



Physical Education

Key Stage 1 Subject Mapping Coniston

Dance Gymnastics Games

The fundamental skills of flexibility, strength, technique, control, agility, balance, running and jumping and throwing and catching are taught through the three areas

Physiotherapy can also be incorporated into PE

2019 Autumn Term	2020 Spring Term	2020 Summer Term
<p style="text-align: center;">Gymnastics in Hall</p> <ul style="list-style-type: none">• Travelling in a variety of ways• Stretches• Starting and stopping• Being still• Basic apparatus	<p style="text-align: center;">Dance in Hall</p> <ul style="list-style-type: none">• Themed dances linked to topic work• Active musical group warm-up routines, e.g. Sticky kids	<p style="text-align: center;">Games in Hall</p> <ul style="list-style-type: none">• Sending – throwing, rolling, kicking• Receiving – catching and trapping• Striking still objects using hand or implements• Multi-skills activities

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