

# Physical Education – KS1

## Term 1 & 2

### EYFS

For PE in EYFS, we have focused on fundamental movements which are agility, balance, coordination, jumping, play and target. This term we have focused on agility.

#### Skills learnt:

Spatial awareness

Different ways to travel

Exploring arm movement

Exploring leg movements

Linking leg and arm movements together

Movement whilst holding equipment

### Year 1 & 2

For PE, Year 1 and 2 have focused on dance, tri-golf, infant agility, and tennis over the past two terms. See below some skills they have learnt in two of the sports:

#### Year 1 Skills

**Dance** – Introduction to basic actions, copy simple movement patterns, responding to a stimuli e.g words, pictures and explore how you can move to that stimuli, directions, express moods and feelings, create a clear middle and end to their routines.

**Infant Agility** – Focusing on the fundamental movements we learnt the correct technique for running, throwing, balance and jumping

#### Year 2 Skills

**Tri Golf** – Recap the golf course: holes, tees, water and the sand bunker, underarm throw and how it relates to tri golf, learning the basic putting technique focusing on power and body position, learning how to chip the ball, using the skills learnt to play a round of golf.

**Tennis** – Understand the similarities between throwing and rolling the ball underarm to the forehand shot, focus on the volley and what does volley mean, work on the stance, and contact with the ball with the racket, agility and why it is important in tennis, pupils start a rally to show their skills learnt.