Subject Information Year 1/2



Soaring to success

P.E.
Key Stage 1

In KS1, children develop fundamental movement skills; coordination, agility, balance, running, jumping, throwing and catching.

They develop these through a wide range of PE units that are competitive and cooperative. The PE units within KS1 become increasingly difficult so that children can master these basic movements and apply these in a range of activities. They are challenged to acquire and practice simple tactics for attacking and defending, and perform dances using simple movement patterns.

In addition to these skills, children develop their personal and social skills through PE, which link with our school's SMSC and PSHE curriculum. They learn the importance of taking turns, engaging with others, evaluating performance and being decisive. They are taught to recognize the effects that exercise has on their bodies, what makes a good performer and how to improve performance through practice.

Children are taught:

- Movement Skills
- Dance
- Invasion Games
- Athletics
- Gymnastics
- Net/Wall Games
- Target Games
- Striking/ Fielding Games