

PE Coverage Termly Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	<ul style="list-style-type: none"> <li>- Is revising and refining the fundamental movement skills he/she has already acquired; rolling, crawling, walking, jumping, running, running hopping, skipping and climbing</li> <li>- Is progressing towards a more fluent style of moving, with developing control and grace</li> <li>- Is developing the overall body strength, co-ordination, balance and agility needed to engage successfully with future PE sessions and other physical disciplines including dance, gymnastics, sport and swimming</li> <li>- Uses his/her core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</li> <li>- Is able to combine different movements with ease and fluency</li> <li>- Confidently and safely uses a range of large and small apparatus indoors and outside, alone and in a group</li> <li>- Is further developing and refining a range of ball skills including: throwing, catching, kicking, passing, batting and aiming</li> <li>- Is developing confidence, competence, precision and accuracy when engaging in activities that involve a ball</li> <li>- Knows and can talk about the different factors that support his/her overall health and wellbeing; regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian</li> <li>- Is further developing the skills he/she needs to manage the school day successfully; lining up and queuing, mealtimes and personal hygiene</li> <li>- <b>Demonstrates strength, balance and coordination when playing (ELG)</b></li> <li>- <b>Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing (ELG)</b></li> <li>- <b>Is able to negotiate space and obstacles safely, with consideration for himself/herself and others (ELG)</b></li> </ul>					
<b>Yr 1/2 Indoor</b>						
	<b>Fundamentals</b>	<b>Multi Skills</b>	<b>Ball Skills</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Fitness</b>
Key Outcomes	Begin to apply basic movements in games and activities. Work individually and with others whilst engaging in physical activities. Engage in	I can run on the balls of my feet concentrating on co-ordination not speed. I can perform balances on various parts of the body.	I can throw a small ball underarm accurately so that it reaches its target. I can throw a small ball overarm	I can explore different levels and speeds of travel. I can compose simple dance sequences. I can	I can explore movements with control and link them together with flow. I can explore gymnastic actions and shapes.	I can perform a sequence of actions, which have a clear start, middle and ending. I can analyse my own, and others' performance.

	<p>competitive games.</p>	<p>I can aim a ball or other equipment accurately.</p> <p>I can move with control in various ways.</p> <p>I can quickly change direction with control and fluency. I can play fairly and understand rules of the game</p>	<p>accurately so that it reaches its target</p> <p>I can keep a ball under control in a range of ways.</p>	<p>demonstrate good body shape and position.</p> <p>I can develop dance movements and improve timing and rhythm.</p> <p>I can remember and repeat a range of actions with coordination, awareness of the body and expressive qualities.</p>	<p>I can develop rolling techniques as a way of travelling.</p>	<p>I can understand that my body changes during exercise: changes in heart rate, heavy breathing, becoming hot and tired).</p>
--	---------------------------	---	--	---	---	--

<p><b>Skills &amp; Knowledge Links to the National Curriculum :</b></p>	<p><b>Pupils should 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.</b></p>	<p><b>Pupils should be taught to 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</b></p>	<p><b>Pupils should be taught to 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</b></p> <p><b>participate in team games, developing simple tactics for attacking and defending</b></p>	<p><b>Pupils should be taught to perform dances using simple movement patterns.</b></p>	<p><b>Pupils should 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.</b></p>	<p><b>Pupils should 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. Pupils should be taught to 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</b></p>
---	---	--	---	---	---	--

--	--	--	--	--	--	--

<b>Y1/2 Outdoor</b>						
	<b>Fundamentals</b>	<b>Multi Skills</b>	<b>Ball Skills</b>	<b>Throwing and Catching</b>	<b>Invasion Games</b>	<b>Athletics</b>
Key Outcomes	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begin to apply basic movements in games and activities.</li> <li><input type="checkbox"/> Work individually and with others whilst engaging in physical activities.</li> <li><input type="checkbox"/> Engage in competitive</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can run on the balls of my feet concentrating on co-ordination not speed.</li> <li><input type="checkbox"/> I can perform balances on various parts of the body.</li> <li><input type="checkbox"/> I can aim a ball or other equipment</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can throw a small ball underarm accurately so that it reaches its target.</li> <li><input type="checkbox"/> I can throw a small ball overarm accurately so that it reaches its</li> </ul>	<ul style="list-style-type: none"> <li>• I can throw underarm.</li> <li>• I can receive and return a ball when batting.</li> <li>• I can demonstrate correct technique for catching.</li> <li>• I can throw overarm to</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can explore kicking, throwing and catching in various ways.</li> <li><input type="checkbox"/> I can develop tactics when playing simple team games.</li> <li><input type="checkbox"/> I can participate in</li> </ul>	<ul style="list-style-type: none"> <li>• I can change speed and direction when running</li> <li>• I can use arms to support jumping effectively</li> <li>• I can throw different objects over</li> </ul>

	games.	<p>accurately.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can move with control in various ways.</li> <li><input type="checkbox"/> I can quickly change direction with control and fluency.</li> <li><input type="checkbox"/> I can play fairly and understand rules of the game</li> </ul>	<p>target</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can keep a ball under control in a range of ways.</li> </ul>	<p>achieve distance.</p> <ul style="list-style-type: none"> <li>• I can consistently throw and catch accurately.</li> <li>• I can demonstrate tactics and good sporting behaviour.</li> <li>•</li> </ul>	<p>games when there is an opposition.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can catch and control a ball during movement work with a partner.</li> <li>•</li> </ul>	<p>a distance safely</p> <ul style="list-style-type: none"> <li>• I can hurdle an object</li> <li>• I can run for both speed and distance and be able to differentiate the two.</li> <li>•</li> </ul>
<p><b>Skills &amp; Knowledge Links to National Curriculum :</b></p>	<p><b>Pupils should 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</b></p>	<p><b>Pupils should be taught to 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</b></p>	<p><b>Pupils should be taught to 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</b></p> <p><b>participate in team games, developing simple tactics</b></p>	<p><b>Pupils should be taught to 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</b></p>	<p><b>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations</b></p>	<p><b>Pupils should 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.</b></p>

**for attacking and defending**

Y3/4 Indoor

	Gymnastics	Dance	Athletics	Personal Challenge	Yoga	Fitness
Key Outcomes	<p>I can link jumping techniques with other gymnastic movements. I can adapt gymnastics movements – travelling, shapes, rolls and balance. I can work with a partner or small group to create a jump sequence. I can create a gymnastic sequence linked to the music, in a small group. I can use counterbalances and incorporate them into gymnastic sequences. I can perform movements in canon and unison.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can identify and practise the patterns and actions in a dance routine.</li> <li><input type="checkbox"/> I can demonstrate an awareness of rhythm when improvising.</li> <li><input type="checkbox"/> I can create an individual piece of dance in a specific style.</li> <li><input type="checkbox"/> I can work with a partner to recreate the key components of a set genre of dance.</li> <li><input type="checkbox"/> I can perform and evaluate own and other's dance work.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can select and maintain a running pace for different distances.</li> <li><input type="checkbox"/> I can throw with power and accuracy.</li> <li><input type="checkbox"/> I can throw safely with different throwing positions.</li> <li><input type="checkbox"/> I can demonstrate good running techniques in competitive situations.</li> <li><input type="checkbox"/> I can produce an effective standing jump.</li> <li><input type="checkbox"/> I can use athletic skills in a</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can say how well I have done compared to others and give reasons for my performance.</li> <li><input type="checkbox"/> I can improve my performance by considering how others have performed.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can stand on one foot without wobbling or swaying</li> <li><input type="checkbox"/> I can improve my performance by considering how others have performed</li> <li><input type="checkbox"/> I can call upon a range of skills and abilities to perform well in different sports / games.</li> <li><input type="checkbox"/> I can understand how exercise can help support our</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know how muscles work in pairs to help move different parts of the body</li> <li><input type="checkbox"/> I can improve my performance by considering how others have performed</li> <li><input type="checkbox"/> I can call upon a range of skills and abilities to perform well in different sports / games.</li> <li><input type="checkbox"/> I can understand body changes</li> </ul>

			competitive setting.		mental wellbeing.	before, during and after exercise. <input type="checkbox"/> I can understand why exercise is important for a healthy lifestyle and healthy body.
Skills and Knowledge	<b>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination They should enjoy communicating, collaborating and competing with each other.</b>	<b>Pupils should be taught to perform dances using a range of movement patterns</b>	<b>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</b>	<b>Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best</b>	<b>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b>	<b>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make</b>

						<b>actions and sequences of movement.</b>
Y3/4 Outdoor						
	<b>Invasion Games</b>	<b>Net Sports</b>	<b>Invasion Games</b>	<b>OAA</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
Key Outcomes	<input type="checkbox"/> I can understand the roles of an attacker and a defender. <input type="checkbox"/> I can move into spaces to help support their team. <input type="checkbox"/> I can defend an opponent to try to gain the ball.	<input type="checkbox"/> I can become familiar with balls and short tennis rackets. <input type="checkbox"/> I can accurately serve underarm <input type="checkbox"/> I can demonstrate a rally <input type="checkbox"/> I can develop a range of forehand and backhand strokes <input type="checkbox"/> I can use a variety of strokes in a game situation <input type="checkbox"/> I can play a competitive game of tennis.	<input type="checkbox"/> I can understand the roles of an attacker and a defender. <input type="checkbox"/> I can move into spaces to help support their team. <input type="checkbox"/> I can defend an opponent to try to gain the ball.	<input type="checkbox"/> I can say how well I have done compared to others and give reasons for my performance. <input type="checkbox"/> I can improve my performance by considering how others have performed.	I can demonstrate underarm and overarm throws and know when to use them effectively. I can demonstrate effective fielding skills as part of a team. I can demonstrate sporting behaviour in a team competitive event. I can develop good batting skills I can demonstrate that you can receive and strike the ball with and without a bounce. I can strike a ball from a distance.	<input type="checkbox"/> I can select and maintain a running pace for different distances. <input type="checkbox"/> I can throw with power and accuracy. <input type="checkbox"/> I can throw safely with different throwing positions. <input type="checkbox"/> I can demonstrate good running techniques in competitive situations. <input type="checkbox"/> I can produce an effective



						standing jump. <input type="checkbox"/> I can use athletic skills in a competitive setting.
Skills and Knowledge	<b>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b>	<b>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending They should enjoy communicating, collaborating and competing with each other.</b>	<b>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b>	<b>Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.</b>	<b>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination  Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</b>	<b>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</b>
Y5/6 Indoor						
	Fitness	Personal Challenge	Athletics	Dance	Fitness	Gymnastics
Key Outcomes	<input type="checkbox"/> I know how muscles work in pairs to help	<input type="checkbox"/> I can say how well I have done compared to others	<input type="checkbox"/> I can develop an effective running style	<input type="checkbox"/> I can observe and understand patterns and	<input type="checkbox"/> I know how muscles work in pairs	I can demonstrate a variety of

	<p>move different parts of the body</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can improve my performance by considering how others have performed</li> <li><input type="checkbox"/> I can call upon a range of skills and abilities to perform well in different sports / games.</li> <li><input type="checkbox"/> I can understand body changes before, during and after exercise.</li> <li><input type="checkbox"/> I can understand why exercise is important for a healthy lifestyle and healthy body.</li> </ul>	<p>and give reasons for my performance.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can improve my performance by considering how others have performed.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can throw and retrieve with power and accuracy.</li> <li><input type="checkbox"/> I can show an awareness of safe practise</li> <li><input type="checkbox"/> I can demonstrate good running techniques when focussing on distance.</li> <li><input type="checkbox"/> I can demonstrate an awareness of how to compete in a competitive team situation</li> </ul>	<p>actions in specific dance styles</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can demonstrate an awareness of rhythm when improvising</li> <li><input type="checkbox"/> I can work with a partner to create a short dance phrase</li> <li><input type="checkbox"/> I can work within a group to adapt and develop routines</li> <li><input type="checkbox"/> I can perform and analyse own and others performances</li> </ul>	<p>to help move different parts of the body</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I can improve my performance by considering how others have performed</li> <li><input type="checkbox"/> I can call upon a range of skills and abilities to perform well in different sports / games.</li> <li><input type="checkbox"/> I can understand body changes before, during and after exercise.</li> <li><input type="checkbox"/> I can understand why exercise is important for a healthy lifestyle and healthy body.</li> </ul>	<p>gymnastic shapes and balances</p> <p>I can demonstrate symmetrical and asymmetrical body shapes</p> <p>I can sequence using balancing and linking movements</p> <p>I can use counter balances in a sequence of movements</p> <p>I can produce movements and linking sequences with a partner or group</p> <p>Performing and evaluation other's work</p>
--	---	---	--	---	---	--

Skills and Knowledge	<b>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</b>	<b>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</b>	<b>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b>	<b>Pupils should be taught to perform dances using a range of movement patterns</b>	<b>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</b>	<b>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b>
----------------------	--	--	---	---	--	---

Year 5/ 6  
Outdoor

	<b>Invasion Games</b>	<b>OAA</b>	<b>Net Sports</b>	<b>Athletics</b>	<b>Invasion Games</b>	<b>Striking and Fielding</b>
Key Outcomes	<input type="checkbox"/> I can understand the basic rules of invasion games <input type="checkbox"/> I can work effectively as a team player <input type="checkbox"/> I can demonstrate	<input type="checkbox"/> I can complete an orienteering course on multiple occasions, in a quicker time due to improved technique. <input type="checkbox"/> I can offer a detailed and effective evaluation	<input type="checkbox"/> I can demonstrate the correct grip on a racket <input type="checkbox"/> I can hit the ball / shuttle with	<input type="checkbox"/> I can develop an effective running style <input type="checkbox"/> I can throw and retrieve with power and accuracy. <input type="checkbox"/> I can show an awareness of	<input type="checkbox"/> I can understand the basic rules of invasion games <input type="checkbox"/> I can work effectively as a team	<input type="checkbox"/> I can throw and catch under pressure <input type="checkbox"/> I can demonstrate good fielding skills – stopping the ball effectively

	<p>passing and carrying – ball handling skills</p> <p><input type="checkbox"/> I can demonstrate footwork and dodging skills</p>	<p>of both personal performances and activities with an aim of increasing challenge and improving performance.</p> <p><input type="checkbox"/> I can listen to feedback and improve an orienteering course from it</p>	<p>a degree of consistency and accuracy</p> <p><input type="checkbox"/> I can understand how to serve in various ways</p> <p><input type="checkbox"/> I can demonstrate some skill with a range of shots</p> <p><input type="checkbox"/> I can understand the tactics and strategies needed within the game</p>	<p>safe practise</p> <p><input type="checkbox"/> I can demonstrate good running techniques when focussing on distance.</p> <p><input type="checkbox"/> I can demonstrate an awareness of how to compete in a competitive team situation</p>	<p>player</p> <p><input type="checkbox"/> I can demonstrate passing and carrying – ball handling skills</p> <p><input type="checkbox"/> I can demonstrate footwork and dodging skills</p>	<p><input type="checkbox"/> I can bat with control and accuracy</p> <p><input type="checkbox"/> I can play in a tournament and work as a team using tactics</p>
Skills and Knowledge	<p><b>Pupils should use running, jumping, throwing and catching in isolation and in combination.</b></p> <p><b>Pupils should compare their performances with previous ones and demonstrate</b></p>	<p><b>Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.</b></p>	<p><b>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and</b></p>	<p><b>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through</b></p>	<p><b>Pupils should use running, jumping, throwing and catching in isolation and in combination.</b></p> <p><b>Pupils should compare their performances with previous</b></p>	<p><b>Pupils should play competitive games, modified where appropriate and apply basic principles suitable for attacking and</b></p>

	<b>improvement to achieve their personal best</b>		<b>apply basic principles suitable for attacking and defending</b>	<b>athletics and gymnastics]</b>	<b>ones and demonstrate improvement to achieve their personal best.</b>	<b>defending - use running, jumping, throwing and catching in isolation and in combination</b>  <b>Pupils should compare their performances with previous ones and demonstrate improvement to achieve their personal best</b>
--	---	--	--	----------------------------------	---	---