

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.