



St Minver School Long Term Key Stage 1 P.E. Plan 2022-2023.



	Year 1			Year 2		
School Values	Be brave	Be kind	Belong	Be brave	Be kind	Belong
PE	<p>Games Ball skills fundamentals Throw/catch/Kick</p> <p>Gymnastics Fundamental skills Movement and balance</p> <p>Leap Program Linked to gymnastics</p>	<p>Games Fundamental skills Pass/ receive/ bounce</p> <p>Dance Fundamental skills Short sequence with control. Start finish position. Perform.</p> <p>Leap Program Linked to dance</p> <p>Swimming</p>	<p>Net and Wall Fundamental skills Control</p> <p>Athletics Fundamental skills Throw/jump/ Run</p>	<p>Games Invasion games fundamentals Sending and receiving a ball. Use skills in small game.</p> <p>Gym Connect movement and balance in a sequence. Curled/stretched body position Perform and evaluate.</p>	<p>Games Invasion games fundamentals Sending and receiving a ball. Use skills in small game. Evaluate</p> <p>Dance Create a dance sequence with a partner. Use different levels and travelling actions. Increase both fluency and control</p>	<p>Striking and fielding Fundamental skills Sending a ball with accuracy Hit a ball/ Catch a ball/ Roll a ball. Use skills in small game.</p> <p>Athletics Throw/ Jump/ Run Compete against self and others. Evaluate and improve performance.</p>