

LONG TERM FORECAST		Key Stage 1 PE	
	Autumn	Spring	Summer
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ▪ 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 ▪ Participate in team games, developing simple tactics for attacking and defending ▪ Perform dances using simple movement patterns. 			
Year 1	D= Travelling Gy= Balance G= Throwing and Catching	D= Linking Movements/ Opposites Gy= Position G= Creative Games	D= Partner work/ Moods and Feelings Gy= Sequence of movements G= Bat and Ball Skills
Year 2	D= Explore the space on the spot and travelling Gy= Perform basic action G= Ball Games	D= Introduce a variety of different rhythms Gy= Awareness of body shape G= Creative games Running and Jumping	D= Consolidate contrasting movement qualities. Gy= perform basic actions slowly G= Invent and play games