

Physical Education: Key Stage 1

	Basic Movements and Team Games	Gymnastic Movements	Dance	
	Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.	Developing balance, agility and co-ordination, and begin to apply these to a range of class activities. Develop overall body strength. Encourage children to be active.	Perform dances using simple movement patterns.	
Year.1	• Throw underarm • Throw and kick in different ways • Focus on importance of taking turns and following rules.	• Make body curled, tense, stretched and relaxed. • Control body when travelling and balancing. • Copy sequences and repeat them. • Roll, curl, travel and balance in different ways.	• Perform own dance moves. • Copy or make up a short dance. • Move safely in a space.	
Year 2	• Use hitting, kicking and/or rolling in a game. • Decide the best space to be in during a game. • Follow rules. • Develop footwork skills to change direction.	• Plan and perform a sequence of movements. • Improve sequence based on feedback. • Think of more than one way to create a	• Change rhythm, speed, level and direction in dance. • Make a sequence by linking sections together. • Use dance to show a mood or feeling.	

	• Focus on rules and the consequences of not following. • Working collaboratively.	sequence which follows some 'rules'.		
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