

PE coverage map

	Gymnastics and fitness	Striking and fielding	Athletics	Dance	Invasion games	Indoor Athletics	OAA/Cross country
Year R	<ul style="list-style-type: none"> To know how to perform a roll, balance, jump. Understand how to travel on a mat and using apparatus. To link together 2 actions to create a sequence. To copy and repeat actions. 	<ul style="list-style-type: none"> Develop awareness of space, themselves and others To learn basic movements of running, jumping and throwing and use these in their games play To move with confidence and safety in different ways Begin to develop control and coordination Know how to use a range of equipment safely and with control. 	<ul style="list-style-type: none"> Develop awareness of space, themselves and others To learn basic movements of running, jumping and throwing To move with confidence and safety in different ways Begin to develop control and coordination Know how to use a range of equipment safely and with control. 	Magic Toy Dance: <ul style="list-style-type: none"> To find different ways of moving. To develop and improve performance of basic body actions and movements. Practise and repeat movements. Explore movement ideas and respond imaginatively to a range of stimuli. Respond to different stimuli. 		<ul style="list-style-type: none"> To develop coordination, balance and agility. To take part in multi skills circuits. To engage in a variety of active games well. 	<ul style="list-style-type: none"> To move with increasing control along obstacle courses and to use basic movement skills to complete a variety of challenges and tasks.
Year 1	<ul style="list-style-type: none"> To know how to perform a roll, balance, jump and travel, using changes in level, direction and speed. To link actions together to create a sequence. To improve and create quality performances. 	<ul style="list-style-type: none"> Develop awareness of space, themselves and others To learn basic movements of running, jumping and throwing and use these in their games play To move with confidence and safety in different ways Begin to develop control and coordination Know how to use a range of equipment safely and with control. 	<ul style="list-style-type: none"> To use their bodies and equipment with greater control and coordination To improve their balance and agility using different techniques and actions when throwing and jumping To choose skills and equipment to meet challenges set To engage in cooperative physical activities 	Vehicle Dance: <ul style="list-style-type: none"> Developing body movements and creating basic motifs. To use the theme of 'travel' to create short dance performances To draw inspiration from toys, pictures and videos. To work individually and in pairs Be able to move in different pathways and at different speeds. 		<ul style="list-style-type: none"> To learn basic jumping actions. To learn about the changes that occur to their bodies during exercise. To improve balance, coordination and agility. Increase their confidence and fitness levels. Improved coordination and control of the rope. 	<ul style="list-style-type: none"> To use simple table top maps and plans confidently and to follow simple routes and trails successfully. To work with others to solve simple challenges. To introduce the idea of a map being a symbolised picture of the ground.
Year 2	<ul style="list-style-type: none"> To be able to perform small body part balances, linked through travelling, rolling and jumping. To use different levels and changes in direction and speed. To link actions together to create a sequence. To improve and create quality performances. 	<ul style="list-style-type: none"> To become increasingly competent and confident in running, jumping and throwing and using these skills in game play Work to extend agility, balance and coordination individually and with others Engage in competitive physical activities against self and others To apply balance, coordination and agility in a variety of games situations 	<ul style="list-style-type: none"> To become increasingly competent and confident in running, jumping and throwing Work to extend agility, balance and coordination individually and with others Engage in competitive physical activities against self and others To apply balance, coordination and agility in a variety of athletic activities 	Arabian Nights: <ul style="list-style-type: none"> Using balance and control to perform a dance. To explore shapes. To use different levels, speeds and expressions To know how to move with control and coordination Create a performance with a clear start, middle and end To link movements fluently 		<ul style="list-style-type: none"> To know the changes that occur to their bodies as they exercise. To learn the basic jumping actions and variations required for skipping. Increase balance coordination and agility further. To take part in a variety of multi skills circuits with increasing success. 	<ul style="list-style-type: none"> To use maps of the school accurately. To discuss strategies and ideas with others and find alternative ways of completing challenges. To reinforce the use of symbols.
Year 3	<ul style="list-style-type: none"> To know how to move their bodies with control and fluency. Work with a partner devising a sequence and using changes in level, direction and speed. To improve and create quality performances. 	<ul style="list-style-type: none"> Develop a broader range of striking and fielding skills Use a variety of ways of striking a ball using a variety of equipment Work to set up and play small sided games Begin to use tactics and knowledge of striking and fielding games when playing games. 	<ul style="list-style-type: none"> Explore running over different distances. Demonstrate running over different distances with coordination and control. Choose and use suitable techniques when throwing. Know and use underarm and overarm throws. Throw for accuracy. 	Machines <ul style="list-style-type: none"> Use poetry and words to support dance. To know how to create and use motifs within a dance. To create and perform a group and partner dance inspired by the poem. Explore other sounds and movements to symbolise the different types of machines and movements. 	<ul style="list-style-type: none"> To know how to pass, receive and dribble the ball keeping control and possession. Develop a range of skills to keep possession. Work together with a partner and in teams to score goals or points Make decisions within a game or situation To move holding a ball around a space under control Know how to use space in games Recognise how to improve their game play 	<ul style="list-style-type: none"> Develop skills from KS1 multi skills, focusing on jumping, aiming, balance, coordination and agility. Develop stability, control and body power. To use hand-eye coordination and strength and understand the importance of technique. 	<ul style="list-style-type: none"> To solve different challenges using maps and plans. Know and understand the use of signs and symbols on maps. Orientate themselves in an area. To complete a range of challenges individually and as a group.
Year 4	<ul style="list-style-type: none"> To apply compositional ideas to the sequences they create. Repeat and perform accurately longer sequences with more challenging actions. To be able to perform basic 	<ul style="list-style-type: none"> Develop and apply an increasing range of striking and fielding skills To intercept and stop a ball under control in different situations To make up their own versions of games and adapt the rules 	<ul style="list-style-type: none"> To understand and demonstrate the difference between sprinting and running for different distances. To experiment with different running styles. To choose appropriate techniques for specific events. Perform the 5 basic jumps with and combine 	Comic Strip <ul style="list-style-type: none"> To explore moods within pictures and represent them through movement Use different compositional ideas to create motives incorporating unison, cannon, action and reaction. 	<ul style="list-style-type: none"> To know and use a range of techniques when passing, changing direction and moving at different speeds. To show increasing control and technique in games skills To be aware of their movement off the ball To use a range of tactics to keep 	<ul style="list-style-type: none"> Develop skills in jumping high and far, aiming and speed and stamina. Know the different disciplines involved in indoor athletics. Be able to identify specific skills they can improve on. Evaluate their own and other's 	<ul style="list-style-type: none"> Develop the range of skills and actions they use to solve problems. To apply their map skills when setting routes for others. To mark symbols on a plan accurately. To improve basic fitness

	acrobatic balances: part weight bearing, counter tension and counter balance.	<ul style="list-style-type: none"> To know and use a range of simple tactics and strategies 	<p>them with good technique.</p> <ul style="list-style-type: none"> Know and use different relay takeovers. 	<p>Communicate through their dances and perform with fluency and control, showing sensitivity to the accompaniment and to others.</p> <ul style="list-style-type: none"> Explore less obvious body parts to convey meaning. 	<p>possession of the ball</p> <ul style="list-style-type: none"> To keep and use rules they are given To know how to get into positions to score To suggest how rules could be changed to improve the game To find ways to practise the skills and tactics needed in their game play. 	<p>performances and know how to help others to improve.</p>	<p>through cross country running.</p>
Year 5	<ul style="list-style-type: none"> Monitoring heart rate and fitness levels. To understand and work to improve body control and strength. To work as part of a group to demonstrate varied actions and balances. 	<ul style="list-style-type: none"> Use and apply a wide range of striking and fielding skills in different ways Know and use different ways of bowling Know and use a range of fielding skills successfully To use and adapt rules, strategies and tactics, using their knowledge of batting and fielding principles. 	<ul style="list-style-type: none"> Understand pace, stamina and power. Explore different starts and use the most appropriate for different runs. To develop take off and landing control and to jump for distance using appropriate technique. To know how to throw for accuracy and distance showing good technique and power. Develop coaching skills, knowing how to improve technique and score. 	<p>Olympics</p> <ul style="list-style-type: none"> Exploring different ways of moving the body to represent actions. Repeating motifs to create a longer performance. To use basic compositional principles to combine movement ideas fluently and effectively. 	<ul style="list-style-type: none"> To develop the range of skills needed in invasion games with accuracy, confidence and control. Explore attacking principles within invasion games. Communicate effectively with their team. Show an awareness of the environment around them in game play To know and use principles of attack and use appropriately in games situations Apply basic strategies and tactics when attacking and adapt them to different situations. Explore ways of turning with and without the ball. 	<ul style="list-style-type: none"> Develop skills in speed bounce, SLJ, STJ, aiming, speed and stamina. To understand why indoor athletics is important to fitness and health. Understand the skills involved and be able to set up mini challenges for others to take part in. To understand how to set appropriate personal fitness targets. 	<ul style="list-style-type: none"> To choose and adapt strategies used to solve problems. To orientate a map accurately. To create their own maps and challenges. To develop cross country running and overall fitness.
Year 6	<ul style="list-style-type: none"> To understand flight. To create a paired sequence demonstrating a variety of flight actions. Devise exercises that will improve their fitness for gymnastics. 	<ul style="list-style-type: none"> Become increasingly more competent in a range of striking and fielding skills Know how to throw over arm for accuracy and for distance To know the importance of bowlers and fielders working together To apply tactics more effectively. 	<ul style="list-style-type: none"> To use control, power and sound technique across running, jumping and throwing. Know how to lead appropriate warm ups and work within a group to set up mini competitions. Know how to adjust their pace to run over different distances and times. Work to complete various athletics challenges. 	<p>Recycling Dance</p> <ul style="list-style-type: none"> Exploring a variety of relationships within a dance and using props to be creative. To be able to compose, develop and adapt dance phrases To know how to move with control and coordination Create a performance with a clear start middle and end To link movements fluently. 	<ul style="list-style-type: none"> Use different techniques for passing, controlling, dribbling and shooting within games. To devise and use a variety of attacking tactics within games. To think ahead and plan the attack or defensive moves. Use marking, tackling and intercepting to improve defence skills. Plan attacking tactics successfully and adapt where necessary Show an awareness of the opposition To develop more advanced defending tactics 	<ul style="list-style-type: none"> Athletics-Sports Hall To compete in activities as an individual or as part of a small team. Able to follow the specific techniques for each activity. Understand the need to warm up effectively. 	<ul style="list-style-type: none"> To find solutions to challenges set. Create own course and plan how to complete timed challenges. To introduce the compass and contours as an aid to navigation. To improve fitness and stamina through cross country runs.