

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.