

National Curriculum Coverage Document

Year 1 and 2

Term 1	Term 2		Term 3		Term 1	Term 2		Term 3	
Cycle 1	Cycle 1		Cycle 1		Cycle 2	Cycle 2		Cycle 2	
Dinosaurs and Dragons	Through our Window		Percy's World	I do Like to be Beside the Seaside	The Lion King – Africa	Toys	Moments That Made us		World cup/ Olympics

Area of Study – Physical Education	Term 1 Cycle 1	Term 2 Cycle 1	Term 3 Cycle 1	Term 1 Cycle 2	Term 2 Cycle 2	Term 3 Cycle 2
▪ Coordination – Sending and receiving a ball / Dribbling with feet, hands, sticks and rackets.						
▪ Coordination – Tracking, trapping and throwing an object / Bouncing and travelling with a ball						
▪ Coordination – Sending and receiving in a mini game						
▪ Agility – Running at different speeds and distances / Jumping						
▪ Gymnastics – Movement, balance and holding body shape using mats and equipment						
▪ Gymnastics – Apply compositional ideas in partner / group sequence						
▪ Dance – Explore movement to music and beat.						
▪ Dance – Create, practice, perform and evaluate / Improvise to a range of stimuli						

Year 3 and 4

Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
Cycle 1	Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 2
Around the World in 80 Days	Vicious Vikings and Savage Saxons	Bicester and Beyond	Stormy Seas and Raging Rivers	Victorian Heroes and Villains	Gods and Monsters

Area of Study – Physical Education	Term 1 Cycle 1	Term 2 Cycle 1	Term 3 Cycle 1	Term 1 Cycle 2	Term 2 Cycle 2	Term 3 Cycle 2
<ul style="list-style-type: none"> Invasion Games- Send, receive, dribble, stop and pass with foot, hands, equipment. 						
<ul style="list-style-type: none"> Invasion Games- Skills through formal and informal games 						
<ul style="list-style-type: none"> Striking and fielding- Throwing, catching with and without equipment 						
<ul style="list-style-type: none"> Striking and fielding- Skills through formal and informal games 						
<ul style="list-style-type: none"> Athletics Running for different distances / pace, jumping and throwing 						
<ul style="list-style-type: none"> Dance – Transferring weight, body shape and controlled body movements 						
<ul style="list-style-type: none"> Dance – Perform sequences for purpose 						
<ul style="list-style-type: none"> Gymnastics- Controlled balance and travelling using mats and apparatus / combining balances into short routines 						
<ul style="list-style-type: none"> OAA – Use maps to solve problems / work as a team to complete outdoor challenges 						
<p>Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres 						
<ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 						

<ul style="list-style-type: none"> perform safe self-rescue in different water-based situations. 	Year 5-6 Only
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Year 5 and 6

Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
Cycle 1	Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 2
Blackouts and Blitz	Our Changing World	Rotten Romans	Mighty Mountains	Savage Stone Age	Chocolate

Area of Study – Physical Education	Term 1 Cycle 1	Term 2 Cycle 1	Term 3 Cycle 1	Term 1 Cycle 2	Term 2 Cycle 2	Term 3 Cycle 2
<ul style="list-style-type: none"> Invasion Games- Send, receive, dribble, stop and pass with foot, hands, equipment. 						
<ul style="list-style-type: none"> Invasion Games- Skills through formal and informal games including maintaining and regaining possession 						
<ul style="list-style-type: none"> Net/wall Games – Send and receive the ball with hands 						
<ul style="list-style-type: none"> Net/wall Games – Change of direction, tactics in games and using skills in formal and informal games 						
<ul style="list-style-type: none"> Striking and fielding- Throwing, catching with and without equipment 						
<ul style="list-style-type: none"> Striking and fielding- Skills through formal and informal games 						
<ul style="list-style-type: none"> Athletics Running for different distances / pace, jumping and throwing 						
<ul style="list-style-type: none"> Dance – Transferring weight, body shape and controlled body movements 						
<ul style="list-style-type: none"> Dance – Perform sequences for purpose 						
<ul style="list-style-type: none"> Gymnastics- Controlled balance and travelling using mats and apparatus including vaulting / combining balances into short routines either individually or in a group 						
<ul style="list-style-type: none"> OAA – Use maps and diagrams to solve problems / work as a team to complete outdoor challenges 						

<p>Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres 						
<ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 						
<ul style="list-style-type: none"> perform safe self-rescue in different water-based situations. 						