

The Wolds Federation
CURRICULUM OBJECTIVES – Physical Education

KS1	Topic	Objective
Yr1 – Yr2	Dance	• Follow simple movements and dance steps • Able to repeat and remember movements and dance steps • Use movements and link them to sounds and music • Copy and explore basic movements with clear control • Use different levels of speed in sequences • Use space and negotiate space well • Use changes of direction in performance • Describe a short dance using appropriate vocabulary
Yr1 – Yr2	Gymnastics	• Use basic movements with control and co-ordination • Perform a two footed jump • Perform different body shapes • Use equipment correctly and safely • Ability to link 2 or more movement s together • Explore and create different movement patterns • Use equipment in different ways to create a sequence • Link movements and performance together to create a sequence
Yr1 – Yr2	Games	• Can travel across the playing area in a variety of different ways • Take part in simple games – both individual and team • Perform a range of different throws • Can receive the ball with basic control, showing good hand eye co-ordination • Show confidence moving the ball to others in a variety of different ways • Begin to use skills learnt in game situations • Start to show and develop team play on own and with others • Start to understand spatial awareness • Understanding rules of the game

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		• Start to show understanding of attacking and defending
Yr1 – Yr2	Athletics	• Ability to run at different speeds and understanding of different distances • Jumping from a starting position • Using different throws and showing good control • Ability to change speed and direction whilst running • Jumping from a standing position with accuracy • Use equipment correctly and safely • Perform a variety of throws with control and co-ordination
Yr1 – Yr2	Healthy Lifestyles	• Understand why exercise is important for everyone • Ability to explain the effect exercise has on our body – with guidance • Can explain why warming our bodies up is a key part of exercise • Can explain the importance of exercise and healthy lifestyle
Yr1 – Yr2	Evaluation	• Can give feedback/comment on own and others performance – with guidance • Use correct terms when explaining rules/games/exercise – with guidance • Understanding of what is needed to improve performance – with guidance