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

**Curriculum coverage – PE**

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|  | 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. | 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.    Perform a hip hop dance phrase to music  | 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.   Sequence using travel, balance, roll and jump.      | 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 | AthleticsThrows using three techniques. Combination of jump techniques.Gymnastics 1Create and demonstrate a gymnastic sequence | Dance 1Learn and perform a a dance sequence to musicCreative Games – Tag & TargetSend an object with accuracy | OAA – Team Work & Problem SolvingGymnastics 2Gymnastics sequence with successful transitions between travelling, balancing, jumping and rolling. | Invasion Games – NetballPerform passes and apply a simple tactic.Dance 2Perform and choreograph a dance sequence to music | Net & Wall Games 1Strike and control a ball with a racquet.Net & Wall Games 2Develop a range of striking skills and use a range of simple tactics. | Striking and Fielding GamesBowling, catching and striking with accuracyOAA – Trust & TrailsOrienteering with a map, control and navigation |
| Year 4  | Tag rugby – pass a ball with accuracy  Invasion games – handball 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.  | Swimming  To swim 25 metres using their choice of stroke.  Dance  Hip hop Memorise a dance to a beat.  | Target games Dodgeball – demonstrate throwing a ball at a target with accuracy  Gymnastic Activities 2 – To demonstrate smooth transitions in a sequence.  | Tag and target Work in a group co-operatively.  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 | Gymnastics 1To work collaboratively to create sequences and develop balance and counter balance skills Invasion GamesRugbyTo apply simple attacking and defending skills to a game of rugby | Dance – Acro DanceTo learn sequences and perform with increasing confidenceAthleticsTo set personal targets and develop perseverance and resilience to beat them – running, jumping & throwing | Gymnastics 2To create a sequence with a partner using counter balance and tension and including apparatusStriking and fielding games – golfTo strike a ball with increasing confidence and accuracy and demonstrate tactical awareness | SwimmingTo develop water safety awareness and competence in a range of swimming strokesDance – Hip HopTo learn sequences and perform with increasing confidence | SwimmingTo develop water safety awareness and competence in a range of swimming strokesStriking & Fielding games – cricketTo develop over arm bowling and an awareness of tactics in a game | Net and Wall GamesTennisTo develop accuracy of forehand and backhand shots and apply simple tacticsInvasion Games NetballTo develop passing and shooting skills with accuracy and control and apply simple tactics |
| Year 6  | Invasion Games – NetballApplying simple tactics for attacking and defending In a gameGymnastic To create a sequence of gymnastic actions in unison  | Acrodance To combine flexibility, balance, strength and coordinationOutdoor and Adventurous Activities To trust and work with others to solve problems as part of a team. | Hip HopTo make creative decisions about the structure of their dance.Creative GamesTo apply knowledge of attacking and defending games whilst adapting them to solve tactical problems.  | GymnasticsTo create and perform a group sequence using apparatus. Rugby To apply simple attacking and defending tactics in a rugby-type game. | Striking & Fielding – roundersTo apply tactics to a game which allows them to work efficiently as a team. Athletics To apply characters of self-motivation and determination to goals | Tennis To apply a simple tactic in a net and wall game.Outdoor and Adventurous ActivitiesTo apply skills and tactics to achieve group outcomes.  |