

## Key Stage 1 PE Overview Spring 1 2018

<p style="text-align: center;"><b>Year 1 Dance</b></p> <ul style="list-style-type: none"> <li>• Animal theme</li> <li>• Exploring how we move</li> <li>• Learning how to isolate parts of the body</li> <li>• Creating shapes and pathways using animal movements</li> </ul>	<p style="text-align: center;"><b>Year 1 and 2 Outdoor Learning</b></p> <ul style="list-style-type: none"> <li>• To conquer physical and teamwork challenges.</li> <li>• To develop trust in a partner or group situation</li> </ul>	<p style="text-align: center;"><b>Year 2 Games</b></p> <ul style="list-style-type: none"> <li>• To develop basic racquet techniques to use in short tennis</li> <li>• Playing small sided possession games leading on to benchball.</li> <li>• Introducing pass and move strategy</li> </ul>
<p style="text-align: center;"><b>Year 1 Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Introducing travelling, balancing and springing actions</li> <li>• Travelling up and down, sideways, backwards.</li> <li>• Recognising different surfaces and points of the body to support weight</li> <li>• Rolling the body in a smooth regular action.</li> </ul>		<p style="text-align: center;"><b>Year 2 Dance</b></p> <ul style="list-style-type: none"> <li>• Animal theme</li> <li>• Exploring how we move</li> <li>• Learning how to isolate parts of the body</li> <li>• Creating shapes and pathways using animal movements</li> <li>• Introducing jumps and rhythm</li> <li>• Creating a short dance using these ideas.</li> </ul>
<p style="text-align: center;"><b>Year 1 Core Skills</b></p> <ul style="list-style-type: none"> <li>• How to keep safe during exercise</li> <li>• Warming up and cooling down</li> <li>• Developing an understanding of how our body twists and turns and how we can practice this to improve our agility</li> <li>• Understanding the short and long term effects of exercise on our body.</li> <li>• Developing our techniques for throwing overarm and underarm.</li> <li>• Developing our catching skills</li> </ul>	<p style="text-align: center;"><b>Year 2 Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Introducing travelling, balancing and springing actions</li> <li>• Travelling up and down, sideways, backwards.</li> <li>• Recognising different surfaces and points of the body to support weight</li> <li>• Rolling the body in a smooth regular action.</li> <li>• Rocking the body to transfer weight</li> <li>• Keeping feet together or apart when balancing, springing or rolling.</li> </ul>	<p style="text-align: center;"><b>Year 2 Core Skills</b></p> <ul style="list-style-type: none"> <li>• How to keep safe during exercise</li> <li>• Warming up and cooling down</li> <li>• Experiencing the use of various pieces of sporting equipment, e.g. balls, racquets, mats, etc.</li> <li>• Understanding the short and long term effects of exercise on our body.</li> <li>• Developing overarm (javelin) technique for throwing.</li> <li>• Using catching and throwing techniques with greater consistency and effectiveness.</li> </ul>