



Streetsbrook Infant & Early Years Academy

PE Curriculum Overview

Year 1

Our Year 1 PE curriculum is supported by Get Set 4 PE

Autumn 1	Fundamentals Children will explore fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation and in combinations. Children will begin to identify areas of strength and areas to improve. They will work collaboratively, developing turn taking and sharing.
	Ball Skills Children will explore and develop their fundamental ball skills such as throwing and catching, rolling and dribbling with hands and feet. They will work on performing these skills with increased control and accuracy. Children will work independently, in pairs and in small groups and will have opportunities to explore their own ideas in response to a task.
Autumn 2	Athletics Children will work independently and collaboratively to develop skills required in athletics, including running at different speeds, changing direction, jumping and throwing. Children will perform skills and measure their performance, competing to improve on their own score as well as against others.
	Sending & Receiving Using a range of different styles of ball children will practice and improve their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their activity. They will develop their understanding of the importance of abiding by rules in order to keep themselves and others safe.
Spring 1	Gymnastics- Block 1 Children will explore and develop basic gymnastic actions on the floor and using low apparatus. Jumping, rolling, balancing and travelling skills will be used individually and in combinations to create movement sequences, exploring different levels, direction and shapes. Children will have opportunities to select their own movements to create an individual movement sequence and develop their skill and confidence in performing this.
	Target Games Target games are games where players send an object towards a target. Linked to this child will develop their understanding of the principles of defending and attacking and will explore the use of underarm and overarm actions when aiming at their target. Children will work individually, in pairs and in small groups. They will continue to develop their understanding of following rules and learn how to score points and use simple tactics. They will develop their communication skills and be encouraged to show respect toward others when playing competitively.

Spring 2	Gymnastics – Block 2 Children will continue to explore and develop basic gymnastic actions on the floor and using low apparatus. Jumping, rolling, balancing and travelling skills will be used individually and in combinations to create movement sequences, exploring different levels, direction and shapes. Children will have opportunities to select their own movements to create an individual movement sequence and develop their skill and confidence in performing this.
	Invasion Games Invasion games have two teams and two goals. Teams try to score in the opposition's goal. Examples include football, handball, rugby, netball, basketball hockey. During this unit children will continue to develop their understanding of attacking and defending and will understand what being 'in possession' means. In simple activities and games children will develop sending, receiving and dribbling using their hands and feet. They will learn how to score points, in these types of games and how to play to the rules, showing respect and kindness towards their teammates and opponents.
Summer 1	Dance - Block 1 Children will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases. Children will work individually and with a partner to create their own 'dance'. Children will have opportunities to perform for others and to observe their peers. They will be encouraged to use simple dance terminology to provide supportive feedback
	Striking and Fielding Games Sticking and fielding games are games where there are two teams, a batting team and a fielding team. Examples include cricket and rounders. In this unit children begin to develop their understanding of the principles of defending (fielding) and attacking (batting). They will practice and improve skills such as throwing and catching, tracking and striking a ball. They will learn how to score points in this type of game and how to play to the rules, showing respect and kindness towards their teammates and opponents.
Summer 2	Dance – Block 2 Children will continue to explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases. Children will work individually and with a partner to create movement ideas creating their own 'dance' in relating to a chosen theme. Children will have opportunities to perform for and observe other and will be encouraged to use simple dance terminology to provide supportive feedback to their peers.
	Net & Wall Games Net and wall games are games where either a net or wall separates the players. The object is to hit the ball over the net and into the court space opposite and to make it difficult for the opponent to return it. Examples include tennis, badminton, volleyball. In this unit children will develop their understanding of attacking and defending principles in net games and will work on improving skills such as throwing, catching, tracking and hitting a ball. They will learn how to score points in this type of game and how to play to the rules, showing respect and kindness towards their teammates and opponents.