

Year 1	Physical Education					
KS1 Objectives	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Running Dance	Ball Skills Gymnastics	Ball Skills Gymnastics	Ball Skills Dance	Jumping Teambuilding	Health and Wellbeing Games for understanding
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	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 competitive game	Ball Skills: Hands 1 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 Gymnastics: Wide, Narrow, Curled 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	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 Gymnastics: Body Parts Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together	Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Locomotion: Jumping Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	Health and Wellbeing Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing
To participate in team games, developing simple tactics for attacking and defending	Locomotion: Running Apply running into a game Explore running in a team	Ball Skills: Hands 1 Apply ball skills learnt in team games: Introduce and apply sending (bouncing)	Ball Skills Feet Apply ball skills learnt in team games: Apply dribbling into team games	Ball Skills Hands 2 Apply ball skills learnt in team games: Apply throwing with accuracy in a team game Develop	Team Building Introducing teamwork Building trust and developing communication	Games For Understanding Understanding the principles of attack/defence

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	Consolidate running, apply running into a competitive game	with control in a team game Introduce and apply aiming with accuracy in a team game Introduce and apply power and speed when sending a ball in a team game Develop and apply sending, receiving and stopping skills in a team game	Apply kicking (passing) to score a point in a team game	sending (rolling) skills to score a point in a team game Consolidate sending and stopping to win a game	Cooperation and communication Explore simple strategies	Applying attacking/ defending principles into a game Consolidate attacking/defending
To perform dances using simple movement patterns.	Dance: The Zoo Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs			Dance: Growing Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance		
To swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming Covered in KS2 during 21-22					
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]						
To perform safe self-rescue in different water-based situations.						
HC Confidence /Aspiration /Resilience / Spirituality						