

PE Coverage - 2019 - 2020

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 and 2	<u>We're Worth it!</u> Multi-skills - use running, jumping, throwing and catching in isolation and in combination Tri-golf- develop hand/eye coordination	<u>Toy Story</u> Fitness/circuits – developing balance, agility and co-ordination, and begin to apply these in a range of activities	<u>Super Safari</u> Badminton – participate in team games, developing simple tactics for attacking and defending	<u>Kings and Queens</u> Tag-rugby – participate in team games, developing simple tactics for attacking and defending	<u>Green Fingers</u> Athletics – master basic movements including running, jumping, throwing and catching	<u>Let's Go On Holiday</u> Rapid-fire cricket – participate in team games, developing simple tactics for attacking and defending
Year 3 and 4	<u>Invasions</u> Tri-golf – develop hand/eye coordination; develop flexibility, strength, technique	<u>Invasions</u> Fitness/circuits – use running, jumping, throwing and catching in isolation and in combination	<u>Egypt</u> Swimming – Dover Swim competently and proficiently over a distance of 25 metres; use a range of strokes effectively; perform safe self-rescue Badminton	<u>Egypt</u> Tag-rugby – play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Betteshanger – orienteering	<u>Rivers and Coasts</u> Athletics – develop flexibility, strength, technique, control and balance Betteshanger – obstacle course	<u>Rivers and Coasts</u> Ultimate Frisbee – play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Year 5 and 6	<u>UK Geography</u> Tri-golf – develop hand/eye coordination; develop flexibility, strength, technique; compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>UK Geography</u> Fitness/circuits – use running, jumping, throwing and catching in isolation and in combination	<u>History of Dover</u> Swimming – Dover Swim competently and proficiently over a distance of 25 metres; use a range of strokes effectively; perform safe self-rescue Badminton	<u>History of Dover</u> Tag-rugby – play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Betteshanger – orienteering	<u>Ancient Greece</u> Athletics – develop flexibility, strength, technique, control and balance Betteshanger – obstacle course	<u>Ancient Greece</u> Ultimate Frisbee – play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
After school Clubs	Football Tag rugby	4square Multi-sports	Basketball Badminton	Cricket Tennis	Rounders Ultimate Frisbee	Athletics Tri-golf