



PE – curriculum coverage document



Year 1		
<u>Unit name</u>	<u>NC Objectives</u>	<u>Curriculum content</u>
Movement and Fundamentals	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	<p>To explore static balancing and understand the concept of bases.</p> <p>To combine a number of co-ordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To time running to stop or intercept the path of a ball.</p> <p>To travel in different ways, showing clear transitions between movements.</p> <p>To travel in different directions (side to side, up and down) with control and fluency.</p> <p>To practise ABC (agility, balance and co- ordination) at circuit stations.</p>
Gymnastics	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	<p>Copies and explores basic movements with some control and coordination.</p> <p>Can perform different body shapes</p> <p>Performs at different levels Can perform 2 footed jump Can use</p>



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	range of activities	equipment safely Balances with some control Can link 2-3 simple movements
Dance	perform dances using simple movement patterns.	Copies and explores basic movements and body patterns Remembers simple movements and dance steps Links movements to sounds and music. Responds to a range of stimuli.
Invasion Games	participate in team games, developing simple tactics for attacking and defending	Can travel in a variety of ways including running and jumping. Beginning to perform a range of throws. Receives a ball with basic control Beginning to develop hand-eye coordination Participates in simple games
Striking and Fielding	participate in team games, developing simple tactics for attacking and defending	To learn skills for striking and fielding games. To practise basic striking, sending and receiving. To use throwing and catching skills in a game. To practise accuracy of throwing and consistent catching.



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		<p>To strike with a racket or bat. To play a game fairly and in a sporting manner. To use fielding skills to play a game.</p>
Athletics	<p>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</p>	<p>Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control.</p>