

Year 1 - Physical Education

Areas of Learning

- Become increasingly competent and confident
- Master basic movements skills
- Develop fitness skills
- Participate in team games (competitive and cooperative)
- Swimming and water safety
- Understand/follow simple PE vocabulary and instructions e.g. stop, start, balance

Approaches to learning

- Master basic movements including running, jumping, throwing and catching
- Developing balance, agility and co-ordination
- Acquire basic individual and team skills
- Participate in group games

Examples of learning

- Pupils practice in different contexts and in a variety of activities using various equipment.
- Pupils participate in group/team games
- Perform different skills and link them to a combined routine/exercise
- Pupils participate in swimming lessons

References

National curriculum in England: primary curriculum, DfE, 2015

www.education.gov.uk/national-curriculum