



KS1 - Medium Term Curriculum Planning

Physical Education

Physical Education for Key Stage 1 in the National Curriculum

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- *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*
- *participate in team games, developing simple tactics for attacking and defending*
- *perform dances using simple movement patterns.*

Following Chris Quigley Education, the following milestones are aimed to be achieved by the end of Key Stage 1

Dance:

- *Copy and remember moves and positions*
- *Move with careful control and co-ordination*
- *Link two or more actions to perform a sequence*
- *Choose movements to communicate a mood, feeling or idea*

Games/ Athletics

- *Use the terms 'opponent' and 'team-mate'*
- *Use rolling, hitting, jumping, running, catching and kicking skills in combination*
- *Develop tactics*
- *Lead others when appropriate*

Gymnastics:

- *Copy and remember actions*
- *Move with some control and awareness of space*
- *Link two or more actions to make a sequence*
- *To show contrasts (small/tall, straight/curved, wide/narrow)*
- *Travel by rolling forwards, backwards and sideways*
- *Hold a position whilst balancing on different points of the body*
- *Climb safely on equipment*
- *Stretch and curl to develop flexibility*
- *Jump in a variety of ways and land with increasing control and balance*

Autumn

Spring

Summer

<p><i>Year 1 Lesson 1</i></p>	<p>Games Throwing and Catching</p> <ul style="list-style-type: none"> To develop a throwing technique To develop a catching technique To be consistent when throwing to a partner To adapt body position when receiving an object 	<p>Gymnastics Flight s. Bouncing, Jumping and Landing</p> <ul style="list-style-type: none"> To bounce, hop, spring and jump using a variety of take offs and landings To observe, recognise and copy different body shapes To link together two or more actions with control and be able to repeat them To link together two or more actions with control and be able to repeat them. 	<p>Dance We're Going on a Bear Hunt</p> <ul style="list-style-type: none"> To perform basics actions with increasing control Choose appropriate dance actions and phrase to convey meaning of a story To work co-operatively with a partner To watch other's dances and suggest a way to be improved 	<p>Games Bat and Ball Skills Skipping</p> <ul style="list-style-type: none"> To steer and send a ball safely in different directions using a bat. To skip with a rope To change the rules of a game to make it better or more challenging To understand the importance of "rules" when playing with a bat 	<p>Games Basketball</p> <ul style="list-style-type: none"> To improve the way, they coordinate and control their bodies and a range of equipment To choose and use simple tactics To recognise good quality in performance and use information to improve their work To recognise and describe what their bodies feel like during different types of activity 	<p>Athletics Run, Jump, Throw</p> <ul style="list-style-type: none"> To copy movement of a leader with coordination and control To jump for height with control and balance To change pace with control in response to instructions To run and change directions, demonstrating speed and agility
	<p><i>Autumn</i></p>		<p><i>Spring</i></p>		<p><i>Summer</i></p>	
<p><i>Year 1 Lesson 2</i></p>	<p>Dance Jack and the Beanstalk</p> <ul style="list-style-type: none"> Perform simple rhythmic patterns and repeat in different formations To create movement ideas in response to a story To select movements from those they practise to create a dance 	<p>Games Fundamental Movement Skills 1</p> <ul style="list-style-type: none"> To show increasing control over an object To share equipment and take turns Negotiate space successfully 	<p>Games Developing Partner Work</p> <ul style="list-style-type: none"> To play running games and use apparatus safely To use and develop their sending, receiving and travelling with skills in games with a partner To change the rules of the game to make it more challenging To observe and describe another child's activity 	<p>Gymnastics Rocking and Rolling</p> <ul style="list-style-type: none"> To spin, rock, turn and roll with control, on various parts of the body To plan and link a series of movements together To work safely with an awareness of others To adapt work from floor safely onto apparatus 	<p>Games Net and Wall Games 1</p> <ul style="list-style-type: none"> To show increasing control over an object in throwing and catching To communicate effectively and work well with others Demonstrate understanding of and interpretation of rules and accept decisions given 	<p>Games Striking and Fielding Games 1</p> <ul style="list-style-type: none"> To work safely within a defined space Communicate effectively and work well with others

	Autumn		Spring		Summer	
Year 1 - 2 Lesson 1	Games Fundamental movement skills 2 <ul style="list-style-type: none"> To demonstrate agility, balance and coordination Be self-motivated and display self-confidence To apply basic skills competently in a range of physical activities 	Gymnastics Balancing & spinning on points and patches <ul style="list-style-type: none"> To travel with control on different body parts To show an awareness of different speeds and levels To link movements together To safely transfer work from the floor to apparatus 	Dance MiniBeasts <ul style="list-style-type: none"> Communicates effectively and works well with others Has started to link skills to perform actions and sequences of movement Can comment on the work of others using some technical language 	Games Basketball <ul style="list-style-type: none"> To perform a range of throwing, catching and dribbling skills with control To show a good awareness of others in space To react to situations in a way that helps their partners and makes it difficult for their opponents To know how to score and keep to the rules of the game 	Games Net & wall game skills 2 <ul style="list-style-type: none"> To show increasing control over an object in throwing and catching it. To communicate effectively and work well with others Demonstrate understanding of and interpretation of rules and accept decisions given. 	Athletics Run, Jump, Throw <ul style="list-style-type: none"> To explain what happens to our bodies when we exercise To show the difference between speeds (walking, jogging, running, sprinting) To use a run up when throwing To show different jumps for height and distance
	Autumn		Spring		Summer	
Year 1 - 2 Lesson 2	Dance Pirates <ul style="list-style-type: none"> Can perform simple movement patterns To demonstrate agility, balance and coordination Can follow simple movement patterns at different levels 	Games Invasion Game Skills 1 <ul style="list-style-type: none"> To understand some principles of attacking and defending To manage my feelings and behaviour well To apply attacking and defending skills within activities which require them 	Games Invasion Game Skills 2 <ul style="list-style-type: none"> To understand some principles of attacking and defending To manage my feelings and behaviour well To apply attacking and defending skills within activities which require them 	Gymnastics Wide / Narrow / Curled <ul style="list-style-type: none"> To travel, balance and jump confidently showing a variety of body shapes To understand and demonstrate contrasts in level and shape To observe, copy and describe what others are doing To select and link together three different movements. 	Games Striking and fielding Games 2 <ul style="list-style-type: none"> To work safely within a defined space To communicate effectively and work well with others Show awareness of boundaries and rules 	Games Target Games 2 <ul style="list-style-type: none"> To start to link skills to perform actions and sequences of movement Explain what success looks like for me and my friends To apply basic skills competently in a range of physical activities
	Autumn		Spring		Summer	

<p>Year 2 Lesson 1</p>	<p>Games Inventing Games</p> <ul style="list-style-type: none"> To throw, catch and bounce a piece of equipment in different ways when still or on the move To choose and apply skills to make up games To develop simple strategies for extending their skills To describe their game and teach it to a partner 	<p>Gymnastics Points and Patches</p> <ul style="list-style-type: none"> To travel confidently and competently on different parts of the body including hands To hold still balance positions on large or small body parts To link two balances together To adapt floorwork safely onto apparatus 	<p>Dance Fire of London</p> <ul style="list-style-type: none"> Communicates effectively and works well with others Has started to link skills to perform actions and sequences of movement Can comment on the work of others using some technical language 	<p>Games Dribbling, Hitting, Kicking</p> <ul style="list-style-type: none"> To develop new skills relevant to specific games To know and apply basic tactics and strategies for attacking play To work cooperatively with another person in a team To observe and select information to evaluate their and others work 	<p>Games Striking and Fielding</p> <ul style="list-style-type: none"> To be able to use throwing and catching in a game To be able to use a tactic in a game To be able to understand different roles in a team game To be able to change into different roles in a team game. 	<p>Athletics 2</p> <ul style="list-style-type: none"> To warm up safely prior to exercise and can sustain performance over periods of time Can comment on the work of others using technical language Demonstrate sporting values
	<p>Autumn</p>		<p>Spring</p>		<p>Summer</p>	
<p>Year 2 Lesson 2</p>	<p>Dance The Three Little Pigs</p> <ul style="list-style-type: none"> Respond to different types of stimuli Work in pairs and small groups to create ideas Use a variety of base dance actions s. turning, jumping, travelling, gesture, shape and stillness Change and vary actions s. speed size weight Observe each other dancing and comment on a performance 	<p>Athletics Indoor Athletics</p> <ul style="list-style-type: none"> Can throw for distance using different techniques and identify what technique works best for the individual To identify the best way to jump for distance from a standing start To communicate within a team to support a team relay 	<p>Games Fundamental Movement Skills 3</p> <ul style="list-style-type: none"> To work safely within a defined space To manage feelings and behaviour well Demonstrate sporting values 	<p>Gymnastics High and Low</p> <ul style="list-style-type: none"> To travel and balance confidently showing different parts of the body high or low To demonstrate being close to or far away from the floor and apparatus To show contrasts in shape and speed To link three movements together smoothly in a planned sequence To adapt and transfer work safely from floor to apparatus 	<p>Games Tennis</p> <ul style="list-style-type: none"> To use hitting and rolling in a game with increasing accuracy To identify the best position to receive a ball in To return a ball into a space to make an opponent move Can play to rules and explain to another what the rule is 	<p>Games Target Games 3</p> <ul style="list-style-type: none"> To start to link skills to perform actions and sequences of movement Explain what success looks like for me and my friends Apply basic skills competently in a range of physical activities