

Teacher Led PE Overview and Plans – KS1 and EYFS

Contents:

- National Curriculum
- PE Equipment
- PE Kit
- KS1 Overview
- EYFS Overview

The National Curriculum

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 other. 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.

PE Equipment

Kit bags are provided with the fundamental equipment required for PE lessons. There is one kit bag for Year 1 and another for Year 2.

There is also an additional; trolley of equipment in the indoor PE cupboard located in the hall which is available to compliment PE lessons for any year group.

Please look after all equipment and tidy it away after lessons have been completed.

Sports captains and sports buddies are available to help with setting up/sourcing equipment as well as any other sporting business.

PE Kit

The expectation is that children are wearing the full and correct PE kit for a lessons. This includes black trousers/shorts, ESPS t-shirt, ESPS jumper, trainers or plimsoles on the feet depending on the activity. If children repeatedly do not have their PE kits to change into then a letter is sent home.

Suggested Resources

- Dance units – www.imoves.com
- Gymnastics – Key Steps / British Gymnastics
- Play for Life Activity Cards
- Games Log (on Sharepoint)

Whole School Teacher Led PE Overview – KS1

Reception	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastic Skills & Activities	Invasion Skills & Activities	Dance Skills & Activities	Invasion Skills & Activities	Athletic Skills & Activities	Athletic Skills & Activities
Year 1	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastic Skills & Activities	Invasion Skills & Activities	Dance Skills & Activities	Invasion Skills & Activities	Athletic Skills & Activities	Striking & fielding
Year 2	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastic Skills & Activities	Invasion Skills & Activities	Dance Skills & Activities	Invasion Skills & Activities	Athletic Skills & Activities	Striking & Fielding

Year 1 and 2 Autumn/Spring/Summer Plans

YEAR 1 and 2														
AUTUMN TERM														
Year 1 and Year 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
	<i>Movements</i>	<i>Shapes</i>	<i>Jumps</i>	<i>Balances</i>	<i>Rolls</i>	<i>Sequence (1)</i>	<i>Sequence (2)</i>	<i>Send & receive (throw)</i>	<i>Send & receive (kick)</i>	<i>Movement & Space</i>	<i>Movement & Space</i>	<i>Attack</i>	<i>Defend</i>	<i>Match</i>
	Walking, jogging, running, jumping, skipping, crawling, hopping etc	Straight, Tuck, Straddle, Star, pike	Using shapes learnt last week. Landing correctly.	1 point, 2 point, 3 point, 4 point. Partner balances	Log, side, rock n roll, forwards (backwards)	Using floor mats- make a routine using a movement, a balance, a roll and a jump. Perform to other groups.	Using equipment such as beam, benches and vaults. Make a sequence moving along apparatus. Perform to other groups.	Keep the ball up No go	Names	Lows 5s high 5s Fish in the net	Look out for others Flip it	Stork tag Zone Ball	4 Square	

SPRING TERM

SPRING TERM															
Year 1 and Year 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Dance	Dance	Dance	Dance	Dance	Dance	Dance	Dance	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Dance Theme to match class Topic</i>	<i>Send & receive (throw)</i>	<i>Send & receive (kick)</i>	<i>Movement & Space</i>	<i>Movement & Space</i>	<i>Attack</i>	<i>Defend</i>	<i>Match</i>
	Eg: Weather	Eg: Weather	Eg: Weather	Eg: Weather	Eg: Explorers	Eg: Explorers	Eg: Explorers	Eg: Explorers	Kai 2 square bounce	5 point player 4 square	All in tag Boundary Pass	Here, there, nowhere! Dibblers and robbers	Flip it	Target and Intercept	

SUMMER TERM

SUMMER TERM															
Year 1 and Year 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking & Fielding	Striking & Fielding	Striking & Fielding	Striking & Fielding	Striking & Fielding	Striking & Fielding	Striking & Fielding
	<i>Running</i>	<i>Jumping</i>	<i>Sending</i>	<i>Running, Jumping & Sending</i>	<i>Running, Jumping & Sending</i>	<i>Running, Jumping & Sending</i>	<i>Running, Jumping & Sending</i>	<i>Running, Jumping & Sending</i>	<i>Sending</i>	<i>Sending</i>	<i>Sending & receiving</i>	<i>Sending & receiving</i>	<i>Sending, receiving & running.</i>	<i>Sending, receiving & running.</i>	<i>Sending, receiving & running.</i>
	Follow the line Get the bean bag	Skip to my Lou Frogs and Lily pads	Throw Throw Throw Long throw	Frost and Thaw	Form a group Hoop races Kolap Koolchee	Fish in a net Aquathlon			Bullseye Throlf	Hit the target Boccia	Catching challenge Hit and catch	Long Throw Team passing	Pairs passing Hit 4 and go	Bat tappers Runners v passers	Bowler gaoler Runners v passers