

PE coverage checker

Key Stage 1			
Statutory requirement	Programme of Study	Covered (Y/N)	Topic(s)/ Lessons
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.	Perform and maintain balances using a number of different body parts of the body.		Y1- Multi-skills Y1/2- S2000- Fundamentals
	Run on the balls of the feet, concentrating on co-ordination, not speed.		Y1- Multi-skills Y1/2- S2000- Fundamentals
	Link three moves together while travelling, aiming to change level, speed and direction.		Y1- Groovy Gymnastics
	Develop basic movements, including shape, balance and stability, agility and co-ordination.		Y1 Gymfit Circuits Y1/2- S2000- Fundamentals/ Gymnastics
	Perform simple movement patterns, mastering balance, agility and co-ordination.		Y2- Gymfit Circuits Y1/2- S2000- Gymnastics
	Control a ball using hands, understanding the correct technique for catching.		Y1- Throwing and Catching Y1/2- S2000- Net/Wall
	Explore striking balls of different sizes using hands and equipment, sending them to a target.		Y1- Throwing and Catching Y1/2- S2000- Net/Wall
	Know how to jump from two feet and explore which is the best way to jump to cover distance.		Y1- Active Athletics
	Perform balances and movements, performing them in a routine.		Y2- Groovy Gymnastics
	Link balances with other travelling moves, moving smoothly into and out of them.		Y2- Groovy Gymnastics
	Understand a stable base and the feeling of losing balance, knowing how to move the body in a variety of ways.		Y2- Multi-skills
	Run with a change of speed and direction, while maintaining balance.		Y2- Active Athletics Y2- S2000- Athletics
	Use arms when jumping and jump with balance and fluency.		Y2- Active Athletics
	Travel with control while following a simple trail.		Y1/2- S2000- OAA
Participate in team games, developing simple tactics for attacking and defending.	Know the tactics and skills to use in order to win a game.		Y1- Throwing and Catching Y1/2- S2000- Invasion/ Net & Wall/ Athletics/ Striking & Fielding
	Play fairly and understand the rules of a game and how to score points.		Y2- Multi-skills Y1/2- S2000- Invasion/ Net & Wall/ Athletics/ Striking & Fielding
Perform dances using simple movement patterns.	Practise travelling movements with a change in direction, understanding the beats in the music.		Y1- Story Time Dance
	Perform dance moves that flow smoothly from one to the next.		Y1- Story Time Dance
	Show contrasting movements with strength and clarity, performing a complete dance.		Y2- Ugly Bug Ball Dance

Key Stage 2			
Statutory requirement	Programme of Study	Covered (Y/N)	Topic(s)/ Lessons
Use running, jumping, throwing and catching in isolation and in combination.	Reinforce and improve throwing and running techniques.		Y3- Active Athletics
	Use different types of jumping techniques.		Y3- S2000- Athletics
	Find different throwing techniques		Y3- S2000- Athletics
	Send and receive the ball with both hands using speed and accuracy whilst moving around and finding space.		Y3- S2000- Invasion & Striking and Fielding.
	Perform indoor athletics events, understanding adaptations.		Y4- Gymfit Circuits
	Sprint a short distance, showing good running technique for speed, including being able to jump over obstacles.		Y4- Young Olympians Y4- S2000- Athletics
	Throw as far as possible using different techniques and throw increasing accuracy towards a batter/target.		Y4- S2000- Athletics/ Striking & Fielding
	Travel with equipment in a variety of ways, ending with sending the object accurately towards a specific target.		Y4- S2000- Invasion
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.	Understand how to compete in a sporting way, showing an understanding of the rules.		Y3- Active Athletics
	Keep a rally going in tennis, understanding how to score points and basic tactics to try to win.		Y3- S2000- Net/wall games
	Compete in a mini five-a-side football tournament, using skills taught and understanding how to beat an opponent.		Y4- Invaders
Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).	Compete in a mini tennis competition using a simple points scoring system.		Y4- S2000- Net/Wall
	Improve core strength, balance, co-ordination and agility, understanding why they are important.		Y3- Cool Core Y3- Gymfit Circuits
	Change and maintain a centre of balance, developing co-ordination.		Y3- Multi-Skills
	Use varying stimulus to create a gymnastic sequence, analysing their own performances and those of others.		Y3- Groovy Gymnastics
	Master Pilates moves with accuracy and control.		Y4- Cool Core
Perform dances using a range of movement patterns.	Create longer gymnastic sequences and perform them with fluency and clarity of movement, including in a canon and in unison, using counterbalances.		Y4- Gym Sequences
	Use agility, balance and co-ordination techniques to keep control of a ball in a competitive situation.		Y4- Invaders
	Perform, with confidence, a dance with rhythm and expression.		Y3- African Dance
	Develop and improve dancing and performance skills, understanding how to prepare for a dance performance.		Y4- Dynamic Dance
Perform dances using a range of movement patterns.	Create a patterned dance that reflects a chosen style, applying key components of dance.		Y4- Dynamic Dance Y5- Dynamic Dance
	Create and perform an individual dance that reflects a chosen style, applying key components of dance.		Y5- Dynamic Dance