

## Year 1 PE Curriculum Overview

### Key facts

Children will be focussing on these key skills:

- Work on simple tasks with help
- Work on simple tasks independently
- Follow instructions and practise safely
- Try several times if they don't succeed, and ask for help when appropriate
- Co-ordination and footwork
- Static balance on one leg

### Prior Knowledge

Children have previously worked on balance and coordination skills in Reception.

### Autumn 1 – Personal

### Key Vocabulary

Static balance, control, independently, succeed, co-ordination, footwork

### Brief summary/ overview

Children will learn to enjoy working on simple tasks with help, and then independently. They will develop both their footwork and co-ordination. They will also begin to develop their balance, standing on one foot. By the end of the half term children will be able to follow instruction and practise safely, and try several times if they don't succeed, before asking for help.

### Resources

Rubber dots/lines  
Uneven surface

### Cross curricular links/visits

Links to all areas of the curriculum – Following instruction and not giving up if we don't succeed straight away.

## Year 1 PE Curriculum Overview

### Key facts

Children will be focussing on these key skills –

- Playing with others, taking turns and sharing with help.
- Working sensibly with others, taking turns and sharing.
- Helping, praising and encouraging others.
- Jumping and landing safely
- Static balance – Seated position

### Prior Knowledge

Children will have worked on social skills in last year's PE lessons, will have explored them in PSHE and may have some knowledge of the topic from home.

## Autumn 2 – Social

### Key Vocabulary

Taking turns, sharing, praising, encouraging, jumping, landing, static balance, seated position.

### Brief summary/ overview

In this unit, children will focus on the social aspect of PE, such as: Praising others, turn taking, sharing and working sensibly with others.

They will practise jumping forwards, backwards and side to side, and will perform a tucked jump with a 180° turn. They will also continue to develop their static balance, in a seated position, building their core strength.

### Resources

Rubber discs/strips

Cones

### Cross curricular links/visits

Taking turns, sharing and working together will impact and link to all other areas of the curriculum.

## Year 1 PE Curriculum Overview

### Key facts

Children will be focussing on these skills:

- Following simple instructions
- Understand and follow simple rules
- Naming some things they are good at
- Begin to order instructions, movements and skills
- Recognising similarities and differences in performances
- Dynamic balance – On a line
- Static balance - Stance

### Prior Knowledge

Children have previously worked on personal and social skills. They will have worked on following rules and instruction. They have been developing their balance skills throughout PE this year.

### Spring 1 – Cognitive

### Key Vocabulary

Instruction, cognitive, movement, similarities, differences, performance, dynamic balance, static balance

### Brief summary/ overview

In this unit, children will focus on the cognitive aspect of PE, such as: Recognising their own strengths and weaknesses, explaining why someone is working or performing well and recognising similarities and differences in performance.

They will work to develop, not only their static balance, but their dynamic balance, beginning with balancing on a line and building up to balancing on apparatus.

### Resources

Lines  
Cones  
Balls  
Benches

### Cross curricular links/visits

PSHE – Developing a growth mindset, identifying personal strengths and areas for improvement.

## Year 1 PE Curriculum Overview

### Key facts

Children will be focussing on these skills:

- Observing and copying others
- Exploring and describing different movements
- Select and link movements together to fit a theme
- Begin to compare own movements and skills with those of others
- Co-ordination – Ball skills
- Counter balance, with a partner

### Prior Knowledge

Children will have worked on creative skills in last year's PE lessons and have explored various elements of creativity across other curriculum areas, including English, Art and DT.

## Spring 2 - Creative

### Key Vocabulary

Balance, Challenge, Control, movement, direction, observe, copy, describe, theme, skills, co-ordination, counter balance

### Brief summary/ overview

In this unit, children will focus on the creative aspect of PE, such as: Explore and describe different movements, select and link movements together to fit and theme, begin to compare my movements and skills with those of others, recognise similarities and differences in movement.

They will begin to develop their ball skills, moving the ball up, down and around their body, maintaining control at all times. They will also work in pairs to perform counter balances, continuing to build on and develop their balance and teamwork.

### Resources

Balls  
Cones

### Cross curricular links/visits

Maths – Movement and directions

## Year 1 PE Curriculum Overview

### Key facts

Children will be focussing on these skills:

- Moving confidently in different ways
- Performing a single skill or movement with some control
- performing a small range of skills and link two movements together
- performing a range of skills with some control and consistency
- perform a sequence of movements with some changes in level, direction or speed
- Co-ordination – Sending and receiving
- Agility – Reaction and response

### Prior Knowledge

Children have previously worked on their physical skills in all previous aspects of PE. They will have specifically worked on the physical unit of PE in reception.

## Summer 1 - Physical

### Key Vocabulary

Movement, control, co-ordination, agility, react, respond, direction, speed, consistency

### Brief summary/

In this unit, children will focus on the physical aspect of PE, such as co-ordination and agility, catching and striking balls with control and consistency, and with appropriate reaction speeds.

### Resources

Large balls  
Small balls

### Cross curricular links/visits

And a sidea

## Year 1 PE Curriculum Overview

### Prior Knowledge

Children have worked on bal skills and static balance in previous units.

### Key facts

Children will be focussing on these skills:

- Being aware of changes to the way they feel when they exercise
- Being aware of why exercise is important for good health
- Using equipment appropriately
- Moving and landing safely
- Saying how their body feels before, during and after exercise
- Agility – ball chasing
- Static balance – floor work



### Key Vocabulary

Exercise, fitness, good health, equipment, agility, static balance, floor work, movement

### Brief summary/ overview

In this unit, children will focus on the fitness aspect of PE, such as: awareness of why exercise is important for good health, using equipment appropriately and move and land safely, saying how your body feels before, during and after exercise.

They will chase and retrieve a ball, stopping it in a forward balanced position and a sideways position. They will also complete a variety of static balances on the floor, passing cones across, under and over their bodies.

### Cross curricular links/visits

Science – The human body.

### Resources

- Balls
- Cones
- Mats