

PE coverage- updated Dec 24

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

Swimming- Year 4 Autumn Term

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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
<b>Static balance</b>	Red	Yellow		Green	Yellow		
<b>Sprint run</b>	Red	Yellow		Green	Yellow		
<b>Vertical jump</b>	Red	Yellow		Green	Yellow		
<b>Catch</b>	Red	Yellow		Green	Yellow		
<b>Hop</b>		Red	Yellow		Green	Yellow	
<b>Side gallop</b>		Red	Yellow		Green	Yellow	
<b>Skip</b>		Red	Yellow		Green	Yellow	
<b>Overarm throw</b>		Red	Yellow		Green	Yellow	
<b>Leap</b>			Red	Yellow		Green	Yellow
<b>Kick</b>			Red	Yellow		Green	Yellow
<b>Two-hand strike</b>			Red	Yellow		Green	Yellow
<b>Dodge</b>			Red	Yellow		Green	Yellow

  

<span style="display:inline-block; width:15px; height:10px; background-color:red; border:1px solid black;"></span>	Focused teaching and learning, with an emphasis on the introductory components
<span style="display:inline-block; width:15px; height:10px; background-color:yellow; border:1px solid black;"></span>	Practice and development, with an emphasis on the fine-tuning components
<span style="display:inline-block; width:15px; height:10px; background-color:green; border:1px solid black;"></span>	Benchmark of when most pupils should demonstrate proficiency of the skill
<span style="display:inline-block; width:15px; height:10px; background-color:yellow; border:1px solid black;"></span>	Consolidation and application of skill in sport contexts, games and physical activities