

KEY STAGE 1 - Long Term Plan for PE

In Key Stage 1, 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

<u>YEAR: 2</u>												
<u>National Curriculum Criteria</u>	<u>Autumn 1</u>		<u>Autumn 2</u>		<u>Spring 1</u>		<u>Spring 2</u>		<u>Summer 1</u>		<u>Summer 2</u>	
	Basket ball	Dance	Tag Rugby	Gymnastics	Athletics	Move-ment and Fitness	Hockey	Dance: Cheerleading	Orien-teering	Football	Gymnastics	Tennis
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities												
Develop balance, agility and coordination, and begin to apply these in a range of activities												
Participate in team games, developing simple tactics for attacking and defending												
Perform dances using simple movement patterns												