

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