



**PE Curriculum**

**Key Stage 1**

**2020/2021**

**Key objectives/Assessment criteria**

**Ball Skills**

**YEAR 1**

I can throw an object towards a target.

I can co-ordinate my body to send and receive a ball.

I am beginning to dribble a ball with my hands and feet.

I can recognise changes in my body when I do exercise.

I can track a ball in a controlled and balanced movement.

**YEAR 2**

I can roll a ball to hit a target.

I can co-ordinate my body to track a ball and stop it.

I can sometimes dribble a ball with my hands and feet.

I can send and receive a ball using both kicking and throwing skills.

I can describe how my body feels during exercise.

## Hadleigh Infants PE overview 2020/2021

### Invasion

#### YEAR 1

I am beginning to dribble a ball with my hands and feet.

I know who is on my team.

I can send and receive a ball.

I can stay with another player when defending.

I can dodge.

I can help my team to score.

I can find space.

I can recognise changes in my body when I do exercise.

I know how to score points.

#### YEAR 2

I can sometimes dribble a ball with my hands and feet.

I know who is on my team and I can attempt to send the ball to them.

I can move with a ball towards goal.

I can describe how my body feels during exercise.

I can dodge and find space away from the other team.

I can stay with another player to try and prevent them from getting the ball.

I know how to score points and can remember the score.

## Hadleigh Infants PE overview 2020/2021

### Net and wall

#### YEAR 1

I can throw and push a ball in a variety of ways.

I can sometimes catch a beanbag and a medium-sized ball.

I can track balls and other equipment sent to me.

I can throw and hit a ball in a variety of ways.

I can recognise changes in my body when I do exercise.

I know how to score points.

#### YEAR 2

I can show awareness of opponents when playing games.

I can roll and hit a ball.

I can apply these skills in a variety of simple games.

I can describe how my body feels during exercise.

I can work with a partner to improve my skill.

I know how to score points and can remember the score.

## Hadleigh Infants PE overview 2020/2021

### Sending and receiving

#### YEAR 1

I can roll a ball towards a target.

I can stop a rolling ball.

I am beginning to send and receive a ball with my hands.

I can catch a ball after one bounce.

I am beginning to send and receive a ball with my feet.

I can recognise changes in my body when I do exercise.

#### YEAR 2

I can roll a ball to hit a target.

I can track a ball and stop it.

I can pass a ball to a partner using my hands.

I can pass a ball to a partner using my feet.

I can catch a ball passed to me, without a bounce.

I can describe how my body feels during exercise.

## Hadleigh Infants PE overview 2020/2021

### Striking and fielding

#### YEAR 1

I can roll a ball towards a target.

I can stop a medium-sized ball with some consistency.

I can sometimes catch a beanbag and a medium-sized ball.

I can track a ball.

I know how to score points.

I can push a ball using my hand and an object.

I can recognise changes in my body when I do exercise.

#### YEAR 2

I can roll a ball to hit a target.

I am developing underarm and overarm throwing skills.

I can sometimes hit a ball using a racket.

I know how to score points and can remember the score.

I can track a ball and stop it.

I can apply these skills in a variety of simple games.

I can use some simple tactics.

I can describe how my body feels during exercise.

## Hadleigh Infants PE overview 2020/2021

### Athletics

#### YEAR 1

I can run at different speeds

I can show balance and co-ordination when changing direction

I can link running and jumping movements with some control and balance.

I can experiment with different types of jumps and landing

I can co-ordinate my body to throw towards a target

I am developing my technique to throw for distance

I can recognise changes in my body when I do exercise

#### YEAR 2

I show balance and co-ordination when running at different speeds

I can show balance when changing direction

I can link running and jumping movements with some control and balance

I can experiment with different types of jumps and landing

I show good technique when throwing towards a target

I am developing throwing for distance

I can describe how my body feels during exercise

## Hadleigh Infants PE overview 2020/2021

### Dance

#### YEAR 1

I can perform basic body actions sometimes using counts.

I can use different parts of the body in isolation and together.

I can explore pathways.

I can show some sense of dynamic and expressive qualities in my dance.

I can choose appropriate movements for different dance ideas.

I can perform dance phrases using simple movement patterns.

I can move confidently and safely.

I can vary the way I use space.

I can recognise changes in my body when I do exercise.

#### YEAR 2

I can perform body actions with control and coordination.

I can sometimes use counts to stay in time with music.

I can choose movements with different dynamic qualities to express an idea, mood or feeling.

I can remember and repeat dance phrases.

I can work with a partner using mirroring and unison.

I can describe how my body feels during exercise.



## Hadleigh Infants PE overview 2020/2021

### Gymnastics

#### YEAR 1

I can remember and repeat actions and shapes.

I can make my body tense, relaxed, stretched and curled.

I can show an awareness of space when travelling.

I can link simple actions together.

I can use apparatus safely.

I can recognise changes in my body when I do exercise.

#### YEAR 2

I can plan and repeat simple sequences of actions.

I can use shapes when performing other skills.

I can use directions and levels to make my work look interesting.

I can perform the basic gymnastic actions with some control and balance.

I can describe how my body feels during exercise.