



Year One PE Overview for the Year

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|---------------|---|---|--|---|--|--|
| Term 1 | Ball Skills Hands 1 Lesson 1: Ready, Steady, Aim LO: To roll their ball with accuracy. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Creativity (Evaluation) | Ball Skills Hands 1 Lesson 2: Golf: Hole in one LO: To roll the ball with accuracy towards a target. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Creativity (Evaluation) | Ball Skills Hands 1 Lesson 3: Beat the Goalie LO: To stop the ball with their hands. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | Ball Skills Hands 1 Lesson 4: Through the Gate LO: To use their hands to stop the ball. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | Ball Skills Hands 1 Lesson 5: Piggy in the middle LO: To pass the ball with accuracy and control away from the defender. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | Ball Skills Hands 1 Lesson 6: Truck and trailer LO: To pass the ball with accuracy and control to their partner. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) |
| Term 2 | Ball Skills Hands 2 Lesson 1: Eiffel Tower LO: To throw their beanbag underarm towards a target. KS2:PE1 | Ball Skills Hands 2 Lesson 2: Blast Off: Throwing Countdown LO: To understand the consequences of inaccurate | Ball Skills Hands 2 Lesson 3: Beat the Beanbag: Racing Rounders | Ball Skills Feet Lesson 1: Traffic Lights LO: To dribble their ball around the space keeping control, responding to commands. | Ball Skills Feet Lesson 2: Ice Monsters: Stuck on the spot LO: To dribble their ball around the space | Ball Skills Feet Lesson 3: Kick Bowling: Team Competition LO: To kick the ball using the inside of their foot towards a target. |



Year One PE Overview for the Year

| | | | | | | |
|--------|--|---|---|--|---|---|
| | Big Idea (Aspect): Processes (Sending and Striking) Processes (Athletics) Processes (Team Games) Creativity (Evaluation) | throws and dropping the ball. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | LO: To throw their beanbag underarm to their partner's target (hands). KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Creativity (Evaluation) | avoiding the ice monsters. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) | KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Sending and Striking) Processes (Team Games) Creativity (Evaluation) |
| Term 3 | Games for Understanding Lesson 1: Dodging defenders: Avoiding real defenders. LO: To move around the space avoiding the defenders. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Team Games) Creativity (Evaluation) | Games for Understanding Lesson 2: Galaxy Stars: Attacking principles. LO: To understand where to take treasure from in order to win a game. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Team Games) Creativity (Evaluation) | Games for Understanding Lesson 3: Protect the Treasure: Applying defending. LO: To defenders will prevent the attackers from taking the treasure. KS2:PE1 KS2:PE2 Big Idea (Aspect): Processes (Team Games) Creativity (Evaluation) | Dance Growing Lesson 1 Exploring 'jump, turn and balance' movements. LO: To explore creating movement sequences that represent flowers. KS2:PE3 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation) | Dance Growing Lesson 2: Creating a plant dance. LO: To explore creating movements and linking them together. KS2:PE3 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation) | Dance Growing Lesson 3: Creating rhythm: The lifecycle of the plant. LO: To explore creating movement patterns, whilst keeping a rhythm. KS2:PE3 Big Idea (Aspect): Processes (Dance) Creativity (Evaluation) |



Year One PE Overview for the Year

| | | | | | | |
|--------|---|--|--|--|---|---|
| Term 4 | Gymnastics Body Parts Lesson 1: Introducing 'small' body parts LO: To move using the 'small' parts of their body. KS2:PE1 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation) | Gymnastics Body Parts Lesson 2: Introducing 'big' body parts LO: To move using the 'big' parts of their body. KS2:PE1 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation) | Gymnastics Body Parts Lesson 3: Creating shapes using 'big' and 'small' body parts. LO: To create balances using 'big' and 'small' body parts. KS2:PE1 Big Idea (Aspect): Processes (Gymnastics) Creativity (Evaluation) | Team Building Lesson 1: Avoid the traps LO: To communicate with their partner to complete the challenge. KS2:PE2 Big Idea (Aspect): Processes (Outdoor Adventurous Activities) Creativity (Evaluation) | Team Building Lesson 2: Cross the swamp LO: To create and apply simple tactics to complete the challenge. KS2:PE2 Big Idea (Aspect): Processes (Outdoor Adventurous Activities) Creativity (Evaluation) | Team Building Lesson 3: Toxic Waste LO: To work as a team to successfully complete the challenge. KS2:PE2 Big Idea (Aspect): Processes (Outdoor Adventurous Activities) Creativity (Evaluation) |
| | Rackets, Bats & Balls Lesson 1: In the Puddle LO: To explore hitting a ball, with a racket, towards a target. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Creativity (Evaluation) | Rackets, Bats & Balls Lesson 2: In the Puddle: Making a splash! LO: To explore hitting their ball with power towards a target. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Processes (Athletics) | Rackets, Bats & Balls Lesson 3: In the Puddle: Scare the ducks! LO: To will explore hitting their ball with accuracy towards a target. KS2:PE1 Big Idea (Aspect): Processes (Sending and Striking) Creativity (Evaluation) | Health & Wellbeing Lesson 1: Agility Lights LO: To understand why they need be agile when they move. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Health & Wellbeing Lesson 2 Agility Monsters LO: To move around keeping away from the agility monsters to avoid being caught. KS2:PE1 Big Idea (Aspect): Processes (Athletics) | Health & Wellbeing Lesson 3: Agility Races LO: To move quickly on the balls of their feet. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Processes (Team Games) Creativity (Evaluation) |



Year One PE Overview for the Year

| | | Creativity (Evaluation) | | | Processes (Team Games) Creativity (Evaluation) | |
|--------|--|---|--|---|--|--|
| Term 6 | Running | Running | Running | Jumping | Jumping | Jumping |
| | Lesson 1: Beat the Clock LO: To understand why we need to accelerate when running. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Lesson 2: Fishes and sharks LO: To avoid being caught by the sharks by accelerating into space. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Lesson 3: Running in a team: Relay Races LO: To understand why they need to work as a team when running. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Lesson 1: Kangaroo Skip LO: To skip using different pathways. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Lesson 2: Jumping Circuit LO: To perform the correct jump at the relevant station. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) | Lesson 3: Team jumping competition: Speed LO: To jump quickly maintaining the correct technique. KS2:PE1 Big Idea (Aspect): Processes (Athletics) Creativity (Evaluation) |