

KS1 Physical Education



Gym - SKIPPING:

Straddle
Hopping

Dance

Counts of 4 or 8
Isolation
Partner dance

Games - FOOTBALL

Dribbling
Passing
Attacking and Defending 2

Gym

Travel, jump and balance
Independent sequence

Dance

Control and coordination
Expression

Games - CRICKET

Bowling
Striking with control
Track and retrieve
Competitive game

Summer
1

Summer
2

Gym

Climbing with confidence
Landing correctly

Dance

Single leg squats
Leaping

Games

Catch a tennis ball
Importance of rules
Throwing with control



Gym

Different body shapes
Body tension 2

Dance

Travelling skill: glide
Perform with a partner

Games

Two handed throw
Independent relay
Hockey skills

Year 2

Spring
2

Spring
1

Gym

Skip to a beat
Different shapes

Dance

Step and turn
Different levels: drop and rise

Games

Change speed and direction
Dribble a ball
Guided relay

Gym

Perform different jumps
Plan a sequence of jumps

Dance

Travelling skill: kick
Partner work

Games

Aim at a small target
Throw different objects
Teamwork



Autumn
1

Autumn
2

Gym

Perform gym movements
Guided sequence 2

Dance

Rhythm in dance
Perform and evaluate

Games - CRICKET

Striking
Retrieval



Gym - SKIPPING

Introduction to skipping
Double bounce

Dance

Body control
Guided performance

Games - FOOTBALL

Kicking a ball
Attacking and Defending



Summer
2

Summer
1

Gym

Hop over obstacles
Guided sequence

Dance

Hopscotch
Movement phrase

Games

Overarm throw
Space awareness

Year 1

Gym

Jumping and Landing
Link a run and jump

Dance

Step touch
Simple evaluation

Games

Retrieval
Striking an object

Spring
1

Spring
2



Gym

Standing, pencil and tuck jumps
Body tension

Dance

Counts of 8
Guided short dance

Games

Underarm roll
Aim at a large target

Gym

Travelling skills
Crawling soldiers
Skipping

Dance

Step and tiptoe
Half and full turn

Games

Ball skills: bounce and catch
Simple rules.

Autumn
2

Autumn
1