



National Curriculum Coverage – PE

KS1

National Curriculum Statement:	Topic(s) that cover this statement:	Year/Term taught:
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

	Explorers	Year 2 Spring 2
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KS2

National Curriculum Statement	Topic(s) that cover this statement:	Year/Term taught:
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 Netball	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 Year 5 Summer 1

	Netball Netball Rounders Rounders Hockey Hockey	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
All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be	Swimming	Year 4

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.		Pine – Autumn term, Oak – Summer term.
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