



Whitegate Physical Education Curriculum

Year One

‘Enjoy Achieving Together’

<p>Statutory requirements</p>	<p>Games/Athletics 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>Dance 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>Gymnastics Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
<p>Year One</p>	<ul style="list-style-type: none"> • Show control when rolling a ball (dodgeball) • Hit a ball with control, using appropriate equipment (tennis) • Run with control (athletics) • Jump with control (athletics) • Catch a ball (any ball game) • Kick a ball with control (football) 	<ul style="list-style-type: none"> • Move with control and co-ordination • Link two movements in a sequence 	<ul style="list-style-type: none"> • Move with some control • Move with some awareness of space • Link two or more actions to make a sequence • Show contrasts (eg; wide/narrow, straight/curved) • Climb safely on low level equipment • Stretch and curl to develop flexibility • Jump in a variety of ways • Land with some control and balance