

Dothill Primary School PE Coverage



The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Objectives - KS1

- 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.

	Year 1 Multi Skills - throwing & catching	Year 1 Multi skills - running & jumping	Year 1 gymnastics - animals	Year 1 Multi skills - bat & ball	Year 1 Dance - season	Year 1 Multi-skills - sports	Year 2 Attacking & Defending	Year 2 Dance - Gunpowder Plot	Year 2 Animal Olympics	Year 2 Gymnastics - Landscapes & Cities	Year 2 Invasion games -	Year 2 Multi skills Target Games
▪ 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.					✓			✓				

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The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
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- engage in competitive sports and activities
- lead healthy, active lives

Objectives - KS2

- 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

	Year 3 Net & Wall Games	Year 3 Gymnastics - Movement	Year 3 Invasion Games Football	Year 3 Dance - Extreme Earth	Year 3 Dodgeball	Year 3 Athletics	Year 4 Invasion Games - Tag rugby	Year 4 Striking & Fielding - Cricket	Year 4 Outdoor Adventurous Activities	Year 4 Gymnastics - Shape & Balance	Year 4 Dance - Romans	Year 4 Athletics	Year 5 Net & Wall Games - tennis	Year 5 Eco Dance	Year 5 Gymnastics - Shape & Balance (Space)	Year 5 Invasion Games - Basketball	Year 5 Athletics	Year 5 Striking & Fielding - Rounders	Year 6 Leadership in PE	Year 6 Gymnastics - Rivers & Mountains	Year 6 Outdoor Adventurous Activities	Year 6 Striking & Fielding Games	Year 6 Circuit Training	Year 6 Athletics
			✓		✓	✓		✓								✓		✓				✓		
	✓		✓		✓		✓	✓					✓			✓		✓				✓		
		✓		✓		✓				✓	✓	✓		✓	✓		✓			✓				✓

[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.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
▪ swim competently, confidently and proficiently over a distance of at least 25 metres							Children attend 10 weeks swimming lessons in the spring term												Non - swimmers attend 10 weeks swimming lessons in the Spring Term										
▪ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]																													
▪ perform safe self-rescue in different water-based situations.																													