



Curriculum Subject Coverage – Deerhurst and Apperley C of E Primary School - Physical Education 2020-21
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>Early Learning Goals 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 style="text-align: center;">Games, Dance and Fitness</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>Perform dances using simple movements (external coach provision)</p>		<p style="text-align: center;">Games and Gymnastics</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop flexibility, strength, technique control and balance</p>		<p style="text-align: center;">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>Ongoing: 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 style="text-align: center;">Games, Dance and Fitness</p> <p>Apply basic principles suitable for attacking and defending</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Perform dances using a range of movement patterns</p>		<p style="text-align: center;">Games and Gymnastics</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance</p>		<p style="text-align: center;">Athletics and Games</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Use running, jumping, throwing and catching in isolation and in combination and play competitive games, modified where appropriate</p>	
Y5 Y6	<p style="text-align: center;">Games and Fitness</p>		<p style="text-align: center;">Gymnastics, Games and Dance</p>		<p style="text-align: center;">Athletics, Swimming and Games</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p>	



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			Use a range of strokes effectively Perform safe self-rescue in different water-based situations
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