**Year 1 - Physical Education Curriculum Overview 2025/26**

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| **YR**  **1** | **Autumn 1 (7weeks)** | **Autumn 2 (8)** | **Spring 1(5)** | **Spring 2 (6)** | **Summer 1 (6)** | **Summer 2 (7)** |
| **Content** | **Fundamental Movements** | **Sending and Receiving** | **Gymnastics** | **Team Building Activities** | **Athletics** | **Target Games** |
| **Key new knowledge** | * I can change direction when moving at speed. * I can recognise changes in my body when I do exercise. * I can run at different speeds. * I can select my own actions in response to a task. * I can show hopping and jumping movements. * I can work co-operatively with others to complete tasks. * I show balance and coordination when static and moving at a slow speed. | * How to roll a ball accurately to a partner or target. * How to stop a rolling ball using hands or feet with control. * How to throw a ball underarm with accuracy and correct technique. * How to catch a ball with two hands using correct hand positioning. * How to adjust throwing power and aim for different distances. * How to send and receive a ball in small games while working as a team. | * How to travel in different ways – crawling, walking, skipping. * How to balance and hold positions with control. * How to link movements together to form a short sequence. * How to perform basic jumps, rolls, and shapes in gymnastics. * How to move safely on the floor and low apparatus. | * How to follow simple instructions to complete a task with a partner. * How to take turns and share equipment during group activities. * How to communicate effectively with a teammate to solve challenges. * How to show encouragement and support to teammates. | Running  Jumping  Throwing | Aiming  Accurately rolling  Throwing objects at targets |
| **Assessments** | Observation, peer feedback, skill challenges. | Observation, Q&A checks, partner challenges. | Observation, self-assessment, group feedback. | Observation, discussion, class reflection. | Observation, simple performance tracking, verbal feedback. | Observation, questioning, mini accuracy tests. |