



National Curriculum Coverage – PE

KS1

| National Curriculum Statement: | Topic(s) that cover this statement: | Year/Term taught: |
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| Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. | Running 1 Hands 1 Wide, narrow, curved Feet 1 Health and Wellbeing Hands 2 Rackets, bats and balls Jumping 1 Dodging 1 Hands 1 Linking Feet 1 Hands 2 Rackets, bats and balls Jumping 1 | Year 1 Autumn 1 Year 1 Autumn 2 Year 1 Spring 1 Year 1 Spring 1 Year 1 Spring 2 Year 1 Spring 2 Year 1 Summer 1 Year 1 Summer 1 Year 2 Autumn 1 Year 2 Autumn 2 Year 2 Spring 1 Year 2 Spring 1 Year 2 Spring 2 Year 2 Summer 1 Year 2 Summer 1 |
| Participate in team games, developing simple tactics for attacking and defending. | Playing games Games for understanding Creating games Team building Games for understanding | Year 1 Autumn 1 Year 1 Summer 2 Year 2 Autumn 1 Year 2 Summer2 Year 2 Summer2 |
| Perform dances using simple movement patterns. | Heroes Growing Water | Year 1 Autumn 2 Year 1 Summer 2 Year 2 Autumn 2 |

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| | Explorers | Year 2 Spring 2 |
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KS2

| National Curriculum Statement | Topic(s) that cover this statement: | Year/Term taught: |
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| Use running, jumping, throwing and catching in isolation and in combination. | Cricket Cricket Tag Rugby Tag Rugby Throwing and jumping Athletics Athletics Athletics Athletics | Year 3 Autumn 2 Year 4 Autumn 2 Year 5 Autumn 2 Year 6 Autumn 2 Year 3 Summer 1 Year 3 Summer2 Year 4 Summer2 Year 5 Summer2 Year 6 Summer2 |
| 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. | Golf Golf Basketball Basketball Cricket Cricket Tag rugby Tag rugby Football Netball Football Football Tag Rugby Tag Rugby Tennis Tennis Cricket Cricket | Year 3 Autumn 1 Year 4 Autumn 1 Year 5 Autumn 1 Year 6 Autumn 1 Year 3 Autumn 2 Year 4 Autumn 2 Year5 Autumn 2 Year 6 Autumn 2 Year 3 Spring 1 Year 4 Spring 1 Year 5 Spring 1 Year 6 Spring 1 Year 3 Spring 2 Year 4 Spring 2 Year 3 Summer 1 Year 4 Summer 1 Year 5 Summer 1 Year 6 Summer 1 |

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| | Netball Netball Netball Rounders Rounders Hockey Hockey | Year 5 Summer 1 Year 6 Summer 1 Year 3 Summer2 Year 5 Summer2 Year 6 Summer2 Year 5 Spring 2 Year 6 Spring 2 |
| Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. | Symmetry and asymmetry Bridges Counter balance and counter tension Matching and mirroring Weather Space The Circus Titanic | Year 3 Spring 1 Year 4 Spring 1 Year 5 Spring 1 Year 6 Spring 1 Year 3 Spring 2 Year 4 Spring 2 Year 5 Spring 2 Year 6 Spring 2 |
| Perform dances using a range of movement patterns. | Mindfulness Mindfulness Weather Space The Circus Titanic | Year 3 Autumn 2 Year 4 Autumn 2 Year 3 Spring 2 Year 4 Spring 2 Year 5 Spring 2 Year 6 Spring 2 |
| Take part in outdoor and adventurous activity challenges both individually and within a team. | Problem solving Communication and tactics Problem solving Communication and tactics | Year 3 Autumn 1 Year 4 Autumn 1/Summer 2 Year 5 Autumn 1 Year 6 Autumn 1 |
| Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | Health related exercises Health related exercises Athletics Athletics Athletics Athletics | Year 5 Autumn 2 Year 6 Autumn 2 Year 3 Summer2 Year 4 Summer2 Year 5 Summer2 Year 6 Summer2 |

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| <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.</p> | <p>Swimming</p> | <p>Year 4 Pine – Autumn term, Oak – Summer term.</p> |
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