

Physical Education Key Stage One

Curriculum Overview

In Key Stage One, P.E. has been spread over a two-year rolling programme with each class covering learning objectives from its two year groups. This allows for coverage and progression across the Key Stage. The learning objectives have been taken from the National Curriculum.



Year A	Autumn	Spring	Summer
Oak	Multi-skills; Spatial awareness Throwing; Gymnastics	Multi-skills; Dance Team games; Gymnastics	Olympic Games; Dance Ball Games; Sports Day Prep
Ash	Throwing & catching; Dance Invasion games; Gymnastics	Team games; Circuit training Multi-skills; Dance	Athletics; Boot Camp Sports Day; Yoga
Willow	Circuit training; Gymnastics Invasion games; Gymnastics	Team games; Circuit training Multi-skills; Dance	Throwing & catching; Circuit training Target games; Athletics
Year B			
Oak	Multi-skills; Spatial awareness Throwing; Gymnastics	Multi-skills; Dance Team games; Gymnastics	Olympic Games; Dance Ball Games; Sports Day Prep
Ash	Throwing & catching; Dance Invasion games; Gymnastics	Team games; Circuit training Multi-skills; Dance	Athletics; Boot Camp Sports Day; Yoga
Willow	Circuit training; Gymnastics Invasion games; Gymnastics	Team games; Circuit training Multi-skills; Dance	Throwing & catching; Circuit training Target games; Athletics