



# Holy Family Catholic Primary School – PE Topic Overviews



Cycle A - Key Stage 1 - Years 1 and 2					
Term 1a Orienteering	Term 1b Gymnastics	Term 2a Netball	Term 2b Badminton	Term 3a Athletics	Term 3b Rounders
<p>To move in different ways.</p> <p>To work with others.</p> <p>To use a basic map.</p> <p>To plan a route on a map.</p> <p>To solve problems on your own and with others.</p> <p>To participate in an orienteering event.</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>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>Move into space</p> <p>To control your body and equipment when throwing, running and jumping.</p> <p>To land safely when jumping</p> <p>To run and jump on the balls of your feet</p> <p>To show a correct pull throw technique</p> <p>To compete against yourself and others</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>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>
Fitness	Dance	Football	Tennis	Athletics	Cricket
<p>Improve speed, stamina agility.</p> <p>Develop the jumping technique safely.</p> <p>Improve and develop coordination, control and balance.</p> <p>Take turns in teams</p> <p>Explore and practice a variety of different movements and fitness techniques.</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>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>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>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>	<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>