



PE	Autumn	Spring	Summer
<p>Primary National Curriculum subject content for PE:</p> <ul style="list-style-type: none"> • 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 	<p>Fundamental Movement</p> <p>Locomotion: Running- Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game</p> <p>Locomotion: Jumping- Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game</p>	<p>Gymnastics</p> <p>Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together</p> <p>Dance</p> <p>Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance</p>	<p>Games</p> <p>Ball Skills Feet – Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point</p> <p>Ball Skills Hands- Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p> <p>Games and Multi-Skills</p> <p>Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending</p>



Subject Overview | PE
Zetland Primary School

Year Group: 1

<ul style="list-style-type: none">• Perform dances using simple movement patterns.			
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