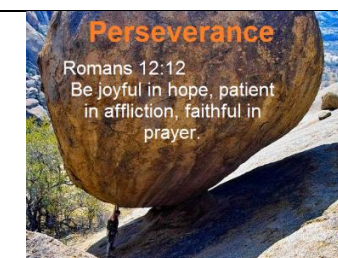




**Abbas & Templecombe
Church School**

KS1 Physical Education Concept and Curriculum Map



Movement						Tactics						Technique					
How we traverse and control our bodies during physical activities.						Game playing, strategy and reflecting on their performance.						The building blocks or skills that enable us to play sports.					
Sports: Dance, Gymnastics and all invasion games						Sports: All invasion games						Sports: All sporting activities					
Nightingale						Bowie											
Curriculum Content: - 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 (Technique, Movement) - Participate in team games, developing simple tactics for attacking and defending (Technique, Movement, Tactics) - Perform dances using simple movement patterns (Technique, Movement) ELG Content: - Negotiate space and obstacles safely, with consideration for themselves and others. (Movement) - Demonstrate strength, balance and coordination when playing. (Technique, Movement) - Move energetically, such as running, jumping, hopping, skipping and climbing. (Technique, Movement)						Curriculum Content: - 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 (Technique, Movement) - Participate in team games, developing simple tactics for attacking and defending (Technique, Movement, Tactics) - Perform dances using simple movement patterns (Technique, Movement)											
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2						
Gymnastics - Yoga (Movement)	Dance (Technique, Movement)	Gymnastics (Technique, Movement)	Ball skills (Technique, Movement)	Games (Technique, Movement, Tactics)	Athletics (Technique, Movement)	Ball Skills - Throwing and Catching (Technique, Movement)	Games - Invasion Games (Technique, Movement, Tactics)	Games - Attacking and Defending (Technique, Movement, Tactics)	Ball Skills - Bat and Ball (Technique, Movement, Tactics)	Athletics - Running and Jumping (Technique, Movement)	Athletics (Technique, Movement, Tactics)						
Games - Basic movement (Movement)	Gymnastics - Agility and Balance (Technique, Movement)	Games- Jumping (Technique, Movement)	Games -Attack / Defence (Technique, Movement, Tactics)	Ball Skills - Throwing / Catching (Technique, Movement)	Athletics - Running / Jumping / Throwing (Technique, Movement)	Gymnastics (Technique, Movement)	Dance (Technique, Movement)	Games - Circuit Training (Technique, Movement)	Dance (Technique, Movement)	Gymnastics (Technique, Movement)	Gymnastics - Yoga (Technique, Movement)						
Skill Progression Dance - Copies and explores basic movements and body patterns - Remembers simple movements and dance steps - Links movements to sounds and music.						Skill Progression Dance - Copies and explores basic movements with clear control. - Varies levels and speed in sequence - Can vary the size of their body shapes											

• Responds to a range of stimuli. Gymnastics • Copies and explores basic movements with some control and coordination. • Can perform different body shapes • Performs at different levels • Can perform 2 footed jump • Can use equipment safely • Balances with some control • Can link 2-3 simple movements Ball Skills/Games • Can travel in a variety of ways including running and jumping. • Beginning to perform a range of throws. • Receives a ball with basic control • Beginning to develop hand-eye coordination • Participates in simple games Athletics • Can run at different speeds. • Can jump from a standing position • Performs a variety of throws with basic control.	• Add a change of direction to a sequence • Uses space well and negotiates space clearly. • Can describe a short dance using appropriate vocabulary. • Responds imaginatively to stimuli. Gymnastics • Explores and creates different pathways and patterns. • Uses equipment in a variety of ways to create a sequence • Link movements together to create a sequence • Copies, explores and remembers a variety of movements and uses these to create their own sequence. • Describes their own work using simple gym vocabulary. • Beginning to notice similarities and differences between sequences. • Uses turns whilst travelling in a variety of ways. • Beginning to show flexibility in movements Ball Skills/Games • Confident to send the ball to others in a range of ways. • Beginning to apply and combine a variety of skills (to a game situation) • Develop strong spatial awareness. • Beginning to develop own games with peers. • Understand the importance of rules in games. • Develop simple tactics and use them appropriately. • Beginning to develop an understanding of attacking/ defending • Beginning to communicate with others during game situations. • Uses skills with coordination and control. Athletics • Can change speed and direction whilst running. • Can jump from a standing position with accuracy. • Performs a variety of throws with control and coordination (preparation for shot put and javelin) • Can use equipment safely
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