

Year 1 New National Curriculum

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.

Pupils should be taught to:

- 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.

In Key Stage 1 the focus of PE is teaching the fundamental movement skills is skill is taught discretely in the autumn term and then it is repeated again later in the year using an activity area as stimulus. The focus of these year groups is to move children through the initial to the elementary stages in these movement skills

Long Term Overview

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Y1	Fundamental Movement Skills	Fundamental Movement Skills	Gymnastics Unit	Dance Unit	Games Unit	Athletics
FMS Focus	Balance on 1 foot Climb Underarm throw Catch Large Ball Sprint Run Skip Hop Gallop	Side roll Line Walk Overarm Throw 2 Handed Strike Foot Dribble Kick Side Gallop Jump for height	Balance on 1 foot Climb Skip Gallop Side roll Line Walk Side Gallop	Balance on 1 foot Skip Hop Gallop Line Walk Side Gallop	Underarm throw Catch Large Ball Sprint Run Overarm Throw 2 Handed Strike Foot Dribble Kick	Underarm throw Catch Large Ball Sprint Run Skip Hop Overarm Throw 2 Handed Strike Jump for height