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. |
| 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 |
| 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. |
| 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. |
| 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. |
| 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 | Games  Unit 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 D  Flight, 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 2  Throwing and Catching  Aiming Games | Gymnastics: Unit D  Flight, bouncing, jumping and Landing |
| Autumn 2 | Games: Unit 1  Focus on ball skills and games | Dance: Unit 1 |
| Spring 1 | Games: Unit 3  Bat and Ball skills | Gymnastics: Unit E  Points and Patches |
| Spring 2 | Striking and Fielding | Dance: Unit 2 |
| Summer 1 | Games: Unit 4  Developing 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 H  Parts 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 I  Pathways, straight, zigzag and curving |
| Spring 2 | Games: Unit 4  Group Games and Inventing Rules | Unit 2: Dance |
| Summer 1 | Striking and Fielding | Orienteering/Problem Solving |
| Summer 2 | Athletics | Orienteering/Problem Solving |