

**Year 1 Curriculum subject plan**  
**PE**

	<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>YEAR 1</b>	Fundamental skills  Ball skills	Gymnastics  Sending and receiving	Dance  Target Games	Invasion Games  Yoga	Athletics  Net and Wall	Team building  Striking and fielding
<b>Component knowledge and skills for Year 1</b>	<ul style="list-style-type: none"> <li>• I can explore balancing, running, changing direction, jumping, hopping and skipping.</li> <li>• I can explore these skills in isolation and also together.</li> <li>• I can explore skills such as throwing, catching, hitting a target, dribbling with both hands and feet and kicking a ball.</li> <li>• I can use space safely and effectively.</li> <li>• I can develop basic gymnastics actions on the floor and using low apparatus.</li> <li>• I can develop basic skills of jumping, rolling, balancing and travelling.</li> <li>• I can select my own actions and build a short sequence.</li> <li>• I can develop confidence when performing in front of others.</li> <li>• I understand why levels, directions and shapes are used when traveling and balancing.</li> <li>• I can explore travelling actions, movement and balancing skills.</li> <li>• I can copy and repeat actions linking them together to make short dance phrases.</li> <li>• I can develop basic skills such as sending, receiving and dribbling a ball.</li> <li>• I will understand what attacking and defending means.</li> <li>• I can show my strength, flexibility and balance when doing yoga poses.</li> <li>• I can show body awareness.</li> <li>• I can run at different speeds, change direction, jump and throw.</li> <li>• I can apply basic ball skills into game situations.</li> <li>• I can develop my communication and problem solving skills whilst working collaboratively with others or on my own.</li> </ul>					