



**Curriculum Subject Coverage – Deerhurst and Apperley C of E Primary School - Physical Education 2022-23**  
**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 New EYFS Profile	<u>Physical Development</u> <u>Gross Motor Skills</u> Children at the expected level of development will: <ul style="list-style-type: none"><li>Negotiate space and obstacles safely, with consideration for themselves and others</li><li>Demonstrate strength, balance and coordination when playing</li><li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li></ul> <u>Expressive Arts and Design</u> <u>Being Imaginative and Expressive</u> Children at the expected level of development will: <ul style="list-style-type: none"><li>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music</li></ul> Balance and Co-Ordination- Balanceability – September 19/9/22 Children will have the opportunity to develop their balance skills with the aim of becoming confident cyclists by the end of the year.					
	Y1 Y2	<b>Ongoing:</b> <u>Personal, Social and Emotional Development</u> <u>Managing Self</u> Children at the expected level of development will: <ul style="list-style-type: none"><li>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge</li><li>Explain the reasons for rules, know right from wrong and try to behave accordingly</li><li>Manage their own basic hygiene and personal needs, including dressing.</li></ul> <u>Building Relationships</u> Children at the expected level of development will: <ul style="list-style-type: none"><li>Work and play cooperatively and take turns with others.</li></ul>	<b>Games, Gym and Dance</b>  Perform dances using simple movements (external coach provision)  Participate in team games, developing simple tactics for attacking and defending.  Develop flexibility, strength, technique control and balance		<b>Athletics and Tennis</b>  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  Play competitive (modified) games	
		<b>Ongoing:</b> 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.				



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<p><b>Y3 Y4</b></p>	<p><b>Games, Team Building and Fitness</b></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><b>Games, Dance and Gymnastics</b></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>Perform dances using a range of movement patterns</p>	<p><b>Athletics and Games</b></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>
<p><b>Y5 Y6</b></p>	<p><b>Games, Team Building and Fitness</b></p> <p>Invasion Games Netball Hockey Circuits</p>	<p><b>Gymnastics, Games and Dance</b></p> <p>Striking Fielding Cricket Dance Carnival!</p>	<p><b>Athletics, Swimming and Games</b></p> <p>Striking/Fielding Rounders Net and Wall Tennis Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively Perform safe self-rescue in different water-based situations</p>