**Year 1 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR****1** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | * **Fundamental Movements**
 | * **Team Games**
 | * **Gymnastics**
 | * **Dance**
 | * **Athletics Basics**
 | * **Outdoor Activites**
 |
| **Key new knowledge** | * Learning to run in a straight line
* Jumping from two feet
* Throwing underarm
* Balancing on one foot
 | - Following simple game rules- Basic passing and catching- Using space to move | * Moving in a controlled way
* Linking two or more movements together
* Simple balance techniques
 | - Moving to a rhythm- Performing simple routines in groups- Using facial expressions to enhance movement | - Pacing for short distances- Throwing with control- Jumping for height | - Working as a team- Following directions- Solving basic physical challenges |
| **Assessments** |  |  |  |  |  |  |