



Warden House Primary School

Physical Education Curriculum

Overview 2016-17

Year 1



		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Games	Throwing and Catching	Kicking & Hitting	Team games: Attacking & Defending		Sports day Games	Athletics
	Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate.						
	Gym	Flight (D) Val Sabin	Christmas Rehearsals		Rocking and Rolling (F) Val Sabin		
	Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Travel by rolling forwards, backwards and sideways. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance						
Dance		Christmas Rehearsals	Swimming	Swimming	At the Seaside LCP		
Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea.			Swim unaided up to 25 metres. • Use one basic stroke, breathing correctly. • Control leg movements		Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea.		