

Key Stage 1 PE

Curriculum Overview

		HT1 Balancing, running & hopping	HT2 Leaping, jumping & skipping	HT3 Kicking, throwing/catching & striking	HT4 Balancing, running & hopping	HT4 Leaping, jumping & skipping	HT6 Kicking, throwing/catching & striking
Learning outcomes/composite knowledge: Pupils will be able to...		KS1 National Curriculum PE through the three pillars of learning. Focusing on developing students' motor competence/tactics/healthy participation through the skills of Balance, Running and Hopping.	Focusing on developing students' motor competence/tactics/healthy participation through Skipping, Jumping and Leaping.	Focusing on developing students' motor competence/tactics/healthy participation through Kicking, Throwing, Catching and Striking	Focusing on developing students' motor competence/tactics/healthy participation through the skills of Balance, Running and Hopping.	Focusing on developing students' motor competence/tactics/healthy participation through Skipping, Jumping and Leaping.	Focusing on developing students' motor competence/tactics/healthy participation through Kicking, Throwing, Catching and Striking
Knowledge Components		<ul style="list-style-type: none"> I know what balance is I know what coordination is I know what spatial awareness is I know what static and dynamic balance are I know what running is I know what good posture is I know what hopping is I know what a push off is I know what a landing is 	<ul style="list-style-type: none"> I know what skipping is In know what a hula hoop is I know what jumping over a rope is I know what hurdles are I know what jumping is I know the techniques of jumping are I know what leaping is I know the technique of leaping I know what a landing is 	<p>I know what kicking is and how it is used</p> <p>I know what stationary is</p> <p>I know what running and kicking is</p> <p>I know the technique of kicking a ball</p> <p>I know what throwing is</p> <p>I know there are different types of throws</p> <p>I know what an accurate throw is</p> <p>I know what catching is</p> <p>I know what catching close to the chest is</p> <p>I know what striking is</p> <p>I know what striking a ball is with a bat, racquet and rounders bat</p> <p>I know what hand-eye coordination is</p>	<ul style="list-style-type: none"> I know what balance is and its use in sport I know what coordination is I know what spatial awareness is I know what static and dynamic balance are I know what running is I know what good posture is I know what hopping is I know what a push off is I know what a landing is 	<ul style="list-style-type: none"> I know what skipping is and its use in sport In know what a hula hoop is I know what jumping over a rope is I know what hurdles are I know what jumping is I know the techniques of jumping are I know what leaping is I know the technique of leaping I know what a landing is 	<ul style="list-style-type: none"> I know what kicking is and how it is used I know what stationary is I know what running and kicking is I know the technique of kicking a ball I know what throwing is I know there are different types of throws I know what an accurate throw is I know what catching is I know what catching close to the chest is I know what striking is I know what striking a ball is with a bat, racquet and rounders bat
	Declarative Knowledge: know what						

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	Procedural Knowledge: know how & when	<ul style="list-style-type: none"> I know how to balance myself I know how to coordinate myself to balance during exercise I know how to maintain space between myself and my peers I know how to perform static and dynamic balance I know how to run I know how to maintain running posture I know how to hop I know how to perform a push off for a hop I know how to land 	<ul style="list-style-type: none"> I know how to skip I know how to use a hula hoop to skip I know how to use hurdles I know how to jump I know how to jump using correct technique I know how to leap I know how to leap using the correct technique I know how to perform a landing 	<ul style="list-style-type: none"> I know how and when to kick a ball I know how to kick a ball which is stationary with a run up I know how to apply the technique of kicking a ball I know how to throw using different types of throws I know how to accurately aim and then throw I know how to catch close to my chest I know how to strike a ball with a bat, racquet and rounders bat I know how to apply hand-eye coordination 	<ul style="list-style-type: none"> I know how to balance myself I know how to coordinate myself to balance during exercise I know how to maintain space between myself and my peers I know how to perform static and dynamic balance I know how to run I know how to maintain running posture I know how to hop I know how to perform a push off for a hop I know how to land 	<ul style="list-style-type: none"> I know how to skip I know how to use a hula hoop to skip I know how to use hurdles I know how to jump I know how to jump using correct technique I know how to leap I know how to leap using the correct technique I know how to perform a landing 	<ul style="list-style-type: none"> I know what hand-eye coordination is I know how and when to kick a ball I know how to kick a ball which is stationary with a run up I know how to apply the technique of kicking a ball I know how to throw using different types of throws I know how to accurately aim and then throw I know how to catch close to my chest I know how to strike a ball with a bat, racquet and rounders bat I know how to apply hand-eye coordination
National Curriculum reference	<p>National curriculum for Core PE at KS1</p> <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>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 						

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	<ul style="list-style-type: none"> perform dances using simple movement patterns 					
Common misconceptions	<ul style="list-style-type: none"> This age group should only work on foundational movements Physical activity is the same as physical education Balance is only for gymnastics 	<ul style="list-style-type: none"> The students of this age group are too young to learn technical ability Physical activity is the same as physical education 	<ul style="list-style-type: none"> This age group should only work on foundational movements Physical activity is the same as physical education 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability Balance is primarily for gymnastics Hopping is just a leisure time activity 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability Leaping is primarily for track and field disciplines 	<ul style="list-style-type: none"> Free time to play will develop skill levels Physical activity is the same as physical education Skill vs ability Throwing and catching are for cricket, rounders and alike sports.
Exemplar Composite Task(s)	<ul style="list-style-type: none"> Successfully balance walking across a beam Walking along narrow beam whilst balancing ball on racquet Perform a no-look successful shot when throwing ball at opponent Successfully catch a live ball thrown by opponent to return a team mate back to the game. 	<ul style="list-style-type: none"> Successfully demonstrate a jump over a skipping rope Demonstrate a jump through a skipping rope Perform a skip using coordinated limbs pushing off each foot Demonstrate leaping with good technique using both arms propelling 	<ul style="list-style-type: none"> Demonstrate an accurate kick of the ball running up Demonstrate a throw and catch close to the chest Demonstrate striking a ball with a bat or racquet 	<ul style="list-style-type: none"> Successfully balance walking across a beam Walking along narrow beam whilst balancing ball on racquet Perform a no-look successful shot when throwing ball at opponent Successfully catch a live ball thrown by opponent to return a team mate back to the game. 	<ul style="list-style-type: none"> Successfully demonstrate a jump over a skipping rope Demonstrate a jump through a skipping rope Perform a skip using coordinated limbs pushing off each foot Demonstrate leaping with good technique using both arms propelling 	<ul style="list-style-type: none"> Demonstrate an accurate kick of the ball running up Demonstrate a throw and catch close to the chest Demonstrate striking a ball with a bat or racquet