

PE coverage Phase 1 - 2016 - 2017

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>Wonderful World</u> Multi-skills and team building	<u>It's a Bug's Life</u> Team games - working together. Developing simple tactics for attacking and defending.	<u>We're WORTH It!</u> Striking and catching - using tennis equipment (plastic bats and tennis balls)	<u>Oh, I do like to be beside the seaside</u> Athletics - running, jumping, throwing and catching. javelin, standing long jump
Year 3 and 4	<u>Me and My World</u> OAA Fowlmead - orienteering, climbing and den building 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> OAA Fowlmead - orienteering, climbing and den building 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

Available resources: Val Sabin Folders and LCP folders

A range of resources in the main shed

Fowlmead (Betteshanger Country Park)

PE coverage Phase 2 - 2017 - 2018

Class	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Multisports To master basic movements invading running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.	Dance To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement.	Football To participate in team games, developing simple tactics for attacking and defending.	Rugby To participate in team games, developing simple tactics for attacking and defending.	Netball To participate in team games, developing simple tactics for attacking and defending.	Athletics To master basic movements invading running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
2	Tri-gold/ultimate frisbee To develop flexibility, strength, technique, control and balance	Speed stacking To take part in activity challenges both individually and within a team.	Football Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Rugby Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Netball Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Athletics To develop flexibility, strength, technique, control and balance. To compare their performances with previous ones and demonstrate improvement to achieve their personal best.
3	Tri-gold/ultimate frisbee To develop flexibility, strength, technique, control and balance	Speed stacking To take part in activity challenges both individually and within a team.	Football Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Rugby Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Netball Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Athletics To develop flexibility, strength, technique, control and balance To compare their performances with previous ones and demonstrate improvement to achieve their personal best.
After school club	Handball	4Square	Speed stack	Football	Rounders	Kwik Cricket