

NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview/KS 1
Based on 2 hours per week Curriculum Map 2017 - 18

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	1	Activities leading To Spacial Awareness	Team Games/Parachute Games	Dance Inspiring Dance Plans	Gymnastics (Action Kids) ABC's	Tennis Skills Hand/eye coordination	Athletics Practicing for Sports Day
	2						
Year 1	1	FA Skills Coach	Netball Skills Sending & receiving	Dance Inspiring Dance Plans Nutcracker	Gymnastics Present/Skills/ Balance	Games Throwing & Catching Cricket skills	Athletics Practicing for Sports Day
	2	Multi Skills	Unihoc Attacking/defending/ Teamwork	Dance Inspiring Dance Plans Nutcracker	Gymnastics	Games Hand/Eye coordination Tennis skills	Athletics Throwing & jumping
Year 2	1	FA Skills Coach	Netball Skills Sending & receiving	Dance Inspiring Dance Plans Barn Dance	Gymnastics Gymnastic Coach	Games Throwing & Catching Cricket skills	Athletics Track – ABC's
	2	Multi Skills	Unihoc Attacking/defending/ Teamwork	Dance Inspiring Dance Plans Barn Dance	Gymnastics	Games Hand/Eye coordination Tennis skills	Athletics Throwing & jumping

Acquiring and developing skills

1 Pupils should be taught to:

- a consolidate their existing skills and gain new ones
- b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

2 Pupils should be taught to:

- a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a identify what makes a performance effective
- b suggest improvements based on this information.

Knowledge and understanding of fitness and health

4 Pupils should be taught:

- a how exercise affects the body in the short term
- b to warm up and prepare appropriately for different activities
- c why physical activity is good for their health and well-being
- d why wearing appropriate clothing and being hygienic is good for their health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
- b games activities
- c gymnastic activities

and two activity areas from:
d swimming activities and water safety
e athletic activities
f outdoor and adventurous activities.