



KS1

PE

Games



Key Vocabulary

Throwing	Moving
Catching	Stopping
Hands	Feet
Forwards	Backwards
Sideways	Travelling
Obstacles	Space
Pass	Receive
Strike	

Pupils should be taught to:

Master basic movements including running, throwing & catching as well as developing balance & coordination. Participate in team games, developing simple tactics for attacking & defending.

Moving

- Move forwards, backwards & sideways with equipment.
- Explore ways of travelling
- Avoid obstacles whilst moving

Throwing

- Throw objects under and over arm
- Throw different sized objects
- Throw object at moving target
- Throw objects into space

Catching/Stopping

- Catch medium sized ball with two hands
- Stop moving ball with hands
- Stop moving ball with feet

Passing/Striking

- Pass & receive objects
- Strike ball using underarm action
- Strike tennis ball after 1 bounce



Forest School

Hide & Seek

Obstacle course

Using natural materials for games eg sticks for bats & pine cones

Therapy (SALT/OT)

Symbols for directions/movements

Gross motor skills programme

Equipment/Apparatus

Small balls	Large balls
Bean bags	Floor arrows
Stop symbols	Go symbols
Cones	Cricket Bats

Outcomes (from the DfE PE Programme of Study)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.