

# YEAR 1 PHYSICAL EDUCATION CURRICULUM FRAMEWORK

## Overview of Key Stage 1 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.

AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 3
<b>GYMNASTICS / MULTI-SKILLS</b>	<b>MULTI –SKILLS / GYMNASTICS</b>	<b>SWIMMING / DANCE</b>
<p>Master basic movements including running, and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform movements on mats and small apparatus</p> <p>Play a range of playground games from past generations.</p>	<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>Perform movements on mats and increasingly larger apparatus</p>	<p>Swim competently, confidently and proficiently over a distance of at least a width</p> <p><b>Perform dances using simple movement patterns.</b></p> <p>Imagine they are aliens who have crash landed. Use bodies and faces to show how aliens might feel.</p> <p>Imagine they are astronauts floating and moving in space.</p>
	Events: Burford Partnership Dance Festival (Fireworks Dance)	
SPRING TERM 4	SUMMER TERM 5	SUMMER TERM 6
<b>SWIMMING / DANCE</b>	<b>MULTI-SKILLS (TENNIS) / GAMES</b>	<b>MULTI-SKILLS (TENNIS) / DANCE</b>

<p>Swim competently, confidently and proficiently over a distance of at least a width.</p> <p><b>Perform dances using simple movement patterns.</b></p> <p>Think about the ways that different animals move, by curling, stretching, jumping, balancing, rolling.</p>	<p><b>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</b></p> <p><b>Participate in team games, developing simple tactics for attacking and defending</b></p> <p>Negotiate space when racing and chasing, adjust speed and change direction to avoid obstacles.</p> <p>Play a range of simple race and chase games</p>	<p><b>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</b></p> <p>Sports Day preparation</p> <p><b>Perform dances using simple movement patterns.</b></p> <p>Dance like the wind – be a leaf, tall blade of grass, windmill or kite.</p> <p>Perform windy day dances with ribbons – translate words such as swirling, gliding, tumbling, drifting into dances</p> <p>Country dancing</p>
		<p>Events: Sports Day Country Dancing Performance at Village Fete</p>