

## 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.