

Excalibur Physical Education Curriculum

KS1

PE Intent KS1

Pupils will develop the fundamental skills of object control, locomotion and stability which are essential for a life-long love of sport and physical activity. They will take part in a variety of activities, including those with competitive elements, to practice these skills. Through a range of exciting opportunities within and beyond lessons, children will develop a passion for sport and physical activity, leading to individuals with a strong understanding of how to keep fit and healthy.

PE Implementation KS1

Skills	Breadth of Study
<p>Pupils will be taught to use the following practical physical skills:</p> <ul style="list-style-type: none">• Use travelling techniques such as running, side-stepping, galloping, sliding, skipping and leaping, applying them to game-like situations.• Roll and throw balls and similar objects accurately.• Jump and land effectively and safely.• Use space during game situations.• Work with others to achieve an outcome, i.e. winning a game / scoring.• Support and encourage teammates and show sportsmanship to opponents.• Lead others in game situations.	<ul style="list-style-type: none">• Fundamental skills activities.• Conditioned games for sports such as football, basketball, tennis, etc.• Dance• Individual and paired gymnastics practice, including routines.• Gymnastics using the apparatus.

PE Vocabulary KS1

Locomotion					
walking running jogging sprinting	jumping leaping broad jump hopping landing	skipping side-stepping galloping sliding	rotation/twisting rolling		
Object control					
rolling overarm throw underarm throw	throwing catching chest pass	dribbling kicking hitting trapping (football)			
Stability					
static balance dynamic balance centre of gravity points of contact					