



PE COVERAGE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	<p>Introduction to PE</p> <ul style="list-style-type: none"> Exploring movement Making guided choices Beginning to take turns with others Understanding rules of a game 	<p>Gymnastics (Apparatus)</p> <ul style="list-style-type: none"> Exploring shapes using different parts of the body Exploring different movement skills e.g. rocking and rolling and jumping safely Negotiating space safely 	<p>Ball Skills</p> <ul style="list-style-type: none"> Catching larger balls and beanbags Stopping a larger ball with my hands and feet <ul style="list-style-type: none"> Bouncing larger balls Playing ball games with support to follow the rules 	<p>Dance</p> <ul style="list-style-type: none"> Beginning to use and remember sequences and patterns of movements which are related to music and rhythm. <ul style="list-style-type: none"> Be respectful towards others when performing Building my confidence in new challenges and when performing with others 	<p>Fundamentals</p> <ul style="list-style-type: none"> Negotiating space safely Following instructions with support <p>Exploring movement skills, and beginning to show balance and co-ordination in games.</p> <ul style="list-style-type: none"> Beginning to take turns 	<p>Team Games</p> <ul style="list-style-type: none"> Exploring movement skills and beginning to negotiate space. I am beginning to explore a range of ball skills <ul style="list-style-type: none"> Beginning to take turns with others. Playing games honestly guided by the rules with support.
FS2	<p>Introduction to PE</p> <ul style="list-style-type: none"> Using movemn skills with developing skills and coordination Making independent choices <p>Playing co-operatively and take turns with others</p> <ul style="list-style-type: none"> Understanding rules and explain why they are important 	<p>Gymnastics (Apparatus)</p> <ul style="list-style-type: none"> Exploring shapes using different parts of the body and showing contrast e.g. wide, narrow, straight, curved Negotiating space safely and with consideration for myself and others Combing movements by selecting actions in rspnse to task and apparatus 	<p>Ball skills</p> <ul style="list-style-type: none"> Catching a variety of different sized balls and beanbags Stopping a variety of sized balls with my hands and feet <ul style="list-style-type: none"> Bouncing large and small balls Playing ball games with consideration for rules 	<p>Dance</p> <ul style="list-style-type: none"> Combining movements fluently, selecting actions in response to the task. Showing respect towards others when providing feedback on performances Developing m strength, balance and co-ordination showing increasing control and grace 	<p>Fundamentals</p> <ul style="list-style-type: none"> Negotiating space safely and with consideration for myself and others Following instructions that involve several ideas or actions Using movement with developing balance and coordination <p>Playing co-operatively and take turns with others</p>	<p>Team Games</p> <ul style="list-style-type: none"> Playing co-operatively, taking turns and encouraging others. <ul style="list-style-type: none"> Playing games honestly with consideration of the rules. Showing an understanding of my feelings and can regulating my behaviour
Year 1	<p>Dance</p> <ul style="list-style-type: none"> Beginning to use counts in time with music Copying, repeating and remembering actions Choosing appropriate movements for different dance ideas <ul style="list-style-type: none"> Using parts of my body in isolation and together Showing some expressive and dynamic qualities in my dance <ul style="list-style-type: none"> Saying what I liked about someone else's performance <p>Ball skills</p> <ul style="list-style-type: none"> Beginning to catch with 2 hands Dribbling a ball with my hands and feet Beginning to understand simple tactics Rolling and throwing towards a target Tracking a ball that is coming towards me Working co-operatively with a partner 	<p>Invasion Games</p> <ul style="list-style-type: none"> Dribbling a ball with my hands and feet Changing direction and moving away from a 'defender.' Recognising space when playing games Sending and receiving a ball with hands and feet Using simple rules to play fairly Moving to stay with another player when defending Understand when I am a 'defender,' or an 'attacker.' 	<p>Athletics</p> <ul style="list-style-type: none"> Developing overarm throwing <ul style="list-style-type: none"> Throwing towards a target Running at different speeds <ul style="list-style-type: none"> Working with others and make safe choices <ul style="list-style-type: none"> Trying my best 	<p>Gymnastics</p> <ul style="list-style-type: none"> Exploring basic and still body shapes e.g tuck straight, straddle, pike Jumping off low apparatus and exploring shape jumps Exploring different rolls e.g. barrel, straight and forward Link simple actions together to create a sewuence and perform these making bodies, tense, stretched and curled <p>Swimming</p> <ul style="list-style-type: none"> Explaining pool rules that keep me safe <ul style="list-style-type: none"> Floating on my front and back Swimming over 10 meters with a buoyancy aid Demonstrating what to do if I fall into water 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> Beginning to send and receive a ball with my feet Catching a ball with some success Rolling a ball towards a target Throwing a ball towards a partner Tracking a ball that is coming towards me Working co-operatively with a partner 	
Year 2	<p>Dance</p> <ul style="list-style-type: none"> Using counts to stay in time with music Copying, repeating and remembering actions to create dance phrases <ul style="list-style-type: none"> Working with a partner, using mirroring and unison in actions Showing character and ideas through actions and dynamics I use <ul style="list-style-type: none"> Beginning to give feedback using key words Showing confidence in my performance <p>Gymnastics</p> <ul style="list-style-type: none"> Using body shapes in different balances Exploring barrel, straight and forward rolls and putting them into a sequence Exploring shape jumps and take off combinations Remember, repeat and link combinations of balances with control Planning and repeat simple sequences of actions that are performed in front of others 	<p>Athletics</p> <ul style="list-style-type: none"> Using an overarm throw to throw for a distance Jumping and landing with control Showing balance and coordination when running at different speeds Identifying good techniques to use <ul style="list-style-type: none"> Trying my best 	<p>Ball Skills</p> <ul style="list-style-type: none"> Dribbling a ball with my hands and feet, using some control Rolling and throwing a ball to hit a target Sending and receiving a ball (kicking, throwing and catching) Tracking and collecting a ball Working co-operatively with a partner and in a small group 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> Beginning to trap and cushion a ball that is coming towards me Accurately throwing and kicking a ball to a partner <ul style="list-style-type: none"> Catching a ball, with and without a bound <ul style="list-style-type: none"> Rolling a ball to hit a target Tracking a ball and stopping it using hands and feet Safely send a ball towards a partner using equipment e.g. a bat Working co-operatively with a partner and in a small group 	<p>Swimming</p> <ul style="list-style-type: none"> Beginning to use arms and legs effectively to move across the water <ul style="list-style-type: none"> Floating on my front and back <ul style="list-style-type: none"> Gliding on my front and back Swimming over a distance of 10 metres without support Knowing pool rules and how to keep safe <ul style="list-style-type: none"> Demonstrating what to do if I fall into water 	

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<p>Year 3</p>	<p>Invasion (Multi-Skills)</p> <ul style="list-style-type: none"> • Exploring sending and receiving following the rules of a game • Exploring dribbling a ball, following the rules of a game whilst under some pressure • Developing movement skills to lose a defender • Exploring shooting in a range of games • Tracking opponents to limit their scoring • Developing moving with a ball with control (towards a goal) 	<p>Yoga</p> <ul style="list-style-type: none"> • Demonstrating increased control in own and paired poses • Exploring poses and movements in relation to breath • Exploring arm balances with some control • Developing ability to stay still 	<p>Football</p> <ul style="list-style-type: none"> • Beginning to use simple tactics • Learning the rules and playing with honesty • Dribbling, passing, receiving and shooting with the ball • Finding space to move near the goal • Playing co-operatively with my friends to manage a game <p>Dance</p> <ul style="list-style-type: none"> • Create individual and group actions in response to a stimulus • Using dynamics effectively to express ideas • Using directions to transition between movements • Developing an understanding of formations • Performing short parts of dances that have been choreographed by themselves, with an awareness of timing <p>Gymnastics</p> <ul style="list-style-type: none"> • Exploring point and patch balances and transition smoothly into and out of them • Develop stepping into shape jumps with control • Moving in unison with a partner • Choosing and planning sequences of contrasting actions with increased control and balance that flow into one another • Recognising how performances can be improved 	<p>Swimming</p> <ul style="list-style-type: none"> • Exploring techniques for different strokes • Begin to explore front crawl breathing technique • Exploring techniques for personal survival such as sculling and treading water <p>Athletics</p> <ul style="list-style-type: none"> • Developing jumping for a distance • Taking part in a relay activity • Throwing a variety of objects, changing action, accuracy and distance • Using different take off and landings when jumping • Using key points to improve sprinting technique • Showing determination to achieve my best 	<p>Rounders</p> <ul style="list-style-type: none"> • Bowling a ball towards a target • Beginning to strike a bowled ball • Developing an understanding of tactics and beginning to use them in a game • Learning and beginning to rules in a new game • Using over arm and underarm throwing and catching skills • Working co-operatively in a group to self-manage a game
	<p>Year 4</p>	<p>Invasion (Multi-Skills)</p> <ul style="list-style-type: none"> • Developing passing to a team mate using a variety of techniques • Developing control when dribbling under pressure • Developing decisions within a game e.g. when to pass or to shoot • Developing defending skills such as one-on-one and when to win the ball • Moving into spaces to help their own team keep the ball and score points <p>Dance</p> <ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli • Change dynamics confidently within a performance • Using action and reaction to represent ideas • Performing complex dances that communicate a narrative <p>Swimming</p> <ul style="list-style-type: none"> • Exploring techniques for different strokes • Demonstrating an improved front crawl breathing technique • Being comfortable with personal survival techniques such as sculling and treading water <p>Yoga</p> <ul style="list-style-type: none"> • Exploring breath to maintain balance within a pose • Demonstrating increased extension • Demonstrating increased control and strength when in a pose • Engaging with mindfulness with increased focus 	<p>Basketball</p> <ul style="list-style-type: none"> • Dribbling, passing, receiving and shooting the ball with increasing control • Moving into spaces to help team mates, keep possession and score goals • Using simple tactics to help my team • Understanding the rules of the game and beginning to use them to play honestly and fairly <p>Gymnastics</p> <ul style="list-style-type: none"> • Developing control and fluency in individual and partner balances • Using a range of shapes in sequences including developing bridge and shoulder stand • Developing control in performing and landing rotation jumps • Planning and performing sequences with a partner, including a change of level and shape. • Watching, describing and suggesting possible improvements to others' performances and my own 	<p>Athletics</p> <ul style="list-style-type: none"> • Demonstrating differences in sprinting and jogging techniques • Jumping for distance with balance and control • Throwing with accuracy and power towards a target • Talking about what happens to my body when I warm up • Showing determination to improve my personal best <p>Cricket</p> <ul style="list-style-type: none"> • Bowling a ball with some accuracy and consistency • Learning rules of the game and beginning to use them to play honestly and fairly • Communicating with team mates – using simple tactics • Striking a bowled ball, after a bounce • Using over arm and underarm throwing and catching skills with increased accuracy • Sharing ideas with others to manage a game 	

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Year 5	<p style="text-align: center;">Swimming</p> <ul style="list-style-type: none"> • Demonstrating a range of swimming strokes over a distance of 25 metres • Exploring breaststroke breathing techniques over a distance of 25 metres <ul style="list-style-type: none"> • Demonstrating a good understanding of water safety. <p style="text-align: center;">Hockey</p> <ul style="list-style-type: none"> • Dribbling, passing, receiving and shooting with the ball, under control • Tracking, tackling and intercepting play • Know positions and when to defend and attack in a game <ul style="list-style-type: none"> • Understanding tactics and using these in a game • Understanding different skills for different games 	<p style="text-align: center;">Ball Skills –Badminton</p> <ul style="list-style-type: none"> • Developing a wide range of skills and using these under pressure • Working co-operately with others to manage a game • Understanding tactics and when to use them 	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • Exploring symmetrical and asymmetrical balances • Performing shapes consistently and fluently linked with other gymnastic actions <ul style="list-style-type: none"> • Using a range of jumps in sequencing work • Creating and performing sequences using apparatus, on my own and with a partner • Making simple judgments about performances and suggest ways they could be improved. 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Choosing the best pace for a running race • Performing a range of jumps showing some technique • Showing control in take-off and landing jumps • Taking on the role of ‘coach’ when in a group • Showing accuracy and power when throwing for a distance • Listen to feedback to improve my personal best <ul style="list-style-type: none"> • Demonstrate perseverance 	<p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> • Beginning to strike a ball with a Rounders bat • Developing a wide range of fielding skills and applying these under pressure • Working co-operatively with others to manage a game • Understanding the need for tactics <p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • Choreograph own dances, using adapted actions and steps from different dances • Confidently using dynamics to express different dance styles • Confidently use dance formations to express ideas • Perform dances, using a range of skills, showing accuracy and fluency
Year 6	<p style="text-align: center;">Swimming</p> <ul style="list-style-type: none"> • Identify their personal best in a range of strokes • Selecting and applying their fastest stroke over a distance of 25 metres • Demonstrating smooth and consistent breathing in a range of strokes over a distance of 25 metres <ul style="list-style-type: none"> • Selecting and applying appropriate survival techniques <p style="text-align: center;">Ball Skills</p> <ul style="list-style-type: none"> • Demonstrating a range of different dribbling techniques with increasing control and pressure <ul style="list-style-type: none"> • Using a range of techniques when tracking a ball under pressure <ul style="list-style-type: none"> • Catching under pressure in a variety of games • Showing a good technique when sending a ball with control and accuracy when under pressure 	<p style="text-align: center;">Gymnastics</p> <ul style="list-style-type: none"> • Combining and performing gymnastic actions, shapes and balances with control and fluency <ul style="list-style-type: none"> • Working collaboratively with others to create a sequence • Showing examples of counter balance and counter tension with a partner e.g. pushing against and pulling away from each other • Creating and performing sequences using compositional devices (e.g. balance, motion, contrast etc.) to improve the quality of routine • Using appropriate language to evaluate and refine my own and others’ work 	<p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • Showing controlled movement that show emotions and feelings • Exploring, improvising and composing movements to express ideas on their own fluently, with a partner and in a group <ul style="list-style-type: none"> • Use a variety of compositional principals when creating dances • Demonstrating a clear understanding of timing throughout performances <p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Performing jumps for a distance using good techniques • Selecting and applying the best pace for a running event • Showing accuracy and technique when throwing for distance • Understanding different areas of fitness and how these can help me perform <ul style="list-style-type: none"> • Using different strategies to preserve in achieving my personal best • Helping others achieve their personal best by using learnt teaching points <p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> • Able to strike a bowled ball with consistency <ul style="list-style-type: none"> • Using the rules of game consistently to play fairly • Using a wider range of skills with increased control when under pressure • Working with others collaboratively to ensure the game runs smoothly 		