

## Journey from 3 years old to 7 years old - Concept and Knowledge Organiser KS1

**Subject: P.E – Games and Athletics**

**Unit of Work: Summer 1**

National Curriculum - Programme of Study requirements for End of KS1		Cross-curricular National Curriculum links
<p>The National Curriculum for Physical Education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> <li>• Develop competence to excel in a broad range of physical activities</li> <li>• physically active for sustained periods of time</li> <li>• Engage in competitive sports and activities</li> <li>• Lead healthy, active lives</li> </ul> <p><b>Pupils should be taught to:</b></p> <p>Master basic movements including running, jumping, throwing and catching</p> <p>Develop balance, agility and co-ordination</p> <p>Begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns</p>		<p>Speaking and listening</p> <p>Music</p> <p>PSHE – Working together</p> <p>Maths - Scoring</p>
<b>YEAR</b>		
<b>2</b>	<p>Games – Premier Sport</p> <p>Unit 3 Dribbling, kicking and hitting</p>	

	<p><b>Learning objectives</b></p> <p>Can demonstrate accuracy in movements  Can use tactics to outwit and opponent  Can strike, attack and defend</p>
	<p><b>Athletics (Year 2 Unit 2) – Teacher led - Val Sabin</b></p> <p><b>Learning objectives -</b></p> <p>Use various take-off and landings to jump for height and distance  Run to create an even pace  Demonstrate the underarm throw for accuracy and distance  Use skills they have developed to meet different challenges  Describe what happens to their breathing and temperature  Watch partner and describe what they are doing  Demonstrate a range of take-offs and landings and combine some of these into patterns of jumping  Show the difference between running at speed and jogging and be able to maintain a steady rhythm  Take part in a relay activity  Throw with increasing accuracy using a variety of games equipment  Use different techniques for running, jumping and throwing</p>
<p><b>YEAR 1</b></p>	<p><b>Games – Premier Sport</b></p> <p><b>Unit 3 -Bat and Ball Skills and Games</b></p> <p><b>Learning objectives –</b></p> <p>Can steer a ball round with a bat  Can balance a ball on a bat  Can hit a ball with a bat up and down  Can send a ball from the bat to a friend so they can catch it  Play target games with a bat</p>

**Athletics (Year 1 Unit 2) - Teacher led - Val Sabin**

**Learning objectives -**

Demonstrate some basic jumps and show very simple combinations

Move at different speeds with some control

Demonstrate the underarm throw and the basic two-handed push throw

Engage in challenges with some confidence and success

Describe what happens to breathing and temperature as they move Identify some different ways of travelling jumping and throwing

Demonstrate some basic jumps and show very simple combinations with a partner

Move at different speeds and change direction with a pivot action Demonstrate an overarm throw and show increasing accuracy into targets

Use skills to meet different challenges