

PE Coverage - 2018 - 2019

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1 and 2	<u>All About Me</u> Learning about their body and how it moves. Different movements e.g. running, jumping, throwing and catching; sequencing movements Body alphabet - Val Sabin	<u>Let's Celebrate</u> Performing dances using simple movement patterns - this could include working on balance, agility and coordination; relating	<u>London Calling</u> Multi-skills and team building	<u>Super Heroes</u> Team games - working together. Developing simple tactics for attacking and defending.	<u>Food, Glorious Food</u> Striking and catching - using tennis equipment (plastic bats and tennis balls)	<u>Carnival</u> Athletics - running, jumping, throwing and catching. javelin, standing long jump
Year 3 and 4	<u>Me and My World</u> Take part in outdoor and adventurous activity challenges both individually and part of a team	<u>Long, Long, Ago</u> Circuits Develop flexibility, strength, technique, control and balance	<u>Active Planet</u> <i>Swimming - Dover</i> Swim competently, confidently and proficiently over a distance of 25 metres; use a range of strokes effectively; perform safe self-rescue	<u>Time Travel</u> Roman battle formations, gladiators Develop flexibility, strength, technique, control and balance	<u>Everyone's Environment</u> Tennis Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	<u>All the World's A Stage</u> Archery, dance, jousting, sports day Fowlmead - archery Use running, jumping, throwing and catching in isolation; perform dances using a range of movement patterns; take part in outdoor and adventurous activity
Year 5 and 6	<u>Me and My World</u> Take part in outdoor and adventurous activity challenges both individually and part of a team	<u>Long, Long, Ago</u> Circuits Develop flexibility, strength, technique, control and balance	<u>Long, Long, Ago</u> <i>Swimming - Dover</i> Swim competently, confidently and proficiently over a distance of 25 metres; use a range of strokes effectively; perform safe self-rescue	<u>Time Travel</u> Team building	<u>Everyone's Environment</u> Cricket Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	<u>All the World's A Stage</u> Archery, dance, jousting, sports day Fowlmead - archery Use running, jumping, throwing and catching in isolation; perform dances using a range of movement patterns; take part in outdoor and adventurous activity
After school Clubs	Football	4Square	Speed stacking	Rugby	Handball	Kwik Cricket