

National Curriculum Requirements of PE at key Stage 1

Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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 such as running, jumping, throwing, 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**

Knowledge, Skills and Understanding breakdown for Physical Education

Year 1

Acquiring & developing skills	Evaluating & Improving	Health & Fitness
Can they copy actions? Can they repeat actions and skills? Can they move with control and care?	Can they talk about what they have done? Can they describe what other people did?	Can they describe how their body feels before, during and after an activity?
Dance (also covered in Dance section)	Games	Gymnastics
Can they move to music? Can they copy dance moves? Can they perform some dance moves? Can they make up a short dance? Can they move around the space safely?	Can they throw underarm? Can they roll a piece of equipment? Can they hit a ball with a bat? Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways?	Can they make their body tense, relaxed, curled and stretched? Can they control their body when travelling? Can they control their body when balancing? Can they copy sequences and repeat them? Can they roll in different ways? Can they travel in different ways? Can they balance in different ways? Can they climb safely? Can they stretch in different ways? Can they curl in different ways?