



# Whitegate Physical Education Curriculum

## Year One

### ‘Enjoy Achieving Together’

<p><b>Statutory requirements</b></p>	<p><b>Games/Athletics</b> Master basic movements including running, jumping, throwing and catching.</p> <p>Engage in competitive (against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p><b>Dance</b> Perform dances using simple movement patterns.</p> <p>Children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.</p>	<p><b>Gymnastics</b> Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
<p><b>Year One</b></p>	<ul style="list-style-type: none"> <li>• Show control when rolling a ball (dodgeball)</li> <li>• Hit a ball with control, using appropriate equipment (tennis)</li> <li>• Run with control (athletics)</li> <li>• Jump with control (athletics)</li> <li>• Catch a ball (any ball game)</li> <li>• Kick a ball with control (football)</li> </ul>	<ul style="list-style-type: none"> <li>• Move with control and co-ordination</li> <li>• Link two movements in a sequence</li> </ul>	<ul style="list-style-type: none"> <li>• Move with some control</li> <li>• Move with some awareness of space</li> <li>• Link two or more actions to make a sequence</li> <li>• Show contrasts ( eg; wide/narrow, straight/curved)</li> <li>• Climb safely on low level equipment</li> <li>• Stretch and curl to develop flexibility</li> <li>• Jump in a variety of ways</li> <li>• Land with some control and balance</li> </ul>