

## PE Curriculum Coverage

KS1 Pupils should be taught to:	Year 1	Year 2
<ul style="list-style-type: none"> <li>▪ master basic movements including running, jumping, throwing and catching,</li> <li>▪ developing balance, agility and co-ordination,</li> <li>▪ begin to apply these in a range of activities</li> </ul>	Gymnastics Fundamental movements Sports day games Aiming and targeting	Gymnastics Fundamental movements Sports day games Aiming and targeting
<ul style="list-style-type: none"> <li>▪ participate in team games,</li> <li>▪ developing simple tactics for attacking and defending</li> </ul>	Multi skills Ball skills Team building	Multi skills Throwing & Catching Invasion games Team building
<ul style="list-style-type: none"> <li>▪ perform dances using simple movement patterns</li> </ul>	Dance	Dance

Key stage 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>▪ use running, jumping, throwing and catching in isolation and in combination</li> </ul>	athletics	athletics	athletics	athletics
<ul style="list-style-type: none"> <li>▪ 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</li> </ul>	Skills of invasion games Tag Rugby Hockey Dodgeball Quidditch Cricket	Football Basketball Football Hockey Rounders Tennis Dodgeball Quidditch	Tag Rugby Flag Football Handball Basketball Cricket Dodgeball Quidditch Capture the Flag	Netball Handball Football Hockey Tennis Rounders Softball Capture the Flag
<ul style="list-style-type: none"> <li>▪ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>	Health & Fitness Gymnastics	Health & Fitness Gymnastics	Health & Fitness Gymnastics	Health & Fitness Gymnastics
<ul style="list-style-type: none"> <li>▪ perform dances using a range of movement patterns</li> </ul>	Dance	Dance	Dance	Dance
<ul style="list-style-type: none"> <li>▪ take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	OAA Team building	OAA Team building	OAA Team building	OAA Team building
<ul style="list-style-type: none"> <li>▪ compare their performances with previous ones and demonstrate improvement to achieve their personal</li> </ul>	athletics	athletics	athletics	athletics

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best.				
<b>Swimming and water safety</b>				
<ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 m</li> </ul>		Swimming		
<ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>		Swimming		
<ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based situations.</li> </ul>		Swimming		