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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 actionsMove 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 combinationUse 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 flexibilityHold 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 combinationDevelop tactics | Use running, jumping and kicking skills in combinationLead others when appropriate | Develop tactics through hitting skillsLead others when appropriate |
| **Year 2 Topic 2** | **Football** | **Dance** | **Gymnastics** | **Dance** | **Handball** | **Kwik-Cricket** |
| Milestone | Develop tacticsUse running, catching and kicking skills in combination | Link two or more actions to perform a sequence | Link two or more actions to make a sequenceJump 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 |