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Year 1 PE Curriculum Overview

Prior Knowledge

Children have worked on bal skills and static balance in previous units.

Key facts

Children will be focussing on these skills:

- Being aware of changes to the way they feel when they exercise
- Being aware of why exercise is important for good health
- Using equipment appropriately
- Moving and landing safely
- Saying how their body feels before, during and after exercise
- Agility – ball chasing
- Static balance – floor work



Key Vocabulary

Exercise, fitness, good health, equipment, agility, static balance, floor work, movement

Brief summary/ overview

In this unit, children will focus on the fitness aspect of PE, such as: awareness of why exercise is important for good health, using equipment appropriately and move and land safely, saying how your body feels before, during and after exercise.

They will chase and retrieve a ball, stopping it in a forward balanced position and a sideways position. They will also complete a variety of static balances on the floor, passing cones across, under and over their bodies.

Cross curricular links/visits

Science – The human body.

Resources

- Balls
- Cones
- Mats