



Curriculum Coverage for Physical Education

Sunnyhill Primary School



This is the Physical Education knowledge that the children should cover over their time with us, building on their skills each year. It has been split into four strands:

Agility & Balance

Coordination

Competition, Cooperation and Communication

Challenge and Evaluation

EYFS Development Matters-

Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food. Children should show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

	Agility and Balance	Coordination	Competition, Cooperation and Communication	Challenge and Evaluation
Nursery & Reception	<p>Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</p> <p>Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</p> <p>Can stand momentarily on one</p>	<p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Run safely on whole foot.</p>	<p>To learn how to give and take, share, take turns.</p> <p>To play in groups.</p> <p>To play in partners.</p>	<p>To learn to say if something is difficult or ask for help if they need it.</p> <p>To start being introduced to the idea of winning and losing.</p>

Curriculum Coverage for PE 2019

	foot when shown.	Can kick a large ball. Can catch a large ball. Beginning to move rhythmically. Imitates movement in response to music. Creates movement in response to music.		
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National Curriculum: Key Stage 1-

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

	Agility and Balance	Coordination	Competition, Cooperation and Communication	Challenge and Evaluation
Year 1	<p>To run at different speeds.</p> <p>To control my body when moving.</p> <p>To remember simple dance steps.</p>	<p>To apply the basics of throwing a medium - small item or ball over a short distance (2-3m).</p> <p>To be able to apply the basics of catching when catching a large ball over a small distance (2-3m).</p> <p>To link throwing and catching together in simple competitive games.</p>	<p>To work with a partner using effective communication to complete simple drills.</p> <p>To understand how to play a simple invasion game e.g. stuck in the mud.</p>	<p>To understand that in competition there are winners and losers.</p> <p>To be able to say what I did well and how I could improve.</p>
Year 2	<p>To run and change direction.</p> <p>To perform simple tasks (jumping, running, changing direction) with control and co-ordination.</p> <p>To put simple movements together in a sequence.</p>	<p>To throw a medium sized ball to another person accurately using their dominant hand (5m).</p> <p>To catch a medium sized ball in two hands over a distance of 5m.</p>	<p>To work with a small group using effective communication to participate in simple drills and game.</p> <p>To implement simple attacking and defending tactics in invasion games.</p>	<p>To understand how winning and losing makes you feel and how others might feel and to show empathy to others.</p> <p>To be able to say what I did well, what others did well and how we can all improve.</p>

National Curriculum: Key Stage 2-

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within -a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

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

	Agility and Balance	Coordination	Competition, Cooperation and Communication	Challenge and Evaluation
Year 3	<p>To perform balances, transitions and counter balances.</p> <p>To copy, remember, repeat and compose my own simple movement patterns.</p> <p>To run, jump and change direction whilst maintaining balance.</p>	<p>To throw objects into a target (net on the ground 2m away).</p> <p>To throw underarm to a partner.</p> <p>To pass a ball whilst stationary to a partner using hands, feet or sports equipment.</p>	<p>To work well in small teams, communicating their ideas to team mates.</p> <p>Speaking to team mates about the best way to perform a skill (passing, defending, moving into space).</p> <p>To enjoy competing whilst encouraging and collaborating with others.</p>	<p>To evaluate my technique and apply this knowledge to develop a range of skills.</p> <p>To work collaboratively in a team and understand how to encourage others to perform effectively.</p>
Year 4	<p>To perform more complex sequences of movements, linking movements with control and performing them to music.</p> <p>To develop the core strength and flexibility to perform more complex balances and movements.</p> <p>To run, jump and change direction at speed maintaining balance.</p>	<p>To throw underarm and over arm accurately at a target.</p> <p>To judge distance and power with my throws.</p> <p>To accurately pass a ball to someone whilst moving using hand, foot or sports equipment.</p>	<p>To work well in small teams, communicating their ideas to team mates.</p> <p>To listen to team mates ideas, giving reasons why they think they will work or not.</p> <p>To understand the tactics of a wider range of invasion games.</p>	<p>To evaluate my technique and apply this knowledge to develop a wide range of transferable skills.</p> <p>To experience and develop different roles in a team to develop understanding of tactics.</p>

	Agility and Balance	Coordination	Competition, Cooperation and Communication	Challenge and Evaluation
Year 5	<p>To create and perform a variety of dance routines with accuracy and consistency.</p> <p>To balance effectively after stopping or turning at speed whilst being opposed.</p> <p>To be balanced and ready to change direction quickly, effectively and fluently.</p>	<p>To catch, control and pass a moving ball.</p> <p>To pass a ball accurately whilst moving.</p> <p>To throw accurately at a target whilst moving.</p>	<p>To contribute to a good team spirit (congratulating team mates when they do something well, picking team mates up when something doesn't go to plan).</p> <p>To help organise team mates when attacking and defending (so that the team is evenly spread out over the pitch).</p> <p>To understand the tactics of a wider range of invasion games including attacking, defending and positional play.</p>	<p>To challenge yourself to set and beat personal bests.</p> <p>To analyse technique and identify areas that need to be developed (i.e. areas of weakness).</p>
Year 6	<p>To combine and perform complex gymnastic actions, shapes and balances requiring high levels of core strength and balance, demonstrating fluency and accuracy.</p> <p>To use balance, stopping and changing direction effectively in a game situation whilst being opposed.</p> <p>To perform movements clearly and expressively showing awareness of the music and varying levels of movement for effect.</p>	<p>To throw or pass a ball accurately and effectively whilst being opposed.</p> <p>To understand how to apply accurate throwing and passing in a game situation.</p> <p>To understand how to use throwing or passing to create space for yourself or other.</p>	<p>To contribute to a good team spirit (congratulates team mates when they do something well, pick team mates up when something doesn't go to plan).</p> <p>To describe how their team worked to their strengths and weaknesses.</p> <p>To help to organize team mates when attacking and defending (so that the team is evenly spread out over the pitch).</p> <p>To understand the tactics of a wide range of invasion games including attacking, defending, positional play and how to adapt these in changing situations during a game.</p>	<p>To take part in a wide range of competitive sports and games, being able to win and lose effectively whilst setting aspirational goals.</p> <p>To design drills and activities from previous evaluation of technique and developments which are needed.</p>

Curriculum Coverage PE KS1		Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
YEAR 1	Session 1 (outdoor)	Games – Fundamental Movement Moving Matters: Games 1	Games – Fundamental Movement Moving Matters: Games 2	Dance/ Athletics (Athletic Activity) Moving Matters: Games 3/ Dance 2	Gymnastics/ Athletics (Athletic Activity) Moving Matters: Gym 1	Athletics Moving Matters: Athletics 1	Games Moving Matters: Games 4
	Session 2 (indoor)	Dance Moving Matters: Dance 1	Dance Moving Matters: Dance 2	Gymnastics Rolling, Leaping & Landing, Hands & Feet Moving Matters: Gym 3	Games – fundamental ball skills Moving Matters: Games 3	Gymnastics Transferring body weight / linking Movements/ Points & Patches / partner work Moving Matters: Gym 4	Dance Moving Matters: Dance 4
YEAR 2	Session 1 (outdoor)	Games – Fundamental Movement Moving Matters: Games 1	Games – Invasion based games Moving Matters: Games 2	Hockey Moving Matters: Year 2 Hockey	Games Moving Matters: Games 3	Games – Net and wall/ Striking and fielding based games Moving Matters: Games 6	Cricket Moving Matters: Year 2 cricket
	Session 2 (indoor)	Dance Moving Matters: Dance 1	Dance Moving Matters: Dance 1	Gymnastics Rolling, Leaping & Landing, Hands & Feet Moving Matters: Gym 5	Tennis Moving Matters: Year 2 Tennis	Gymnastics Transferring body weight / linking Movements/ Points & Patches / partner work Moving Matters: Gym 4	Dance Moving Matters: Dance 2

Curriculum Coverage PE		Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Key Stage 2							
YEAR 3	Session 1 (outdoor)	Year 3 Football	Year 3 Tag Rugby	Year 3 Hockey	Year 3 Tennis	Year 3 Cricket	Year 3 Athletics
	Session 2 (indoor)	Year 3 Netball	Year 3 Gymnastics	Dance	Handball	Year 3 Basketball	Dance
YEAR 4	Session 1 (outdoor)	Year 4 Tag Rugby	Year 4 Football	Year 4 Hockey	Year 4 Cricket	Year 4 Tennis	Year 4 Athletics
	Session 2 (indoor)	Swimming	Swimming	Year 4 Gymnastics	Year 4 Gymnastics	Year 4 Basketball	Year 4 Tennis
YEAR 5	Session 1 (outdoor)	Year 5 Football	Year 5 Hockey	Year 5 Tag Rugby	Year 5 Tennis	Year 5 Cricket	Year 5 Athletics
	Session 2 (indoor)	Year 5 Netball	Year 5 Dance	Year 5 Gymnastics	Year 5 Basketball	Swimming	Swimming
YEAR 6	Session 1 (outdoor)	Year 6 Tag Rugby	Year 6 Hockey	Year 6 Basketball	Year 6 Football	Year 6 Athletics	Year 6 Tennis
	Session 2 (indoor)	Year 6 Gymnastics	Year 6 Netball	Swimming	Swimming	Dance	Dance