

St John's C.E (VA) Primary, Cliviger

Curriculum coverage - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental skills / Body strength / Co-ordination Yoga – to develop strength and co-ordination To travel in a variety of ways	Fundamental skills / Apparatus / Movement of body parts To balance with control	Dance / Co-ordination Yoga – to develop strength and co-ordination To perform gymnastic rolls	Spatial awareness / different ways of moving Dance – to match movements to music To throw under/ over arm	Gymnastics / ways of travelling Using equipment To jump and land appropriately	Gymnastics / using body parts to travel Fundamental skills assessment To climb safely using apparatus
Year 1	Demonstrate throwing and catching a ball. Show the skills of travelling, rolling and jumping into a sequence. (Fundamental skills – BSSP)	Work with a partner to convey contrasting characters to retell a story. Demonstrate a variety of skills using a ball.	To kick objects with increased accuracy. Demonstrate a range of movements qualities with the body.	Show a sequence of skills of travelling, balancing, rolling and jumping. Demonstrate an underarm throw with some accuracy and show two simple tactics in a game.	Demonstrate an overarm throw with some accuracy and show simple tactics in a game. To demonstrate a simple tactic in a rolling game.	Use a variety of throwing skills with some accuracy. Demonstrate skills in running, jumping, rolling and throwing.
Year 2	Baseline Assessment of Fundamental Skills from Yr1 – demonstrate throwing, bouncing, jumping, rolling, running, hopping, catching and kicking. Use fundamental skills in multiple ways - games, multi skills BSSP	Perform a cheerleading dance phrase to music. Play a striking and fielding game with a simple tactic.	Work together to complete a journey around school ground. BSSP adapt fundamental skills to play different games	Sequence using travel, balance, roll and jump. Pass and bounce a ball in a tactical game.	Use a tactic(s) in a net/wall game. Throw, catch and pass in a tactical game.	Throw over or underarm accurately within a game. Fundamental Skills KS1 Assessment of demonstrate throwing, bouncing, jumping, rolling, running, hopping, catching and kicking.
Year 3	Athletics Throws using three techniques. Combination of jump techniques. Gymnastics 1	Dance 1 Learn and perform a a dance sequence to music Creative Games – Tag & Target	OAA – Team Work & Problem Solving Gymnastics 2 Gymnastics sequence with successful transitions between	Invasion Games – Netball Perform passes and apply a simple tactic. Dance 2	Net & Wall Games 1 Strike and control a ball with a racquet. Net & Wall Games 2 Develop a range of striking skills and use	Striking and Fielding Games - Rounders Bowling, catching and striking with accuracy OAA – Trust & Trails

	Create and demonstrate a gymnastic sequence	Send an object with accuracy	travelling, balancing, jumping and rolling.	Perform and choreograph a dance sequence to music	a range of simple tactics.	Orienteering with a map, control and navigation
Year 4	Invasion Games – On the attack Invasion games – Netball Shoot a ball with accuracy	Gymnastics Activities 1 Create a sequence of gymnastic actions with matched and mirrored shapes with apparatus. Invasions games – basketball Use tactics to outwit an opponent.	Invasion Games – Tag rugby Beat an opponent Dance Rock n Roll Memorise a dance to a beat.	Invasion games Handball – demonstrate passing and moving to find space Gymnastic Activities 2 – To demonstrate smooth transitions in a sequence.	Creative games – Tag and target Athletics – perform pull, push and sling throw	Striking and fielding Rounders Throw an underarm ball with accuracy Striking and fielding – cricket Strike a ball with a bowler, tee or drop feed.
Year 5	Dance – Acro Dance To combine flexibility, strength and co-ordination Athletics To set personal targets and develop perseverance and resilience to beat them – running, jumping & throwing	Gymnastics 1 To work collaboratively to create sequences and develop balance and counter balance skills Athletics To set personal targets and develop perseverance and resilience to beat them – running, jumping & throwing	Swimming To develop water safety awareness and competence in a range of swimming strokes Gymnastics 2 To create a sequence with a partner using counter balance and tension and including apparatus	Swimming To develop water safety awareness and competence in a range of swimming strokes Tag Rugby To apply simple defending and attacking techniques	Dance Hip Hop To make creative decisions and learn about dance structure Striking and fielding games – golf To strike a ball with increasing confidence and accuracy and demonstrate tactical awareness	Striking and fielding games - cricket To develop accuracy of forehand and backhand shots and apply simple tactics Invasion Games Netball To develop passing and shooting skills with accuracy and control and apply simple tactics
Year 6	Invasion Games – Netball Applying simple tactics for attacking and defending In a game Gymnastic To create a sequence of gymnastic actions in unison	Acro dance To combine flexibility, balance, strength and coordination Outdoor and Adventurous Activities To trust and work with others to solve	Hip Hop To make creative decisions about the structure of their dance. Creative Games To apply knowledge of attacking and defending	Gymnastics To create and perform a group sequence using apparatus. Rugby To apply simple attacking and defending	Striking & Fielding – rounders To apply tactics to a game which allows them to work efficiently as a team. Athletics	Tennis To apply a simple tactic in a net and wall game. Outdoor and Adventurous Activities

		problems as part of a team.	games whilst adapting them to solve tactical problems.	tactics in a rugby-type game.	To apply characters of self-motivation and determination to goals	To apply skills and tactics to achieve group outcomes.
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