

PE Programme for Key Stage 1

Breadth of study: Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching (games and athletic activities)
- As well as developing balance, agility and coordination, begin to apply these in a range of activities (gymnastics/games activities)
- Participate in team games, developing simple tactics for attacking and defending (games)
- Perform dances using a range of movement patterns.

- **By the end of the Key Stage pupils should:**

- **Develop fundamental movement skills**

- **Become increasingly competent and confident and access a broad range of opportunities**

- **Extend their agility, balance and coordination skills**

- **Be involved in a range of increasingly challenging situations which involve co-operative activities**

- **Take part in physical activity for sustained periods of time**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year1/2	Stability Gym/FMS	Manipulative Games	Locomotor Dance Aerobics/ Circuits	Stability Parachute Games	Locomotor Athletic Activities	Manipulative Games Throw/catch Bat/bowl2727
	OE/Life Skills	OE/Life Skills	OE/Life Skills	Swimming OE/LS	OE/Life Skills	OE/Life Skills