

KS1



National curriculum aims:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Autumn 1- Throwing and Catching

- Can throw underarm.
- Can throw overarm.
- Can throw and catch a selection of equipment using a wide range of styles.
- Can catch a variety of balls whilst moving
- Can throw a variety of balls whilst moving

Autumn 1 - Dance

- To be able to perform a basic 3-piece dance routine.
- To be able to work in a team throughout the lesson
- To use equipment in their own routine.

- Move in time to music

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Autumn 2 – Attacking and Defending

- Begin to use space well to pass and receive a ball
- Mark a player by staying close to them
- Attempt to intercept a ball between other players
- Evade defenders by quickly changing direction.
- Defend a goal

Autumn 2 - Floor Gymnastics

- To understand a variety of balances. (Counter balance- Balance with a partner (2 or more). Balance- On their own.)
- To be able to create a variety of balances with a partner using a selection of body parts as well as balances on apparatus (pike, star, straddle shapes)
- Copy, explore and remember actions and movements to create their own sequence
- To develop co-ordination and motor skills
- Move around, under, over, and through different objects and equipment.