

The purpose of Physical Education Curriculum:

- Students learn to monitor their behaviors, relationships and understanding of basic health and fitness
- Understanding a range of key concepts that are required for lifelong learning
- From this we want our students to be critical thinkers, be able to play fairly and self-manage games, share their thoughts with others and understand the importance of working together

WSAPC Physical Education Learning Pathway

Primary

Key Stage 1

Year One

Autumn Term 1

**Health & Fitness
Dance**

ACTIVITIES SUCH AS MINDFULNESS, YOGA & FUN CIRCUITS. AGILITY, BALANCE & COORDINATION.

Foundation Skills

Autumn Term 2

**Fundamental movement skills, agility, balance and co-ordination.
Gymnastics**

STRENGTH, FLEXIBILITY, CONTROL & BALANCE.

Assessment

Spring Term 2

**Fundamental movement skills, agility, balance & co-ordination.
Gymnastics**

STRENGTH, FLEXIBILITY, CONTROL & BALANCE.

Assessment

Spring Term 1

**Games (multi skills focus)
Dance**

ACTIVITIES SUCH AS MINDFULNESS, YOGA & FUN CIRCUITS. AGILITY, BALANCE & COORDINATION.

PE INTENT:

We value the opportunity PE gives us to make a lasting impact on students emotional and thinking skills. Our aim is to use sport to develop the missed gaps in students education and reengage those who have found sport difficult in the past.

Summer Term 1

**Games (multi skills focus)
Swimming and water safety***

Water confidence.

Summer Term 2

**Games (multi skills focus)
Athletics**

ATHLETICS ACTIVITIES, TYPES OF THROWING SKILLS, TARGET ACTIVITIES, BALL & BEANBAG SKILLS.

Assessment

SMSC Document Available.

