



Holy Family Catholic Primary School – PE Topic Overviews



Key Stage 1 - Years 1 and 2 – Lesson 1

Cycle A

Ball Skills Dodgeball 1a	Ball Skills Football 1b	Gymnastics 2a	Dance 2b	Striking Skills Rounders Focus 3a	Athletics 3b
<p>To develop and practise ball handling skills.</p> <p>Practise throwing using overarm and underarm techniques.</p> <p>To roll a ball with accuracy.</p> <p>To move the ball in different ways.</p> <p>To send a ball at different speeds.</p> <p>Develop the skills needed for sending and receiving a ball.</p> <p>Play games using ball skills previously learnt.</p>	<p>Explore different ways to move with a ball.</p> <p>To move fluently, changing direction and speed.</p> <p>To recognise space in games and use it to advantage.</p> <p>Show control of a ball with basic actions (rolling, kicking and carrying)</p> <p>Explore different ways to use and move with a ball.</p> <p>To stop a ball using the foot.</p> <p>Apply skills and tactics in simple games.</p>	<p>To develop agility and balance.</p> <p>Perform movement phrases using a range of different body parts and body actions.</p> <p>To use different pieces of equipment and apparatus.</p> <p>To be able to perform 5 key shapes.</p>	<p>Perform dances using simple movement patterns.</p> <p>Compose and link movement phrases to make simple dances with clear beginnings, middles and ends.</p> <p>Perform movement phrases and short dances with control and accuracy.</p>	<p>To develop agility, balance and coordination.</p> <p>To move in different ways, changing direction and speed.</p> <p>Show control of a ball with basic actions and use an underarm throwing technique.</p> <p>To understand the concept of moving to get in line with a ball to receive it.</p> <p>To hit a ball, showing basic control and accuracy.</p>	<p>Develop a correct underarm throw technique.</p> <p>Throw towards a target showing increased control.</p> <p>Show good sportsmanship.</p> <p>To experience competitive throwing.</p>



Holy Family Catholic Primary School – PE Topic Overviews



Key Stage 1 - Years 1 and 2 – Lesson 2

Cycle A

Ball Skills Netball Skills 1a	Gymnastics 1b	Dance 2a	Racket Skills Tennis Focus 2b	Athletics 3a	Striking Skills Cricket Focus 3b
<p>Send a ball towards a target.</p> <p>To shoot successfully at a goal.</p> <p>To explore different ways to use and move with a ball.</p> <p>Show control of the ball with basic actions.</p> <p>Develop catching and gathering skills.</p> <p>To send a ball in different ways.</p> <p>Show control and accuracy when rolling a ball.</p> <p>To use skills in different ways in different games.</p>	<p>Perform basic gymnastic actions including travelling, rolling, jumping and staying still.</p> <p>To explore and link a range of movements and shapes.</p> <p>Develop agility, balance and co-ordination.</p> <p>Develop fundamental movement skills becoming confident and competent.</p> <p>To combine different ways of travelling.</p>	<p>Respond imaginatively to a range of stimuli.</p> <p>To combine different ways of travelling.</p> <p>Move confidently and safely in a space, using changes of speed, level and direction.</p> <p>Perform movement phrases using a range of different body parts and body actions.</p> <p>Move fluently, changing speed and direction.</p>	<p>Show control of a ball with basic actions.</p> <p>To hold a racket with the correct grip.</p> <p>Explore different ways to use and move with the ball</p> <p>Send/Pass a ball. 2. Show basic control and accuracy when striking a ball</p> <p>Successfully receive (catch/stop) a ball. 2.</p> <p>To understand the concept of moving to get in line with a ball to receive it.</p> <p>Show control of a ball with basic actions.</p>	<p>Explore different running, throwing and jumping techniques.</p> <p>Develop coordination in a range of activities.</p> <p>Show understanding of correct running technique and show control coordination and consistency when running.</p> <p>To jump in a variety of ways, showing control coordination and consistency.</p>	<p>To develop agility, balance and coordination.</p> <p>Move fluently, changing direction and speed.</p> <p>Show control of a ball with basic actions.</p> <p>To understand the concept of moving to get in line with a ball to receive it.</p> <p>Show basic control and accuracy when striking a ball.</p>