**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** |  |  |  |  |  |  |