













Faith Primary School - Long Term Curriculum Overview - Year 1

PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gym	Dance	Gym	Games	Games	Athletics
	Perform and develop	Use movement	Perform and	Travel with, send	Travel with, send	Participate in and
	basic skills in travelling,	imaginatively in	develop basic skills	and receive a ball	and receive a ball	design challenges
	being still, finding space	response to stimuli,	in travelling, being	and other	and other	and competitions
	and using it safely on	including music and	still, finding space	equipment in	equipment in	that call for speed,
	floor and using	performing basic skills.	and using it safely	different ways.	different ways.	power or stamina.
	apparatus, control body	Change rhythm, speed,	on floor and using	Play simple net,	Play simple net,	Use running,
	when balancing.	level and direction	apparatus, control	invasion,	invasion,	throwing and
			body when	striking/fielding	striking/fielding	jumping skills, both
	Year 1 Gym core task to	Year 1 Dance core task	balancing.	games.	games.	singly and in
	be repeated	to be repeated				combination. Pace
	Group Gym	Group Dance	Year 1 Gym core	Year 1 Games core	Year 1 Games core	themselves in
	performances to be	performances to be	task to be repeated	task	task	challenges and
	judged	judged	Group Gym	Teams to compete	Teams to compete	competitions.
			performances to be	against each other	against each other	Year 1 athletics
			judged	in 'Knockout' rounds	in 'Knockout' rounds	core task
				until a winning team	until a winning team	
				is found	is found	

Core Task to be completed at the end of the unit
Within School Competition to be undertaken at the end of the
Unit - Scheme of work - Val Sabin