



KS1 PE CURRICULUM

<p>Games</p> <ul style="list-style-type: none"> • Show good physical literacy by being able to walk, jog, run, sprint, jump, skip, leap, hop and balance with a good technique • Throwing and catching with a suitable technique to suit the game being played • Moving into different positions to send and receive the equipment being used • Moving to try and intercept equipment being used • Show an understanding of simple attacking and defending principles • Changing speed and direction easily • Showing awareness of others when moving around the game area • Know how to score and follow rules of a game • Watching and describing what they, or others, have done • Changing their approach and respond by making simple decisions on where and when to move in relation to their opponent or a team mate
<p>Dance</p> <ul style="list-style-type: none"> • Being creative and imaginative with ideas • Understanding and using different levels, speeds, expressions and directions • Respond to visual and musical stimuli • Moving expressively and confidently with control and coordination • Using space well, remembering and repeating moves fluently by linking them appropriately • Communicating feelings and moods through movements • Creating performances with a clear start, middle and end • Watching and giving feedback on others' performance
<p>Gymnastics</p> <ul style="list-style-type: none"> • Using and performing a range of gymnastic shapes and actions • Selecting actions to create short movement phrases • Smoothly linking and repeating actions • Performing rolls, jumps and travelling safely on the floor and across apparatus • Creating a sequence with a clear start, middle and end • Performing and repeating actions on different levels with control and accuracy • Adapting sequences to include apparatus • Managing space safely • Describing gymnastic actions and being able to watch and describe a partners sequence

