KS1 PE Map 2022-2023

(Working alongside the Val Sabin Planning)



FS1

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| **Term** | **Activating prior knowledge** | **Gross motor – Fundamental skills** | **Key features of lesson planning and skills taught** |
| Autumn 1 | * Working with other
* Traveling within a space
 | Basic skills to be focused on - Agility, Balance & Co-ordination.* Travelling
* Balance
 | * Travelling around a room safely
* Travelling around a room following instructions
* Creating a course for the children to follow
* Travelling in different ways – obstacle course – over, under, jump, balance etc.
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| Autumn 2 | * Working with other
* Traveling within a space
 | Basic skills to be focused on - Agility, Balance & Co-ordination. * Throwing
* Rolling
* Catching
 | * Rolling a ball – following and collecting.
* Rolling a ball to each other.
* Catching a ball – hand movement, speed, eye coordination.
* Throwing and catching a ball – using previous skills
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| Spring 1 | * Working with other.
* Traveling within a space
* Ball skills – throwing, catching, rolling.
 | Basic skills to be focused on - Agility, Balance & Co-ordination. * Jumping, skipping, running, hopping,
* Balancing
* Holding a pose
* Moving to rhyme and music
 | * Balance – using one arm, two arms, one leg, two legs.
* Balance using the floor – sitting with legs up, laying on back, making body shapes.
* Travelling – jumping, skipping, hopping, running, tip toe, stomping
* Travelling to music – slow, fast, stop, start
* Moving to music – incorporating everything into a dance.
* Following a dance pattern, creating own dance pattern.
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| Spring 2 | * Working with other
* Traveling and balancing within a space.
* Ball skills – throwing, catching, and rolling.
* Moving in time to music.
 | Games to be focused on - Agility, Balance & Co-ordination. * Running – running for 1 minute each session
* Batting/racket skills
* Kicking
 | * Running – building up stamina each week by 10 seconds – starting at 30 seconds.
* Racket skills – holding a racket, balancing a bean bag.
* Batting and hitting an object – socks
* Kicking – dribbling a football correctly.
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| Summer 1 | * Working as a team
* Traveling and balancing within a space.
* Ball skills
* Moving in time to music
 | Moving in time to music* Dance

Athletics – putting skills together from previous terms * Running
* Relay
* Track and field skills
 | * Moving to music – incorporating everything from the terms into dance.
* Following a dance pattern and routine.
* Running – starting and stopping.
* Relay – working as a team.
* Following instructions.
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| Summer 2 | * Working as a team.
* Traveling and balancing within a space.
* Ball skills.
* Following instructions.
* Hand eye co-ordination.
 | Athletics – putting skills together from previous terms * Running
* Relay
* Sprots day practice
* Throwing - ball, javelin
* Racket skills – balancing
 | * Running – starting and stopping.
* Relay – working as a team, following rules.
* Relay – balancing using a racket, obstacle course.
* How to throw a javelin – co-ordination.
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| FS2 Term | Lesson 1 | Lesson 2 |
| Autumn 1 | Gymnastics: Unit A – Travelling | Children are given chance to practice their skills learned from that week’s PE during outdoor provision time. e.g: ball skills – throwing beanbags/tennis balls into hoops. |
| Autumn 2 | Games: Unit 1 – Focus on using beanbags |
| Spring 1 | Dance: Unit 1  |
| Spring 2 | Games: Unit 2 – Focus on using a ball |
| Summer 1 | Gymnastics: Unit B – Stretching and curling |
| Summer 2 | Games: Unit 3 – Focus on using hoops and quoits |

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| FS2/Y1 Term | Lesson 1 | Lesson 2 |
| Autumn 1 | GamesUnit 1: ball skills | Children are given chance to practice their skills learned from that week’s PE during outdoor provision time. e.g: ball skills – throwing beanbags/tennis balls into hoops. |
| Autumn 2 | Gymnastics: Unit DFlight, bouncing, jumping and Landing |
| Spring 1 | Dance: Unit 1 |
| Spring 2 | Games: throwing and catching and aiming games |
| Summer 1 | Problem solving/orienteering |
| Summer 2 | Athletics |

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| Y1/2 Term | Lesson 1 | Lesson 2 |
| Autumn 1 | Games: Unit 2Throwing and CatchingAiming Games |  Gymnastics: Unit DFlight, bouncing, jumping and Landing |
| Autumn 2 | Games: Unit 1Focus on ball skills and games | Dance: Unit 1 |
| Spring 1 | Games: Unit 3 Bat and Ball skills | Gymnastics: Unit EPoints and Patches |
| Spring 2 | Striking and Fielding | Dance: Unit 2 |
| Summer 1 | Games: Unit 4Developing Partnership | Orienteering/Problem Solving |
| Summer 2 | Athletics | Orienteering/Problem Solving |

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| Y2 Term | Lesson 1 | Lesson 2 |
| Autumn 1 | Games: Unit 1 Throwing and Catching Games | Gymnastics: Unit HParts High and Parts Low |
| Autumn 2 | Games: Unit 2 Making up a game | Dance: Unit 1 |
| Spring 1 | Games: Unit 3 Dribbling, kicking and hitting | Gymnastics: Unit IPathways, straight, zigzag and curving |
| Spring 2 | Games: Unit 4Group Games and Inventing Rules | Unit 2: Dance |
| Summer 1 | Striking and Fielding | Orienteering/Problem Solving |
| Summer 2 | Athletics | Orienteering/Problem Solving |