

## 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 Ball skills 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 Football Hockey Tennis	Football Handball Tag rugby Cricket Tennis	Basketball Hockey Cricket Football	Netball Handball Tennis Rounders
<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 best.</li> </ul>	athletics	athletics	athletics	athletics
<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			Swimming

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<ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	Swimming			Swimming
<ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based situations.</li> </ul>	Swimming			Swimming