



Sutton Bonington
Primary School

Sutton Bonington Primary School

Physical Education Coverage



Sutton Bonington
Primary School

Key Ideas taught through Physical Education

- | | |
|--|--|
| <ul style="list-style-type: none"> Athletics – running, jumping, throwing, rules Ball skills – sending, catching, tracking, dribbling Dance – actions, dynamics, space and relationships, performance, strategy Fitness – agility, balance, coordination, speed, strength, stamina Fundamentals – running, balancing, jumping and hopping Gymnastics – shape, balances, rolls, jumps, strategy Invasion games – sending and receiving, dribbling, space, tactics, rules | <ul style="list-style-type: none"> Net and wall games – shots, serving, rallying, footwork, tactics, rules Outdoor and adventurous activities – problem solving, navigational skills, communication, reflection, rules Striking and fielding – striking, fielding, throwing and catching, tactics, rules Swimming – strokes, breathing, water safety, rules Target games – throwing, catching, striking, tactics, rules Yoga – balance, flexibility, strength, mindfulness |
|--|--|

Early Years Foundation Stage – Physical Development: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

The skills and knowledge that allow children to achieve the Early Learning Goal are taught within focused tasks and the continuous provision throughout the Reception year.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals – Unit 1	Dance – Unit 1	Gymnastics – Unit 2	Introduction to PE – Unit 2	Ball Skills – Unit 1	Games - Unit 2
Introduction to PE – Unit 1	Gymnastics - Unit 1	Dance – Unit 2	Fundamentals – Unit 2	Games – Unit 1	Ball Skills – Unit 2

Key Stage 1 – National Curriculum Physical Education

Pupils should be taught to:

- 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Ball Skills	Dance	Gymnastics	Invasion Games	Net and Wall	Striking and Fielding
	Fitness	Fundamentals	Fitness	Sending and Receiving	Target Games	Team Building
Y2	Ball Skills	Dance	Gymnastics	Invasion Games	Net and Wall	Striking and Fielding
	Fitness	Fundamentals	Fitness	Sending and Receiving	Target Games	Team Building

Key Stage 2 – National Curriculum Physical Education

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	Fundamentals 3/4	Dance	Gymnastics	Handball	Tennis	Rounders
	Basketball	Fitness	Yoga	Tag Rugby	OAA	Athletics
Y4	Ball Skills	Dance	Gymnastics	Ball Skills 3 / 4	Tennis	Cricket
	Basketball	Yoga	Fitness	Hockey	Fundamentals 3 / 4	OAA
Y5	Netball	Dance	Gymnastics	OAA	Tennis	Rounders
	Swimming	Swimming	Yoga	Hockey	Cricket	Athletics
Y6	Hockey	Dance	Gymnastics	OAA	Tennis	Cricket
	Handball	Fitness	Yoga	Netball	Rounders	Athletics