

# Pegswood Primary School

## Year Group Coverage

### PE



	Foundation Stage	Year 1	Year 2
<b>Locomotion</b>	<p><b>Walking</b></p> <ul style="list-style-type: none"> <li>● Explore/develop walking</li> <li>● Explore walking in different pathways</li> <li>● Sustain walking</li> <li>● Explore marching</li> <li>● Apply walking into a game</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>● Explore/develop jumping</li> <li>● Apply jumping into a game</li> <li>● Jump for distance</li> <li>● Explore jumping high</li> <li>● Explore hopping</li> </ul>	<p><b>Running</b></p> <ul style="list-style-type: none"> <li>● Explore running</li> <li>● Apply running into a game</li> <li>● Explore running at different speeds</li> <li>● Run for speed: Acceleration</li> <li>● Explore running in a team</li> <li>● Consolidate running, apply running into a competitive game</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>● Recap jumping</li> <li>● Develop jumping</li> <li>● Explore how jumping affects our bodies</li> <li>● Explore skipping</li> <li>● Apply skipping and jumping into a game</li> </ul>	<p><b>Dodging</b></p> <ul style="list-style-type: none"> <li>● Explore dodging</li> <li>● Develop dodging</li> <li>● Apply dodging: Explore attacking and defending</li> <li>● Apply dodging in teams</li> </ul> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>● Consolidate jumping</li> <li>● Apply jumping into a game</li> <li>● Link jumping</li> <li>● Explore jumping combinations</li> <li>● Develop jumping combinations</li> </ul>

	Foundation Stage	Year 1	Year 2
<b>Ball Skills</b>	<p><b>Hands 1</b></p> <ul style="list-style-type: none"> <li>● Explore pushing</li> <li>● Explore rolling</li> <li>● Explore bouncing</li> <li>● Explore bouncing into space</li> <li>● Combine pushing and rolling</li> <li>● Combine rolling, pushing and bouncing</li> </ul> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li>● Explore moving with a ball using our feet</li> <li>● Develop moving with a ball using our feet</li> <li>● Understand dribbling</li> <li>● Develop dribbling against an opponent</li> </ul> <p><b>Hands 2</b></p> <ul style="list-style-type: none"> <li>● Explore throwing overarm</li> <li>● Explore throwing underarm</li> <li>● Explore rolling</li> <li>● Explore stopping a ball</li> <li>● Explore catching</li> </ul>	<p><b>Hands 1</b></p> <ul style="list-style-type: none"> <li>● Introduce sending (bouncing) with control</li> <li>● Introduce aiming with accuracy</li> <li>● Introduce power and speed when sending a ball</li> <li>● Introduce/develop stopping, combining sending skills</li> <li>● Combine sending and receiving skills</li> </ul> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li>● Develop moving the ball using the feet</li> <li>● Apply dribbling into games</li> <li>● Consolidate dribbling</li> <li>● Explore kicking (passing)</li> <li>● Apply kicking (passing) to score a point</li> </ul> <p><b>Hands 2</b></p> <ul style="list-style-type: none"> <li>● Introduce throwing with accuracy</li> <li>● Apply throwing with accuracy in a team</li> <li>● Introduce stopping a ball</li> <li>● Develop sending (rolling) skills to score a point</li> <li>● Consolidate sending and stopping to win a game</li> </ul>	<p><b>Hands 1</b></p> <ul style="list-style-type: none"> <li>● Develop dribbling/passing and receiving</li> <li>● Combine dribbling, passing and receiving, keeping possession</li> <li>● Develop dribbling/passing and receiving to score a point</li> <li>● Combine dribbling, passing and receiving to score a point</li> </ul> <p><b>Feet</b></p> <ul style="list-style-type: none"> <li>● Develop dribbling/passing/ receiving, keeping possession</li> <li>● Combine dribbling, passing and receiving, keeping possession/to score a point</li> <li>● Apply dribbling, passing and receiving as a team to score a point</li> </ul> <p><b>Hands 2</b></p> <ul style="list-style-type: none"> <li>● Consolidate pupils application and understanding of underarm throwing</li> <li>● Apply the underarm and overarm throw to win a game</li> <li>● Apply the underarm throw to beat an opponent</li> </ul>

	Foundation Stage	Year 1	Year 2
<b>Gymnastics</b>	<p><b>High, Low, Over, Under</b></p> <ul style="list-style-type: none"> <li>● Introduction to high, low, over and under</li> <li>● Introduction to the apparatus</li> <li>● Apply high and low on apparatus</li> </ul> <p><b>Moving</b></p> <ul style="list-style-type: none"> <li>● Explore moving and making shapes using different body parts</li> <li>● Explore moving in different directions</li> <li>● Explore big and small ways of moving and making shapes</li> <li>● Move in pairs</li> <li>● Create shapes in pairs</li> </ul>	<p><b>Wide, Narrow, Curled</b></p> <ul style="list-style-type: none"> <li>● Introduction to wide, narrow and curled</li> <li>● Explore the difference between wide, narrow and curled</li> <li>● Transition between wide, narrow and curled movements</li> <li>● Link two movements together</li> </ul> <p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li>● Introduction to big/small body parts</li> <li>● Combine big and small with wide, narrow and curled</li> <li>● Transition between wide narrow and curled using big and small body parts</li> <li>● Add (linking) movements together</li> </ul>	<p><b>Linking</b></p> <ul style="list-style-type: none"> <li>● Develop linking</li> <li>● Link on apparatus</li> <li>● Jump, roll, balance sequences/on apparatus</li> <li>● Creation of sequences</li> <li>● Completion of sequences and performance</li> </ul> <p><b>Pathways</b></p> <ul style="list-style-type: none"> <li>● Explore/develop zig-zag pathways/on apparatus</li> <li>● Explore/develop curved pathways/ on apparatus</li> <li>● Creation of pathway sequences</li> <li>● Completion of pathways, sequences and performance</li> </ul>

	Foundation Stage	Year 1	Year 2
<b>Dance</b>	<p><b>Nursery Rhymes</b></p> <ul style="list-style-type: none"> <li>● Move in sequence</li> <li>● Create our own movements</li> <li>● Create simple movement sequences</li> <li>● Respond in movement to words and music</li> <li>● Explore contrasting tempos</li> <li>● Explore character movements</li> </ul> <p><b>Ourselves</b></p> <ul style="list-style-type: none"> <li>● Move in sequence</li> <li>● Respond in movement to words and music</li> <li>● Move with props and contrasting tempos</li> <li>● Create their own movements</li> <li>● Explore opposites and creating simple movement sequences</li> </ul>	<p><b>The Zoo</b></p> <ul style="list-style-type: none"> <li>● Explore expression</li> <li>● Develop our movements, adding movements together</li> <li>● Respond to a rhythm: Introducing partner work</li> <li>● Create an animal sequence motifs</li> <li>● Explore relationships within our motifs</li> </ul> <p><b>Growing</b></p> <ul style="list-style-type: none"> <li>● Respond to rhythm</li> <li>● Develop the growing plant 'dance'</li> <li>● Introduction to motifs</li> <li>● Create motifs</li> <li>● Create movement sequences</li> <li>● Relationships and performance</li> </ul>	<p><b>Explorers</b></p> <ul style="list-style-type: none"> <li>● Respond to stimuli</li> <li>● Develop our motif with expression and emotion</li> <li>● Apply choreography in our motifs</li> <li>● Extending our motifs</li> <li>● Sequences, relationships and performance</li> </ul> <p><b>Water</b></p> <ul style="list-style-type: none"> <li>● Respond to stimuli</li> <li>● Develop whole group movement</li> <li>● Improvisation and physical descriptions</li> <li>● Create contrasting movement sequences</li> <li>● Sequences, relationships and performance</li> </ul>

	Foundation Stage	Year 1	Year 2
Attack/Defence	<b>Games for Understanding</b> <ul style="list-style-type: none"> <li>● Take turns/keeping the score</li> <li>● Understand and playing by the rules</li> <li>● Avoid a defender</li> </ul>	<b>Games for Understanding</b> <ul style="list-style-type: none"> <li>● Understand the principles of attack/defence</li> <li>● Apply attacking/ defending principles into a game</li> <li>● Consolidate attacking/defending</li> </ul>	<b>Games for Understanding</b> <ul style="list-style-type: none"> <li>● Attack/defend as a team</li> <li>● Understand the transition between defence and attack</li> <li>● Create and apply attacking/ defensive tactics</li> </ul>

	Foundation Stage	Year 1	Year 2
Health & Wellbeing	<b>Health &amp; Wellbeing</b> <ul style="list-style-type: none"> <li>● Move fluently in a variety of ways</li> <li>● Move safely in space</li> <li>● Move a different speeds and with changes of direction</li> <li>● Enjoy moving</li> </ul>	<b>Health &amp; Wellbeing</b> <ul style="list-style-type: none"> <li>● Introduce and explore agility</li> <li>● Introduce and explore balance</li> <li>● Introduce and explore coordination: Bouncing, rolling and throwing</li> </ul>	<b>Health &amp; Wellbeing</b> <ul style="list-style-type: none"> <li>● Consolidate agility</li> <li>● Consolidate balancing: Explore balancing on apparatus</li> <li>● Introduce and explore coordination: Dribbling and kicking</li> </ul>

	Foundation Stage	Year 1	Year 2
Team Building	<b>Team Building</b> <ul style="list-style-type: none"> <li>● Follow rules and instructions</li> <li>● Take turns and share</li> <li>● Listen and talk to others</li> </ul>	<b>Team Building</b> <ul style="list-style-type: none"> <li>● Introducing teamwork</li> <li>● Develop teamwork</li> <li>● Build trust and developing communication</li> <li>● Cooperation and communication</li> <li>● Explore simple strategies</li> <li>● Problem solving: Consolidate teamwork</li> </ul>	<b>Team Building</b> <ul style="list-style-type: none"> <li>● Introducing teamwork</li> <li>● Develop teamwork</li> <li>● Build trust and developing communication</li> <li>● Cooperation and communication</li> <li>● Explore simple strategies</li> <li>● Problem solving: Consolidate teamwork</li> </ul>

		Year 3	Year 4	Year 5	Year 6
<b>Games</b>	<b>Invasion</b>	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>● Introduce moving with the ball, passing and receiving</li> <li>● Introduce tagging</li> <li>● Create space when attacking</li> <li>● Develop passing and moving</li> <li>● Combine passing/moving to create attacking opportunities</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>● Introduce dribbling; keeping control</li> <li>● Introduce passing and receiving</li> <li>● Combine dribbling and passing to create space</li> <li>● Develop passing, receiving and dribbling</li> <li>● Introduce shooting</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>● Introduce passing, receiving and creating space</li> <li>● Develop/combine passing and moving</li> <li>● Combine/develop passing and shooting</li> </ul> <p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>● Develop changing direction</li> <li>● Introduce throwing with accuracy</li> <li>● Introduce catching</li> <li>● Develop moving, changing direction at speed</li> <li>● Combine throwing and dodging</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>● Refine dribbling</li> <li>● Turning</li> <li>● Refine passing and receiving</li> <li>● Develop passing and dribbling and creating space</li> <li>● Introduce shooting</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>● Refine passing and receiving</li> <li>● Develop passing and dribbling creating space</li> <li>● Develop passing, moving and shooting</li> <li>● Refine passing and shooting</li> <li>● Develop footwork</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>● Refine passing and receiving</li> <li>● Develop passing and creating space</li> <li>● Develop passing, moving and shooting</li> <li>● Combine passing and shooting</li> <li>● Introduce defending</li> </ul>	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>● Refine passing and moving to create attacking opportunities</li> <li>● Explore different passes that can be used to outwit defenders</li> <li>● Refine defending as a team</li> <li>● Create and apply defending tactics</li> <li>● Develop officiating</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>● Develop defending; block and tackling</li> <li>● Recap and refine dribbling and passing to create attacking opportunities</li> <li>● Refine attacking skills, passing dribbling and shooting</li> <li>● Refine defending skills developing transition from defence to attack</li> </ul> <p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>● Introduce blocking</li> <li>● Consolidate catching</li> <li>● Understand where we throw and why we need to throw with accuracy and power</li> <li>● Explore basic attacking and defending tactics</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>● Consolidate keeping possession, develop officiating</li> <li>● Consolidate defending</li> <li>● Organise formations and manage teams</li> <li>● Organise formations, decide tactics, manage teams and officiate games</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>● Consolidate keeping possession, develop officiating</li> <li>● Consolidate defending understand and apply defending tactics in game situations</li> <li>● Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</li> </ul>

	Net/Wall	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>● Introduction tennis, outwitting an opponent</li> <li>● Create space to win a point</li> <li>● Consolidate how to win a game introduce rackets</li> <li>● Introduce the forehand</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>● Develop the forehand</li> <li>● Create space to win a point using a racket</li> <li>● Introduce the backhand</li> <li>● Apply the forehand and backhand in game situations</li> <li>● Apply the forehand and backhand creating space to win a point</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>● Introduce/develop the volley</li> <li>● Control the game from the serve</li> <li>● Doubles, understanding and applying tactics to win a point</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>● Game application</li> <li>● Game application, mixed ability doubles, round robin games</li> </ul>
	Striking & Fielding	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>● Understand the concept of batting and fielding</li> <li>● Introduce throwing overarm</li> <li>● Introduce throwing underarm</li> <li>● Introduce catching</li> <li>● Striking with intent</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>● Develop an understanding of batting and fielding</li> <li>● Introduce bowling underarm</li> <li>● Develop stopping and returning the ball</li> <li>● Develop retrieving and returning the ball</li> <li>● Striking the ball at different angles and speeds</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>● Refine batting, understand and develop batting and bowling tactics</li> <li>● Refine fielding stooping, catching and throwing</li> <li>● Combine bowling and fielding creating and applying tactics</li> <li>● Introduce umpiring and scoring</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>● Develop fielding tactics maximising players</li> <li>● Understand what happens if the batter misses the ball</li> <li>● Refine fielding tactics, what players where?</li> <li>● Applying tactics in mini games</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>● Consolidate batting / fielding /bowling</li> <li>● Create, understand and apply attacking/defensive tactics in game</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>● Introduction to full rounders</li> <li>● Consolidate fielding tactics</li> <li>● Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>● Batting considerations</li> </ul>
	Target		<p><b>Tri-Golf</b></p> <ul style="list-style-type: none"> <li>● Introduce putting ball to a zone</li> <li>● Introduce chipping ball to zone</li> <li>● Introduce striking the ball at different speeds</li> <li>● Develop the golf putt to a target</li> <li>● Develop the golf chip to a target</li> <li>● Explore using both shots as part of a circuit</li> </ul>		

	Year 3	Year 4	Year 5	Year 6
Gymnastics	<b>Symmetry &amp; Asymmetry</b> <ul style="list-style-type: none"> <li>● Introduction to symmetry</li> <li>● Introduction to asymmetry</li> <li>● Application of learning onto apparatus</li> <li>● Sequence formation</li> <li>● Sequence completion</li> </ul>	<b>Bridges</b> <ul style="list-style-type: none"> <li>● Introduction to bridges</li> <li>● Application of bridge learning onto apparatus</li> <li>● Develop sequences with bridges</li> <li>● Sequence formation</li> <li>● Sequence completion</li> </ul>	<b>Counter Balance &amp; Counter Tension</b> <ul style="list-style-type: none"> <li>● Introduction to counter balance</li> <li>● Application of counter balance learning onto apparatus</li> <li>● Sequence formation</li> <li>● Counter Tension</li> <li>● Sequence completion</li> </ul>	<b>Matching &amp; Mirroring</b> <ul style="list-style-type: none"> <li>● Introduction to matching/mirroring</li> <li>● Application of matching/mirroring learning onto apparatus</li> <li>● Sequence development</li> </ul>

	Year 3	Year 4	Year 5	Year 6
Dance	<b>Weather</b> <ul style="list-style-type: none"> <li>● Respond to stimuli, extreme weather</li> <li>● Develop thematic dance into a motif</li> <li>● Extend dance to create sequences with a partner</li> <li>● Develop sequences with a partner</li> </ul> <b>Wild Animals</b> <ul style="list-style-type: none"> <li>● Respond to stimuli</li> <li>● Develop character dance into a motif</li> <li>● Develop sequences with a partner in character that show relationships</li> <li>● Extend sequences with a partner in character</li> </ul>	<b>Cats</b> <ul style="list-style-type: none"> <li>● Respond to stimuli working together</li> <li>● Extend sequences with a partner in character</li> <li>● Explore two contrasting relationships and interlinking dance moves</li> </ul> <b>Space</b> <ul style="list-style-type: none"> <li>● Extend sequences with a partner in character</li> <li>● Develop sequences with a partner in character that show relationships and interlinking dance moves</li> <li>● Sequences, relationships, choreography and performance</li> </ul>	<b>The Circus</b> <ul style="list-style-type: none"> <li>● Develop character movements linked to 19th Century prejudices</li> <li>● Create movements to represent different characters and performers in a 19th Century circus</li> <li>● Extend our performance incorporating props and apparatus linked to the variety of performers</li> </ul>	<b>Titanic</b> <ul style="list-style-type: none"> <li>● Create rhythmic patterns using our body</li> <li>● Extend our choreography through controlled movements, character emotion and expression</li> <li>● Explore the relationships between characters applying character emotion and expression</li> <li>● Performance and reflection</li> </ul>

	Year 3	Year 4	Year 5	Year 6
Outdoor Adventurous Activities	<b>Communication &amp; Tactics</b> <ul style="list-style-type: none"> <li>● Create and apply simple tactics</li> <li>● Develop leadership</li> <li>● Develop communication as a team / collaborate effectively as a team</li> <li>● Create defending and attacking tactics as a team</li> </ul>	<b>Problem Solving</b> <ul style="list-style-type: none"> <li>● Benches and mats challenge</li> <li>● Round the clock card challenge</li> <li>● The pen challenge</li> <li>● The river rope challenge</li> <li>● Caving challenges</li> <li>● Simple map work around the school grounds</li> </ul>	<b>Orienteering</b> <ul style="list-style-type: none"> <li>● Develop picture trails around the school grounds</li> <li>● Develop map work around the school grounds</li> <li>● Face orienteering</li> <li>● Cone orienteering</li> </ul>	<b>Orienteering</b> <ul style="list-style-type: none"> <li>● Extend picture trails around the school grounds</li> <li>● Extend map work around the school grounds</li> <li>● Point and return</li> <li>● Point to point</li> <li>● Timed course</li> <li>● Orienteering competition</li> </ul>

	Year 3	Year 4	Year 5	Year 6
Athletics	<b>Athletics</b> <ul style="list-style-type: none"> <li>● Explore running for speed</li> <li>● Explore acceleration</li> <li>● Introduce /develop relay: running for speed in a team</li> <li>● Throwing: accuracy vs distance</li> <li>● Standing long jump</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>● Develop running at speed</li> <li>● Explore our stride pattern</li> <li>● Explore running at pace</li> <li>● Understand and apply tactics when running for distance</li> <li>● Javelin</li> <li>● Standing triple jump</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>● Finish a race</li> <li>● Evaluate our performance</li> <li>● Sprinting: My personal best</li> <li>● Relay changeovers</li> <li>● Shot Put</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>● Running for speed competition</li> <li>● Running for distance competition</li> <li>● Throwing competition</li> <li>● Jumping competition</li> </ul>

	Year 3	Year 4	Year 5	Year 6
Health Related Exercise				<b>Health Related Exercise</b> <ul style="list-style-type: none"> <li>● Cardio Fitness 1</li> <li>● Flexibility</li> <li>● Strength</li> <li>● Cardio Fitness 2</li> </ul>

	Year 3	Year 4	Year 5	Year 6
Swimming	<p>Enter water safely and confidently</p> <p>Float on front for 10 seconds</p> <p>Float on back for 10 seconds</p> <p>Perform a sequence of changing shapes whilst floating on the surface</p> <p>Push and glide from the wall</p> <p>Kick 10 metres backstroke with equipment</p> <p>Kick 10 metres front crawl with equipment</p> <p>Demonstrate a surface dive</p> <p>Confidently swim on back for 25 metres without aids</p> <p>Confidently swim on front for 25 metres without aids</p> <p>Tread water for 30 seconds</p> <p>Jump confidently into water greater than full reach height</p> <p>Demonstrate good front crawl</p> <p>Demonstrate good backstroke</p> <p>Demonstrate good breaststroke</p> <p>Demonstrate a good dolphin action</p> <p>Plunge dive safely into water of at least full reach height</p> <p>Straddle jump into water</p> <p>Demonstrate head first sculling for 10 metres</p> <p>Demonstrate feet first sculling for 10 metres</p> <p>Personal survival skills</p> <p>Open water hazards and dangers (as a result of our location, this is taught through our PSHE curriculum)</p>			