

Physical Education

Year	Coverage	Skills
Year 1	Competitive sport Physically demanding activities Health and Fitness Values of Fairness and Respect	fundamental movement skills, agility, balance, coordination and speed, individually engage in competitive (both against self and against others) and co-operative physical activities (individually/pairs) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination participate in team games perform dances using simple movement patterns understand values related to sport link the importance of fitness to a healthy lifestyle
Year 2	Competitive sport <ul style="list-style-type: none"> ▪ Football, hockey, basketball, netball, rugby and tennis Physically demanding activities Health and Fitness Values of Fairness and Respect	fundamental movement skills agility, balance, coordination and speed, individually and with others engage in competitive (both against self and against others) and co-operative physical activities (individually/teams) 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 understand values related to sport link the importance of fitness to a healthy lifestyle

Physical Education

Year 3

Competitive Games

- hockey, dodgeball, rounders, Tri Golf, rugby league and tennis.

Athletics

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Use running, jumping, throwing and catching in isolation and in combination.

Gymnastics

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Dance

- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Outdoor and Adventurous

- 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.

link actions and sequences of movement

communicating, collaborating and competing with each other

evaluate and understand how to improve in different physical activities, health and sports

use running, jumping, throwing and catching in isolation and in combination

develop flexibility, strength, technique, control and balance

apply basic principles suitable for attacking and defending

understand and embed values related to sport

Year 4

Competitive Games

Hockey, netball, rounders, Tri Golf, football, rugby league and tennis
Athletics.

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Use running, jumping, throwing and catching in isolation and in combination.

Gymnastics

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate

Physical Education

improvement to achieve their personal best.

Dance

- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Outdoor and Adventurous

- 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.

Competitive Games

Badminton, netball, dodgeball, handball, rounders, Tri Golf, football, rugby, union, cricket and Athletics

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Use running, jumping, throwing and catching in isolation and in combination.

Gymnastics

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Dance

- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Outdoor and Adventurous

- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate

Year 5

Physical Education

improvement to achieve their personal best.

Year 6

Competitive Games

Hockey, netball, rounders, Tri Golf, football, rugby league and tennis
Athletics

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Use running, jumping, throwing and catching in isolation and in combination.

Gymnastics

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Dance

- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Outdoor and Adventurous

- 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.