



Curriculum Plans – Year 1 - Physical Education – Academic Year 2023/24

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 1 in Key Stage 1.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
Topic	<p>Movement/ Motor Skills</p> <p>Technical/Tactical: speed, agility, balance, footwork, coordination, flexibility, power, and reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently, communicating rules.</p> <p>Students will demonstrate basic movements including running, jumping as well as developing balance, agility and coordination,</p> <p>Planning for tomorrow: discussions on sustainability and being responsible with our PE sporting equipment.</p>	<p>Gymnastics/ Swimming</p> <p>Technical/Tactical: speed, agility, balance, footwork, coordination, flexibility, power, and reaction time.</p> <p>Psychological- Positive approach to play and concentration.</p> <p>Social: managing individual success and failure</p> <p>Students will develop flexibility, strength, technique, control and balance. Students will compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Students will swim competently, confidently and proficiently over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations.</p> <p>World around us: discussions with swimming and life below water.</p>	<p>Catching and Throwing</p> <p>Technical/Tactical: throwing, passing, receiving, and making decisions under pressure and developing their reaction time.</p> <p>Psychological: positive approach to play and develop their concentration.</p> <p>Social: teamwork and managing team success and failure.</p> <p>Students will demonstrate throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p> <p>Better together: developing friendships and creating an anti bullying PE environment.</p>	<p>Football</p> <p>Technical/Tactical: passing, receiving, dribbling, and finishing. Students make decisions under Pressure using speed, agility, power, and develop their reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules.</p> <p>Students will participate in team games, developing simple tactics for attacking and defending.</p> <p>The working world: how cities are using sporting events to improve social, environmental and economic conditions.</p>	<p>Basketball</p> <p>Technical/Tactical: passing, footwork, dribbling, shooting, positional play, and decision making.. Students develop agility, balance, and develop their coordination. Psychological: positive approach to play, and their concentration.</p> <p>Social: teamwork and managing their success and failure. Students will participate in team games, developing simple tactics for attacking and defending. Opportunities for everyone: discussing proactive behaviours that make people from all backgrounds feel welcome and respected in sports.</p>	<p>Volleyball</p> <p>Technical/Tactical: low serve, dig, set, spike and playing to space. Students develop balance, agility, coordination, power, and develop their reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules.</p> <p>Students will become familiar with making contact with the volleyball, using underarm and overarm techniques. They will learn about the rules relating to volleyball.</p> <p>Keep it green, keep it clean: discussion on ways professional sports are going green.</p>	<p>Danish Longball, Athletics, Sports Days & BISL Olympics</p> <p>Technical/Tactical: passing, receiving, striking, and feilding. Students will develop speed, agility, and develop their reaction time.</p> <p>Psychological: positive approach to play, and concentration. Social: teamwork, and managing success and failure. Students will demonstrate throwing and catching to a target as well as develop balance, agility and coordination. Students will begin to apply these skills in cooperative and competitive physical activities. Students will demonstrate basic movements including running, jumping, throwing in a range of athletics competitions during sports days.</p> <p>Healthy body, healthy mind: discussion on how playing sports strengthens your body and also improves your muscle memory and muscle coordination.</p>



Assessments	Movement and Motor Skills Assessment	Gymnastics Assessment Swimming Assessment	Catching and Throwing Assessment	Football Assessment	Basketball Assessment	Volleyball Assessment	Danish Longball Assessment Athletics Assessment
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