

Physical Education 2021- KS1

| Year group | Hour | Autumn 1 Sep-Oct | Autumn 2 Nov-Dec | Spring 1 Jan-Feb | Spring 2 Mar-Apr | Summer 1 May-Jun | Summer 2 Jun-Jul |
|------------|------|--|-----------------------------------|---|--|---|---|
| R | 1 | Multi Skills Throwing & catching | Gymnastics Pathways | Multi Skills dribbling Feet, hands, equipment | Net and Wall <u>Basic Racket</u> <u>Techniques</u> (co-ordination) tennis | Athletics Sports Day Practice | Hit Catch & Run Kick Cricket |
| | 1 | Multi Skills introduction to ABC | Dance Starry Sky | Multi Skills Passing & Shooting Feet, Hands, Equipment | Speed, Agility & Travel Tagging Games | Multi Skills Knock your socks off (Dodgeball) | Team building |
| 1 | 1 | Multi Skills Throwing & catching | Dance The Seasons | Multi Skills dribbling Feet, Hands, equipment | Speed, Agility & Travel Tagging Games | Multi Skills Dodgeball (Introduction) | Hit Catch & Run Throw Rounders |
| | 1 | Multi Skills introduction to ABC | Gymnastics High and Low | Multi Skills Passing & Shooting Feet, Hands, Equipment | Net and Wall <u>Basic Racket</u> <u>Techniques</u> (co-ordination) tennis | Athletics Sports Day Practice | Team building |

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| 2 | 1 | Multi Skills Throwing & catching | Dance Toys | Multi Skills Passing & Shooting Feet, Hands, Equipment | Speed, Agility & Travel Tagging Games | Multi Skills Dodgeball | Hit Catch & Run |
| | 1 | Multi Skills nxt level ABC | Gymnastics Points and Patches | Multi Skills dribbling Feet, hands, equipment | Net and Wall <u>Basic Racket</u> <u>Techniques</u> (co-ordination) tennis | Athletics Sports Day Practice | Team building |