

Year 1 - Physical Education

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance	Gymnastics	Gymnastics	Dance	Team building	Yoga
See dance website page.	<ul style="list-style-type: none"> Explore travelling movements Develop and combine travelling movements Develop quality when performing and linking shapes Develop stability and control when performing balances 	<ul style="list-style-type: none"> Develop technique and control when performing shape jumps Develop technique in the barrel, straight and forward roll Develop rolls and use them in a sequence Link gymnastics actions to create a sequence Develop quality in gymnastics sequences 	See dance website page.	<ul style="list-style-type: none"> Co-operate with a partner to complete challenges Explore and develop working as a team Develop talking, listening and sharing skills Use speaking and listening skills to lead a partner Plan with a partner and small group to complete challenges Use talking, listening and sharing skills to complete challenges 	<ul style="list-style-type: none"> Explore yoga and mindfulness Copy and remember poses Develop flexibility when holding poses Develop balance whilst holding poses To create yoga poses using a hoop To create a yoga flow with a partner
Fundamentals	Ball skills	Target games	Invasion games	Athletics	Sending and receiving
<ul style="list-style-type: none"> Explore balance, stability and landing safely Explore how the body moves differently when running at different speeds Explore changing direction and dodging Explore jumping, hopping and combination jumps Explore combination jumping and skipping in an individual rope 	<ul style="list-style-type: none"> Develop dribbling a ball with your hands Explore accuracy when rolling a ball Explore throwing with accuracy towards a target Explore catching with two hands Explore dribbling a ball with feet Explore tracking a ball that is coming towards them 	<ul style="list-style-type: none"> Develop underarm throwing towards a target Develop throwing for accuracy Develop underarm and overarm throwing at a target Develop throwing for accuracy and distance using underarm and overarm Select the correct throw for the target Develop throwing for accuracy and distance 	<ul style="list-style-type: none"> Understand the role of defenders and attackers Recognise who to pass to and why Move towards goal with the ball Support a teammate when playing in attack Move into space showing awareness of defenders Stay with a player when defending 	<ul style="list-style-type: none"> Move at different speeds over varying distances Develop balance Develop changing direction quickly Explore hopping, jumping and leaping for distance Develop throwing for distance Develop throwing for accuracy 	<ul style="list-style-type: none"> Develop rolling and throwing a ball towards a target Develop receiving a rolling ball and tracking skills Send and receive a ball with feet Develop throwing and catching skills over a short distance Develop throwing and catching over a longer distance Apply sending and receiving skills to small games