

Key Stage 1 YEAR 1 PHYSICAL EDUCATION

National Curriculum KS1 Programme of Study	Chris Quigley Essential Skills Milestone 1	
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Games</u></p>	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination.
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Dance</u></p>	<ul style="list-style-type: none"> • Move with careful control and coordination. • Link two or more actions to perform a sequence.
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Gymnastics</u></p>	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (<i>such as small/tall, straight/curved and wide/narrow</i>) • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance.
	<p>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle <u>Athletics</u></p>	<ul style="list-style-type: none"> • Athletic activities are combined with games in Years 1 and 2.