



Curriculum Subject Coverage – Deerhurst and Apperley C of E Primary School - Physical Education 2019-20
Learning and living as children of God
(Ephesians 5:1) (You are God's children whom he loves. Try to be like God)

Year Group	AUT 1	AUT 2	SPR 1	SPR 2	SU 1	SU 2
R	<p>Changing & routines in PE Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Balance and Co-Ordination- Balanceability Children will have the opportunity to develop their balance skills with the aim of becoming confident cyclists by the end of the year.</p>					
Y1 Y2	<p>Games, Dance, Balance and Agility</p> <p>Perform dances using simple movements (external coach provision)</p> <p>Master basic movements including, running, jumping, throwing and catching, as well as developing balance, agility, and cooperation, and begin to apply these in a range of situations- Pre-Rugby Unit</p>		<p>Games and Gym</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including, running, jumping, throwing and catching, as well as developing balance, agility, and cooperation, and begin to apply these in a range of situations</p> <p>Develop flexibility, strength, technique control and balance</p>		<p>Athletics and Tennis</p> <p>Master basic movements including, running, jumping, throwing and catching, as well as developing balance, agility, and cooperation, and begin to apply these in a range of situations</p> <p>Play competitive (modified) games</p>	
	<p><i>Ongoing:</i> Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>					
Y3 Y4	<p>Invasion Games and Skills Development- Quidditch</p> <p>Balance and Co-Ordination- Fencing</p>		<p>Invasion Games: Hockey</p> <p>Net and Wall: Tennis</p> <p>Gymnastics</p>		<p>Athletics</p> <p>Rounders</p> <p>Dance - External</p>	
Y5 Y6	<p>Invasion Games:</p> <p>Outdoor and adventurous activities (PGL)</p> <p>American Football</p> <p>Balance and Co-ordination- Skateboarding</p>		<p>Striking and Fielding: Cricket</p>		<p>Running Jumping and Throwing: Paralympic Sports and Athletics</p> <p>Net and Wall: Tennis</p> <p>Swimming</p>	