



Physical Education – Autumn 1 overview

Autumn Term 1 - Key Stage 1		
Year Group	Lesson focus / Objectives	Sports
Reception	<p>Listening skills.</p> <p>Teamwork.</p> <p>Following instructions and establishing routines.</p> <p>Identifying equipment.</p>	Equipment used to teach predominantly tag rugby and football skills.
Y1	<p>Activities to develop:</p> <p>Agility</p> <p>Balance</p> <p>Teamwork</p> <p>Identifying equipment</p>	A range of equipment used to develop the children's balance and teamwork through lots of individual tasks and team games.
Y2	<p>Activities to develop:</p> <p>Agility</p> <p>Balance</p> <p>Teamwork</p>	<p>Tag rugby</p> <p>Hockey</p>



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Autumn Term 1 - Key Stage 2		
Year Group	Overall Lesson Objectives	Sports
Y3	<p>To understand 2/3 key rules in football and Tag rugby.</p> <p>To understand when you are an attacker or a defender in tag rugby and Football. To be able to identify the difference.</p> <p>To be able to identify key skills in both sports, for example passing, sidestep, tackling/tagging and running with a ball.</p>	<p>Tag Rugby</p> <p>Football</p>
Y4	<p>To develop an understanding of how best to use skills and space in a team sport.</p> <p>To understand why we use different techniques for different skills.</p> <p>To be able to use certain skills under pressure and whilst moving.</p>	<p>Tag Rugby</p> <p>Football</p>
Y5/6	<p>To develop teamwork skills when working with different groups of children.</p> <p>To develop a good understanding of key rules in both sports.</p> <p>To understand what skills and knowledge of team sports can be transferred across hockey and handball.</p>	<p>Hockey</p> <p>Handball</p>



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