

Core PE Yearly Overview – Students access Pre National curriculum or Key stage 1 objectives. Students also work towards PLIM/OT targets as part of Physical development.

Pre National Curriculum		Motor Skills United Smart Moves Programme Community access Personalised learning targets (Linked to Sensory/Physical in EHCP) Gross/Fine Motor skills development Jabadao				
Key stage working at:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Y1/Y2	Moving safely and playing games Pupils develop confidence moving in different ways through simple games. Lessons focus on travelling safely, changing direction, stopping, starting and understanding personal space. Children learn to follow instructions, play fairly and begin working with each other	Ball skills – rolling and kicking Pupils are introduced to basic ball skills using a variety of equipment. They practise rolling, throwing, catching, kicking and trapping balls with control. Activities develop hand eye and foot eye coordination through small games and challenges.	Simple team games and rules Pupils play small sided games that introduce simple rules, scoring and teamwork. Lessons focus on sharing equipment, taking turns, understanding fairness and working cooperatively with others in a team or pair.	Balancing, rolling and travelling Pupils explore balance, body control and travelling using gymnastic movements. They practise rolls, jumps and balances and learn to link actions into short sequences. Emphasis is placed on control, safe movement and using different body shapes.	Moving to music and fitness games - The Jungle Pupils perform repeated movements to music to develop rhythm, timing and coordination. Activities include fitness based movement patterns, copying actions and maintaining movement for longer periods. The focus is on enjoyment, stamina and moving in time rather than dance routines.	Running, jumping and throwing challenges & Outdoor adventures Pupils take part in athletics style activities, including running, jumping and throwing challenges. Lessons focus on trying personal bests, improving technique and completing obstacle courses. Children build confidence, resilience and physical fitness through active participation. Pupils take part in cooperative outdoor

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						activities that develop teamwork, communication and problem-solving skills. Lessons focus on working safely with others to complete challenges, follow instructions and find solutions.
NC Y1 End points	Across the year, pupils are taught to: • Master basic movements, including running, jumping, throwing and catching • Develop balance, agility and coordination through a wide range of activities • Participate in team games, developing simple tactics and understanding rules • Perform movement patterns with control and confidence • Work safely and cooperatively with others <u>Are students ready to progress?</u> Has mastered basic movements including running, jumping, throwing and catching. Has developed balance, agility and co-ordination, and is beginning to apply these in a range of activities. Can participate in team games and is developing simple tactics for attacking and defending. Can perform repeated movement patterns in time with music					