

PE in Key Stage One



Pupils will: Develop competence to excel in a broad range of physical activities
Be physically active for sustained periods of time
Engage in competitive sports and activities
Learn to lead healthy, active lives.

You will see them:

- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Use the terms 'opponent' and 'team-mate'.
- Lead others when appropriate
- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea
- Copy and remember actions.
- Move with some control and awareness of space.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.
- Athletic activities are combined with games in Years 1 and 2.
- Swimming at Wood End takes place in KS2.

Years 1 and 2 will learn through: Dance activities, games activities and gymnastic activities.