**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. | 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 | Athletics  Throws using three techniques. Combination of jump techniques.  Gymnastics 1  Create and demonstrate a gymnastic sequence | Dance 1  Learn and perform a a dance sequence to music  Creative Games – Tag & Target  Send an object with accuracy | OAA – Team Work & Problem Solving  Gymnastics 2  Gymnastics sequence with successful transitions between travelling, balancing, jumping and rolling. | Invasion Games – Netball  Perform passes and apply a simple tactic.  Dance 2  Perform and choreograph a dance sequence to music | Net & Wall Games 1  Strike and control a ball with a racquet.  Net & Wall Games 2  Develop a range of striking skills and use a range of simple tactics. | Striking and Fielding Games  Bowling, catching and striking with accuracy  OAA – Trust & Trails  Orienteering 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 1  To work collaboratively to create sequences and develop balance and counter balance skills  Invasion Games  Rugby  To apply simple attacking and defending skills to a game of rugby | Dance – Acro Dance  To learn sequences and perform with increasing confidence  Athletics  To set personal targets and develop perseverance and resilience to beat them – running, jumping & throwing | Gymnastics 2  To create a sequence with a partner using counter balance and tension and including apparatus  Striking and fielding games – golf  To strike a ball with increasing confidence and accuracy and demonstrate tactical awareness | Swimming  To develop water safety awareness and competence in a range of swimming strokes  Dance – Hip Hop  To learn sequences and perform with increasing confidence | Swimming  To develop water safety awareness and competence in a range of swimming strokes  Striking & Fielding games – cricket  To develop over arm bowling and an awareness of tactics in a game | Net and Wall Games  Tennis  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 | Acrodance  To combine flexibility, balance, strength and coordination  Outdoor and Adventurous Activities  To trust and work with others to solve problems as part of a team. | Hip Hop  To make creative decisions about the structure of their dance.  Creative Games  To apply knowledge of attacking and defending games whilst adapting them to solve tactical problems. | Gymnastics  To create and perform a group sequence using apparatus.  Rugby  To apply simple attacking and defending tactics in a rugby-type game. | Striking & Fielding – rounders  To 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 Activities  To apply skills and tactics to achieve group outcomes. |