**Year 1 PE-Curriculum Map.**

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| 6 Strands of PE  (Golden Thread) | Skills taught. | End Points to be achieved by  the end of the year. |
| Fundamental skills. | Run skilfully,  Negotiate space successfully.  Pick up, carry, and put down with care.  Use tools to help me manipulate objects.  Show increasing control over an object.  Balance on one leg.  Move through an obstacle course.  Thread objects. | To learn the fundamental movement skills. |
| Dance. | Use my body and create theme related shapes, movements, and actions.  Use my body to express simple theme related shapes, movements, and feelings.  Travel safely and creatively in space.  Show different levels when I travel.  Remember and perform a simple sequence of movement. | To be able to perform a simple sequence, movement, shape, or pattern. |
| Gymnastics 3 strands as they progress through the school.  Movement  Balance  Partner/group work. | Perform controlled spins.  Spin on apparatus.  Support my body weight in symmetrical balances.  Perform asymmetrical spins on side front back and bottom.  Balance asymmetrically.  Spin at different levels on points.  Hold balances on different points of the body.  Step in controlled elegant movements.  Push and pull myself along the ground on different parts of my body.  Jump in different pathways with coordination.  Create sequences in curved pathways on the floor and on the apparatus.  Travel across the floor like a spider  Mount and dismount apparatus using different pathways | To be able to explore fundamental gymnastics skills safely on a range of apparatus. |
| Invasion Games | Get into a good ready position to receive bounce passes consistently well.  Pass the ball from my chest using a bounce pass.  Change direction confidently and competently.  Move around safely in a limited space.  Bounce/ dribble a ball with my hands with good control.  Move around safely whilst bouncing/dribbling.  Dribble a ball with my feet with good control.  Stop a ball on the run by trapping it. | To learn how to use fundamental games skills as part of a team. |
| Net and Wall Games. | Send a ball with some degree of accuracy.  Receive a ball by moving swiftly into the right position.  Strike a ball, with one hand, whilst it is airborne.  Strike and volley a ball.  Dig a ball by getting underneath it.  Strike a ball using an open palm and move into position to receive it back.  Strike a small ball with my open palm. | Year 1: To have been introduced to net and wall games and the skills involved in the games they will play. |
| Striking and fielding Games. | Use both hands whilst fielding.  Stop a moving ball.  Strike a ball off a tee.  Pick up a ball with one hand.  To move around the confined space.  To throw a ball to a partner accurately.  Know how to hold and implement striking equipment. | To be able to move around a confined area, stop a ball and return accurately.  To be able to hold an implement correctly and strike a stationery ball off a tee. |