

**NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview/KS 1**  
**Based on 2 hours per week Curriculum Map 2018-2019**

<b>Year group</b>	<b>Hour</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	<b>1</b>	<b>Games</b> Spatial Awareness	<b>Animal Circuits</b> Know how your body works	<b>Dance</b> Inspiring Dance Plans	<b>Gymnastics</b> (Action Kids) ABC's	<b>Athletics</b> ABC's	<b>Tennis Skills</b> Hand/eye coordination
	<b>2</b>	<b>Games</b> Spatial Awareness	<b>Animal Circuits</b> Know how your body works	<b>Dance</b> inspiring Dance Plans	<b>Gymnastics</b> (Action Kids) ABC's	<b>Athletics</b> ABC's	<b>Cricket Skills</b> Bowling & Striking
<b>Year 1</b>	<b>1</b>	<b>Tag Rugby Skills</b> Passing & catching	<b>Football Skills</b> Dribbling & passing	<b>Hockey</b> Attacking/defending/ Teamwork	<b>Netball Skills</b> Sending & receiving	<b>Athletics</b> Track – ABC's (Sports Day Practice)	<b>Striking &amp; Fielding</b> Throwing & Catching Cricket skills Possibly block unit
	<b>2</b>	<b>Multi Skills</b> ABC's	<b>Health &amp; Exercise</b> <b>Animal Circuits</b> Know your body	<b>Gymnastics</b> Balance skills/present	<b>Dance</b> Inspiring Dance Plans	<b>Athletics</b> Throwing & jumping	<b>Tennis Skills</b> Hand/Eye coordination
<b>Year 2</b>	<b>1</b>	<b>Tag Rugby Skills</b> Passing & catching	<b>Football Skills</b> Dribbling & passing	<b>Hockey</b> Attacking/defending/ Teamwork	<b>Netball Skills</b> Sending & receiving	<b>Athletics</b> Track – ABC's (Sports Day Practice)	<b>Striking &amp; Fielding</b> Throwing & Catching Cricket skills Possibly block unit
	<b>2</b>	<b>Multi Skills</b> ABC's	<b>Health &amp; Exercise</b> <b>Animal Circuits</b> Know your body	<b>Gymnastics</b> <b>Dance</b> Inspiring Dance Plans	<b>Dance</b> Inspiring Dance Plans	<b>Athletics</b> Throwing & jumping	<b>Tennis skills</b> Hand/Eye coordination

## 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