



# St. Giles' Infant School

## National Curriculum Links

### Physical Education - Year 1

<p style="text-align: center;"><b>Dance</b></p> <p>- Val Sabin Year 1 Unit 1 - Streamers, Conkers, Playing with a ball</p> <p style="text-align: center;"><b>Gymnastics</b></p> <p>- Val Sabin Year 1 Unit 1 Flight: Bouncing, Jumping, Landing</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>- Val Sabin Year 1 Unit 3 – Rocking and Rolling</p> <p style="text-align: center;"><b>Athletics</b></p> <p>- Val Sabin Year 1 Unit 1</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>- Val Sabin Year 1 Unit 2 Points and Patches: Balancing on large and small body parts</p> <p style="text-align: center;"><b>Swimming</b></p> <p>- swim competently, confidently and proficiently and perform safe self-rescue in different water-based situations.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>- Val Sabin Year 1 Unit 2 – March, March, March and Jack and the Beanstalk</p> <p style="text-align: center;"><b>Swimming</b></p> <p>- swim competently, confidently and proficiently and perform safe self-rescue in different water-based situations.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>- Val Sabin Year 1 Unit 2</p> <p style="text-align: center;"><b>Dance</b></p> <p>- Val Sabin Year 1 Unit 3 – Fog and Sunshine, Washing Day, Handa's Surprise</p>	<p style="text-align: center;"><b>Games</b></p> <p>- Val Sabin Year 1 Unit 2 – Throwing and catching, Aiming games</p> <p style="text-align: center;"><b>Games</b></p> <p>- Val Sabin Year 1 Unit 1 Focus on ball skills and games</p>
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**National Curriculum aims and objectives:**

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns
- 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.
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations



# St. Giles' Infant School

## National Curriculum Links

### Physical Education - Year 2

<p><b>Swimming</b> Swim competently, confidently and proficiently and perform safe self-rescue in different water-based situations</p> <p><b>Games</b> Throwing and Catching Inventing Games</p>	<p><b>Swimming</b> Swim competently, confidently and proficiently and perform safe self-rescue in different water-based situations</p> <p><b>Dance</b> Cat, Balloons, Reach for the Stars)</p>	<p><b>Gymnastics</b> Parts High and Low</p> <p><b>Games</b> Aiming, hitting, kicking</p>	<p><b>Dance</b> Friends, Bubbles, Shadows</p> <p><b>Gymnastics</b> Pathways: straight, zig-zag and curving</p>	<p><b>Games</b> Dribbling, hitting and kicking</p> <p><b>Athletics</b> Development of specific basic skills including: - push throw with two hands - technique in short distance running - underarm throwing for distance and accuracy - paced running - jumping with different take-offs and landings - push throw with a bounce</p>	<p><b>Dance</b> Words and word messages The Three Little Pigs</p> <p><b>Athletics</b> Developing basic techniques of: - push throw and push bounce - sprinting technique - throwing for distance - even pacing between obstacles - jumping for distance - push throw with a bounce</p>
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- engage in competitive sports and activities
- lead healthy, active lives
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.