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| LONG TERM FORECAST Key Stage 1 PE 2017-2019 | | | | |
|  | Autumn | **Spring** | | **Summer** |
| **Aims**  The national curriculum for physical education aims to ensure that all pupils:   * develop competence to excel in a broad range of physical activities * are physically active for sustained periods of time * engage in competitive sports and activities * lead healthy, active lives. | | | 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. | |

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|  | AU1 | AU2 | SP1 | SP2 | SU1 | SU2 |
| **Year 1 Topic 1** | **Multi-skills** | **Gymnastics** | **Hockey** | **Netball** | **Athletics** | **Short Tennis** |
| Milestone | Use rolling, hitting, running, jumping, catching and kicking skills in combination | Copy and remember actions  Move with some control and awareness of space | Use hitting and running skills in combination.  Use the terms ‘opponent’ and ‘team-mate | Use running, jumping and catching skills in combination  Use the terms ‘opponent’ and ‘team-mate | Use running, jumping and kicking skills in combination | Use hitting, catching and running skills in combination.  Use the terms ‘opponent’ and ‘team-mate |
| **Year 1 Topic 2** | **Football** | **Dance** | **Gymnastics** | **Dance** | **Handball** | **Kwik-Cricket** |
| Milestone | Use the terms ‘opponent’ and ‘team-mate’ | Move with careful control and coordination. | Show contrasts (such as small/tall, straight/curved and wide/narrow)  Stretch and curl to develop flexibility | Copy and remember moves and positions | Use rolling, hitting, running, jumping and catching skills in combination.  Use the terms ‘opponent’ and ‘team-mate | Use rolling, hitting, running, jumping, catching and kicking skills in combination.  Use the terms ‘opponent’ and ‘team-mate |

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|  | AU1 | AU2 | SP1 | SP2 | SU1 | SU2 |
| **Year 2 Topic 1** | **Gymnastics** | **Multi-skills** | **Hockey** | **Netball** | **Athletics** | **Short Tennis** |
| Milestone | Stretch and curl to develop flexibility  Hold a position whilst balancing on different points of the body | Use rolling, hitting, running, jumping, catching and kicking skills in combination | Use hitting and running skills in combination.  Develop tactics | Use running, jumping and catching skills in combination  Develop tactics | Use running, jumping and kicking skills in combination  Lead others when appropriate | Develop tactics through hitting skills  Lead others when appropriate |
| **Year 2 Topic 2** | **Football** | **Dance** | **Gymnastics** | **Dance** | **Handball** | **Kwik-Cricket** |
| Milestone | Develop tactics  Use running, catching and kicking skills in combination | Link two or more actions to perform a sequence | Link two or more actions to make a sequence  Jump in a variety of ways and land with increasing control and balance | Choose movements to communicate a mood, feeling or idea | Use rolling, hitting, running, jumping and catching skills in combination.  Develop tactics | Use rolling, hitting, running, jumping, catching and kicking skills in combination.  Develop tactics |