

Year 1 PE Curriculum Overview

Key facts

Children will be focussing on these skills:

- Moving confidently in different ways
- Performing a single skill or movement with some control
- performing a small range of skills and link two movements together
- performing a range of skills with some control and consistency
- perform a sequence of movements with some changes in level, direction or speed
- Co-ordination – Sending and receiving
- Agility – Reaction and response

Prior Knowledge

Children have previously worked on their physical skills in all previous aspects of PE. They will have specifically worked on the physical unit of PE in reception.

Summer 1 - Physical

Key Vocabulary

Movement, control, co-ordination, agility, react, respond, direction, speed, consistency

Brief summary/

In this unit, children will focus on the physical aspect of PE, such as co-ordination and agility, catching and striking balls with control and consistency, and with appropriate reaction speeds.

Resources

Large balls
Small balls

Cross curricular links/visits