with my hands and feet.

I know who is on my team.

I can send and receive a ball.

I can stay with another player when defending.

I can dodge.

I can help my team to score.

I can find space.

I can recognise changes in my body when I do exercise.

I know how to score points.

Net and wall

I can throw and push a ball in a variety of ways.

I can sometimes catch a beanbag and a medium-sized ball.

I can track balls and other equipment sent to me.

I can throw and hit a ball in a variety of ways.

I can recognise changes in my body when I do exercise.

I know how to score points.

Sending and receiving

I can roll a ball towards a target.

I can stop a rolling ball.

I am beginning to send and receive a ball with my hands.

I can catch a ball after one bounce.

I am beginning to send and receive a ball with my feet.

I can recognise changes in my body when I do exercise.

Striking and fielding

I can roll a ball towards a target.

I can stop a medium-sized ball with some consistency.

I can sometimes catch a beanbag and a medium-sized ball.

I can track a ball.

I know how to score points.

I can push a ball using my hand and an object.

I can recognise changes in my body when I do exercise.

Athletics

I can run at different speeds. I can show balance and co-ordination when changing direction.

I can link running and jumping movements with some control and balance.

I can experiment with different types of jumps and landing.

I can co-ordinate my body to throw towards a target.

I am developing my technique to throw for distance.

I can recognise changes in my body when I do exercise.

Dance

I can perform basic body actions sometimes using counts.

I can use different parts of the body in isolation and together.

I can explore pathways.

I can show some sense of dynamic and expressive qualities in my dance.

I can choose appropriate movements for different dance ideas.

I can perform dance phrases using simple movement patterns.

I can move confidently and safely.

I can vary the way I use space.

Gymnastics

I can remember and repeat actions and shapes.

I can make my body tense, relaxed, stretched and curled.

I can show an awareness of space when travelling.

I can link simple actions together.

I can use apparatus safely.

I can recognise changes in my body when I do exercise.

Year 2

	Autumn 1 7 weeks	Autumn 2 7 Weeks	Spring 1 7 Weeks	Spring 2 7 Weeks	Summer 1 7 Weeks	Summer 2 7 Weeks
Skills	sending and receiving/ Rugby	Gymnastics	Dance	sending and receiving/ striking and fielding/ Target games	Ball skills/invasion	Athletics/ Fitness
Sporting Focus	Rugby Skills	Gymnastics	Dance	Cricket	Basketball skills	Athletics
Week 1	Sending and receiving Yr1/2 lesson 5	Yr 2 lesson 2 To be able to use shapes to create balances.	Yr 2 lesson 1 Exploring space and travel	Striking and Fielding Yr 1/2 Lesson 3	Ball skills Yr 2 lesson 1	Athletics Yr 2 lesson 1
Week 2	Sending and receiving Yr1/2 lesson 6	Yr 2 lesson 3 To explore travelling actions, directions and levels.	Yr 2 lesson 2 Actions and Rhythms	Sending and receiving Yr 1/2 Lesson 8	Ball skills Yr 2 lesson 2	Athletics Yr 2 lesson 2
Week 3	Tag Rugby Yr 3/4 Lesson 1	Yr 2 lesson 4 To be able to link travelling actions and balances using apparatus.	Yr 2 lesson 3 The Circus	Target games Yr 1/2 Lesson 4	Ball skills Yr 2 lesson 6	Athletics Yr 2 lesson 3
Week 4	Tag Rugby Yr 3/4 Lesson 2	Yr 2 lesson 5 To demonstrate different shapes, take off and landings when performing jumps.	Yr 2 lesson 4 The Circus	Target games Yr 1/2 Lesson 5	Ball skills Yr 2 lesson 7	Athletics Yr 2 lesson 4
Week 5	Tag Rugby Yr 3/4 Lesson 3	Yr 2 lesson 6 To develop rolling and sequence building.	Yr 2 lesson 5 The Mirrors	Striking and Fielding Yr 1/2 Lesson 5	Invasion Yr 1/2 Lesson 4	Athletics Yr 2 lesson 6
Week 6	Tag Rugby Yr 3/4 Lesson 5	Yr 2 lesson 7 To develop exploring apparatus.	Yr 2 lesson 6 The Rainforest	Cricket Yr 3/4 lesson 4	Invasion Yr 1/2 lesson 5	Athletics Yr 2 lesson 7
Week 7	Tag Rugby Yr 3/4 Lesson 6	Yr 2 lesson 8 To develop sequence work on apparatus.	Yr 2 lesson 7 The Rainforest	Cricket Yr 3/4 lesson 5	Invasion Yr 1/2 lesson 8	Athletics Yr 2 lesson 8

Key objectives/Assessment criteria - Year 2

Ball Skills

I can roll a ball to hit a target.

I can coordinate my body to track a ball and stop it.

I can sometimes dribble a ball with my hands and feet.

I can send and receive a ball using both kicking and throwing skills.

I can describe how my body feels during exercise.

Invasion

I can sometimes dribble a ball with my hands and feet.

I know who is on my team and I can attempt to send the ball to them.

I can move with a ball towards goal.

I can describe how my body feels during exercise.

I can dodge and find space away from the other team.

I can stay with another player to try and prevent them from getting the ball.

I know how to score points and can remember the score.

Net and Wall

I can show awareness of opponents when playing games.

I can roll and hit a ball.

I can apply these skills in a variety of simple games.

I can describe how my body feels during exercise.

I can work with a partner to improve my skill.

I know how to score points and can remember the score.

Sending and Receiving

I can roll a ball to hit a target.

I can track a ball and stop it.

I can pass a ball to a partner using my feet.

I can catch a ball passed to me without a bounce.

I can describe how my body feels during exercise.

Striking and Fielding

I can roll a ball to hit a target.

I am developing underarm and overarm throwing skills.

I can sometimes hit a ball using a racket.

I know how to score points and can remember the score.

I can track a ball and stop it.

I can apply these skills in a variety of simple games.

I can use some simple tactics.

I can describe how my body feels during exercise.

Athletics

I show balance and coordination when running at different speeds.

I can show balance when changing direction.

I can link running and jumping movements with some control and balance.

I can experiment with different types of jumps and landings.

I show good technique when throwing towards a target.

I am developing throwing for distance.

I can describe how my body feels during exercise.

Dance

I can perform body actions with control and coordination.

I can sometimes use counts to stay in time with music.

I can choose movements with different dynamic qualities to express an idea, mood or feeling.

I can remember and repeat dance phrases.

I can work with a partner using mirroring and unison.

I can describe how my body feels during exercise.

Gymnastics

I can plan and repeat simple sequences of actions.

I can use shapes when performing other skills.

I can use directions and levels to make my work look interesting.

I can perform the basic gymnastic actions with some control and balance.

I can describe how my body feels during exercise.