

PE coverage

These are Get Set 4 PE titles. Complete all of one block before moving onto the next. If you want to complete more lessons, two extra lessons can be found on Awesome Stuff then resources by activity.

	A1	A2	Sp1	Sp2	Su1	Su2
Nursery	Introduction to PE (1)	Fundamentals (1)	Gymnastics (1)	Dance (1)	Ball skills (1)	Games (1)
R	Introduction to PE (2)	Fundamentals (2)	Gymnastics (2)	Dance (2)	Ball skills (2) Athletics (Sports day practice)	Games (2)
1/2	Fundamentals Team building	Ball skills (6 lessons) Yoga	Gymnastics Sending and receiving	Target games Dance	Net and wall Invasion	Athletics Striking and fielding
3/4	Fundamentals (3/4) OAA	Ball Skills (3/4) Yoga	Gymnastics Netball	Tennis Dance	Fitness Tag Rugby	Athletics Rounders
5/6	OAA Volleyball (5/6)	Badminton (5/6) Yoga	Gymnastics Basketball	Fitness Dance	Cricket Hockey	Athletics

Swimming- Year 4 Autumn term

PE coverage

What are fundamental movement skills?

- **Locomotion**: walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.
- **Stabilisation***: balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting.
- **Manipulation**:
 - Sending: pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling.
 - Receiving: pulling, catching, stopping and trapping.
 - Travelling with: dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting.

* These movements are performed both dynamically and statically in place

Throughout EY/KS1 and continuing throughout ks2, there needs to be a focus on these fundamental movement skills. These can be learnt and practised through lots of different games/activities., not just the skills by itself.

E.g. Partner rolls the ball along the floor, can the other child sprint faster than the ball, turn and pick the ball up?

	Early Years	Lower School		Middle School		Upper School	
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Static balance	Red	Yellow		Green	Yellow		
Sprint run	Red	Yellow		Green	Yellow		
Vertical jump	Red	Yellow		Green	Yellow		
Catch	Red	Yellow		Green	Yellow		
Hop		Red	Yellow		Green	Yellow	
Side gallop		Red	Yellow		Green	Yellow	
Skip		Red	Yellow		Green	Yellow	
Overarm throw		Red	Yellow		Green	Yellow	
Leap			Red	Yellow		Green	Yellow
Kick			Red	Yellow		Green	Yellow
Two-hand strike			Red	Yellow		Green	Yellow
Dodge			Red	Yellow		Green	Yellow

	Focused teaching and learning, with an emphasis on the introductory components
	Practice and development, with an emphasis on the fine-tuning components
	Benchmark of when most pupils should demonstrate proficiency of the skill
	Consolidation and application of skill in sport contexts, games and physical activities