

Curriculum Intent: PE (2025 - 2027)

Year 1 PE					
ADVENT 1 Children will...	ADVENT 2 Children will...	LENT 1 Children will...	LENT 2 Children will...	PENTECOST 1 Children will...	PENTECOST 2 Children will...
Team Building L1: know how to co-operate with a partner to complete challenges. L2: know how to explore and develop working as a team. L3: know how to develop talking, listening and sharing skills. L4: know how to use speaking and listening skills to lead a partner. L5: know how to plan with a partner and small group to complete challenges. L6: know how to use talking, listening and sharing skills to complete challenges.	Fitness L1: know how to develop my understanding of how exercise can make you feel. L2: know how to develop my understanding of how exercise can make you strong and healthy. L3: know how to develop my understanding of how exercise relates to breathing. L4: know how to develop my understanding of how exercises helps my brain. L5: know how to develop my understanding of how exercise helps my muscles. L6: know how to develop my understanding of the	Yoga L1: know how to explore yoga and mindfulness. L2: know how to copy and remember poses. L3: know how to develop flexibility when holding poses. L4: know how to develop balance whilst holding poses. L5: know how to create yoga poses using a hoop. L6: know how to create a yoga flow with a partner.	Sending and Receiving L1: know how to develop rolling and throwing a ball towards a target. L2: know how to develop receiving a rolling ball and tracking skills. L3: know how to send and receive a ball with your feet. L4: know how to develop throwing and catching skills over a short distance. L5: know how to develop throwing and catching over a longer distance. L6: know how to apply sending and receiving skills to small games.	Net and Wall L1: know how to defend space, using the ready position. L2: know how to play against an opponent and keep the score. L3: know how to explore hitting with a racket. L4: know how to develop racket and ball skills. L5: know how to develop sending a ball using a racket. L6: know how to develop hitting over a net.	Striking and Fielding L1: know how to develop underarm throwing and catching. L2: know how to develop overarm throwing. L3: know how to develop hitting a ball. L4: know how to develop collecting a ball. L5: know how to get a batter out. L6: know how to play games and understand how to score points.
Fundamentals L1: know how to explore balance, stability and landing safely. L2: know how to explore how the body		Invasion L1: know how to understand the role of defenders and attackers. L2: know how to recognise who to pass to and why. L3: know how to move towards a goal with the ball.	Ball Skills L1: know how to develop dribbling a ball with your hands.	Dance (Pirates and Lost Toy) L1: know how to explore speeds and actions in our pirate inspired dance. L2: know how to copy, remember and repeat actions that represent the theme.	Athletics L1: know how to learn to move at different speeds over varying distances. L2: know how to develop balance. L3: know how to develop changing direction quickly. L4: know how to explore hopping,

moves differently when running at different speeds. L3: know how to explore changing direction and dodging. L4: know how to explore jumping, hopping and skipping actions. L5: know how to explore co-ordination and combination jumps. L6: know how to explore combination jumping and skipping in an individual rope.	importance of daily exercise. Gymnastics L1: know how to explore travelling movements. L2: know how to develop and combine travelling movements. L3: know how to develop quality when performing and linking shapes. L4: know how to develop quality when linking shapes. L5: know how to develop stability and control when performing balances. L6: know how to develop stability and control when performing balances.	L4: know how to support a teammate when playing in attack. L5: know how to move into space showing an awareness of defenders. L6: know how to stay with a player when defending.	L2: know how to explore accuracy when rolling a ball. L3: know how to explore throwing with accuracy towards a target. L4: know how to explore catching with two hands. L5: know how to explore dribbling a ball with your feet. L6: know how to explore tracking a ball that is coming towards me.	L3: know how to copy, repeat, create and perform actions that represent the theme. L4: know how to explore speeds and actions. L5: know how to use expression and create actions that relate to the story. L6: know how to use a pathway when travelling.	jumping and leaping for distance. L5: know how to develop throwing for distance. L6: know how to develop throwing for accuracy.
VOCABULARY					
Team Building Solve, teamwork, lead, direction, co-operate, instructions, share, listen, safely, travel	Fitness Exercise, heart, lungs, oxygen, mood, healthy, body	Yoga Space, listen, copy, pose, breath, balance, slowly, breathe, stretch	Sending and Receiving Aim, throw, roll, kick, catch, safely, racket	Net and Wall Safely, ready position, partner, score, racket, net, underarm, space, points	Striking and Fielding Throw, points, target, pass, space, score, team, hit, catch, send, batter, bowler, fielder
Fundamentals Balance, direction, land, fast, safely, jump, hop	Gymnastics Action, travel, balance, jump, direction, roll, point, shape, speed, fast, slow, level	Invasion Safely, defender, dribbling, pass, attacker, space, points, score, team	Ball Skills Far, aim, safely, throw, send, roll, catch, direction, balance	Dance Counts, action, travel, pose, move, direction, forwards, backwards, speed, fast, slow, level, shape	Athletics Fast, slow, jump, aim, direction, far, bend, improve, hop, safely, travel, balance