Beaconsfield Primary School Curriculum Overview

Subject:	PE	Year Group:	Year 1

Autumn 1	Autumn 1	Autumn 2
Unit: Fundamentals	Unit: Dance	Unit: Send and Receiving
Key Skills: • Explore changing direction and dodging. • Discover how the body moves at different speeds. Move with some control and balance. • Explore stability and landing safely. • Demonstrate control in take-off and landing when jumping. • Begin to explore hopping in different directions. • Show co-ordination when turning a rope.	Key Skills: • Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme. • Explore varying speeds to represent an idea. • Explore pathways within their performances. • Begin to explore actions and pathways with a partner. • Begin to use counts within their performance.	Key Skills: • Explore S&R with hands and feet using a variety of equipment. • Explore S&R with hands and feet to a partner. • Explore dribbling with hands and feet. • Explore changing direction to move away from a partner.
Autumn 2	**Spring 1**	**Spring 1**
Unit: Gymnastics	Unit: Ball skills	Unit: Fitness
Key Skills: • Explore basic and still shapes straight, tuck, straddle, pike. • Perform balances making their body tense, stretched and curled. • Explore barrel, straight and forward roll progressions. • Explore shape jumps including jumping	Key Skills: • Roll and throw with some accuracy towards a target. • Begin to catch with two hands. Catch after a bounce. • Track a ball being sent directly. • Begin to dribble with hands and feet.	Key Skills: • Change direction whilst running. • Explore balancing in more challenging activities with some success. • Explore coordination through the use of equipment. • Explore running at different speeds. • Explore exercises using their own

off low apparatus.		body weight. • Explore moving for longer periods of time and identify how it makes them feel.
Spring 2	Spring 2	Summer 1
Unit: Net and Wall	Unit: Dance	Unit: Athletics
Key Skills: • Explore hitting a dropped ball with a racket. • Throw a ball over a net to land into the court area. • Explore underarm rallying with a partner. • Use the ready position to move towards a ball.	Key Skills: • Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme. • Explore varying speeds to represent an idea. • Explore pathways within their performances. • Begin to explore actions and pathways with a partner. Begin to use counts within their performance.	Key Skills: • Explore running at different speeds. • Explore running over obstacles. • Develop balance whilst jumping and landing. • Explore hopping, jumping and leaping for distance. • Explore throwing for distance and accuracy.
Summer 1	Summer 2	Summer 2
Unit: Gymnastics	Unit: Target games	Unit: Yoga
Key Skills: • Explore basic and still shapes straight, tuck, straddle, pike. • Perform balances making their body tense, stretched and curled. • Explore barrel, straight and forward roll progressions. • Explore shape jumps including jumping off low apparatus.	Key Skills: • Explore technique when throwing overarm towards a target. • Explore technique when throwing underarm towards a target. • Explore striking a ball with their hand and equipment.	Key Skills: • Perform balances and poses making their body tense, stretched and curled. • Explore poses and movements that challenge their flexibility. • Explore strength whilst transitioning from one pose to another. • Recognise their own feelings in response to a task or activity.