

Bengeo School

PE Subject coverage – Nursery & Reception

	Develop Spatial Awareness	Moving with control and coordination	Ability to balance and travel	Control over objects
Nursery	Introduction to PE Unit 1 Dance Unit 1 Gymnastics Unit 1	Dance Unit 1 Fundamentals Unit 2 Games Unit 1 Gymnastics Unit 1	Dance Unit 1 Fundamentals Unit 1 Gymnastics Unit 1	Ball Skills Unit 1 Games Unit 1
Reception	Introduction to PE Unit 2 Dance Unit 2 Gymnastics Unit 2	Dance Unit 2 Fundamentals Unit 2 Games Unit 2 Gymnastics Unit 2	Dance Unit 2 Fundamentals Unit 2 Gymnastics Unit 2	Ball Skills Unit 2 Games Unit 2

PE Subject coverage – KS 1

	Gymnastic Movements	Basic Movements and Team Games	Dance
	Developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending.	Perform dances using simple movement patterns.
Year 1	Unit: Gymnastics- Year1 (8) <ul style="list-style-type: none"> • Make body curled, tense, stretched and relaxed • Control body when travelling and balancing • Copy sequences and repeat them • Roll, curl, travel and balance in different ways. 	Units: Ball skills (8), Sending and Receiving (8), Striking and Fielding (8), Fundamentals (8) <ul style="list-style-type: none"> • Throw underarm • Throw and kick in different ways 	Units: Dance- Year1 (8) <ul style="list-style-type: none"> • Perform own dance moves • Copy or make up a short dance • Move safely in a space
Year 2	Unit: Gymnastics- Year2 (8) <ul style="list-style-type: none"> • Plan and perform a sequence of movements • Improve sequence based on feedback • Think of more than one way to create a sequence which follows some 'rules'. 	Units: Fitness (8), Invasion (8), Net and Wall (8), Athletics (8) <ul style="list-style-type: none"> • Use hitting, kicking and/or rolling in a game • Decide the best space to be in during a game • Use a tactic in a game • Follow rules 	Units: Dance- Year2 (8) <ul style="list-style-type: none"> • Change rhythm, speed, level and direction in dance • Make a sequence by linking sections together • Use dance to show a mood or feeling.

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PE Subject coverage – KS2

	Gymnastics	Dance	Competitive games
	Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics)	Perform dances using a range of movement patterns	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.
Year 3	Unit: <i>Gymnastics- Year 3 (8)</i> <ul style="list-style-type: none"> Adapt sequences to suit different types of apparatus and criteria Explain how strength and suppleness affect performance 	Unit: <i>Dance- Year 3 (8)</i> <ul style="list-style-type: none"> Improvise freely and translate ideas from a stimulus into movement Share and create phrases with a partner and small group Remember and repeat dance perform phrases 	Units: <i>Basketball (8), Football (8), Tag Rugby (8), Tennis (8)</i> <ul style="list-style-type: none"> Be aware of space and use it to support team mates and to cause problems for the opposition Know and use rules fairly
Year 4	Unit: <i>Gymnastics- Year 4 (8)</i> <ul style="list-style-type: none"> Move in a controlled way Include change of speed and direction in a sequence Work with a partner to create, repeat and improve a sequence with at least three phases. 	Unit: <i>Dance- Year 4 (8)</i> <ul style="list-style-type: none"> Take the lead when working with a partner or group Use dance to communicate an idea 	Units: <i>Hockey (8), Netball (8), Cricket (8), Rounders (8)</i> <ul style="list-style-type: none"> Throw and catch accurately with one hand Hit a ball accurately with control Vary tactics and adapt skills depending on what is happening in a game
Year 5	Unit: <i>Gymnastics- Year 5 (8)</i> <ul style="list-style-type: none"> Make complex extended sequences Combine action, balance and shape Perform consistently to different audiences 	Unit: <i>Dance- Year 5 (8)</i> <ul style="list-style-type: none"> Compose own dances in a creative way Perform dance to an accompaniment Dance shows clarity, fluency, accuracy and consistency 	Units: <i>Basketball (8), Football (8), Tag Rugby (8), Tennis (8)</i> <ul style="list-style-type: none"> Gain possession by working a team and pass in different ways Choose a specific tactic for defending and attacking Use a number of techniques to pass, dribble and shoot
Year 6	Unit: <i>Gymnastics- Year 6 (8)</i> <ul style="list-style-type: none"> Combine own work with that of others Sequences to specific timings 	Unit: <i>Dance- Year 6 (8)</i> <ul style="list-style-type: none"> Develop sequences in a specific style Choose own music and style 	Units: <i>Hockey (8), Netball (8), Cricket (8), Rounders (8)</i> <ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan Lead others in a game situation when need arises

PE Subject coverage – KS2

	Outdoor and Adventurous Activity	Athletics	Evaluate
	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use running, jumping, throwing and catching in isolation and in combination.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 3	Units: OAA (8) <ul style="list-style-type: none"> Follow a map in a familiar context Use clues to follow a route Follow a route safely 	Unit: Athletics (8) <ul style="list-style-type: none"> Run at fast, medium and slow speeds; changing speed and direction Take part in a relay, remembering when to run and what to do 	Unit: Covered in <i>Gymnastics</i> , basketball and football units <ul style="list-style-type: none"> Compare and contrast gymnastic sequences Recognise own improvement in ball games
Year 4	Unit: <ul style="list-style-type: none"> Follow a map in a more demanding familiar context Follow a route within a time limit 	Unit: Athletics (8) <ul style="list-style-type: none"> Sprint over a short distance and show stamina when running over a long distance Jump in different ways Throw in different ways and hit a target, when needed 	Units: Covered in gymnastic, dance and games units <ul style="list-style-type: none"> Provide support and advice to others in gymnastics and dance Be prepared to listen to the ideas of others
Year 5	Unit: OAA (8) <ul style="list-style-type: none"> Follow a map into an unknown location Use clues and a compass to navigate a route Change route to overcome a problem Use new information to change route 	Unit: Athletics (8) <ul style="list-style-type: none"> Controlled when taking off and landing Throw with increasing accuracy Combine running and jumping 	Units: Covered in gymnastic and dance units <ul style="list-style-type: none"> Pick up on something a partner does well and also on something that can be improved Know why own performance was better or not as good as their last
Year 6		Unit: Athletics (8) <ul style="list-style-type: none"> Demonstrate stamina and increase strength 	Units: Fitness (8) <ul style="list-style-type: none"> Know which sports they are good at and find out how to improve further