

Northwick Park Primary Academy
KS1 PE Curriculum Map

Year Group/ Length of Lesson		Autumn		Spring		Summer	
YR	45	Spacial Awareness	Gym/Dance Animals – starting/ Stopping, travelling	Ball Skills Send & Receive	Ball Skills Throw & Catch	Picnic Dance (Patterns)	Gym Apparatus – Jumping & Landing, Travelling
Y1	45	Throwing & Catching	Real PE Unit 1 – The Birthday Bike Surprise Footwork/Balance	Real PE Unit 3 – Tilly the Train Balance/Movement	Real PE Unit 4 – Clowning Around Ball skills/partner	Real PE Unit 5 – John & Jasmine learn to juggle Send & Receive/Reaction	Ball Games
	45	Dance VS Unit 1 Shapes	Gym VS Unit E & G Balances & Shapes	Gym Preparation for key steps competition	Picnic Dance	Picnic Dance	Gym VS Unit F Rocking & Rolling – forward rolls
Y2	45	Real PE Unit 4 Ball skills/partner	Basketball	Real PE Unit 5 Send & Receive, Reaction (small balls)	Tennis	Athletics (Sports day)	Skipping
	45	Gym Balance & Jumping	Circuits/Fitness	Dance - Australia	Real PE Unit 1 - Footwork	Picnic Dance	Gym Rocking & Rolling – backward rolls (Val Sabin/Top Gym cards)

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Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.