

P.E Yearly Coverage, Progression and Planning

| P.E Yearly Coverage, Progression and Planning | | | | | | | |
|---|---|---|--------|---|---|--------|---|
| | Reception– Autumn 1 | Year 1 – Autumn 1 | | | Year 2 – Autumn 1 | | |
| Autumn 1 – Session 1 | Introduction to P.E Week 1 - To move around safely in space. Week 2 - To follow instructions and stop safely. Week 3 -To stop safely and develop control when using equipment. Week 4 - To follow instructions and play safely as a group. | Fundamentals of locomotion balancing sprinting jogging dodging jumping hopping skipping | Week 1 | To explore balance, stability and landing safely. | Fundamentals of locomotion balancing sprinting jogging dodging jumping hopping skipping | Week 1 | To explore how the body moves when running at different speeds. |
| | | | Week 2 | To explore how the body moves differently when running at different speeds. | | Week 2 | To develop changing direction and dodging. |
| | | | Week 3 | To explore changing direction and dodging. | | Week 3 | To develop balance, stability and landing safely. |
| | | | Week 4 | To explore jumping, hopping and skipping actions. | | Week 4 | To explore and develop jumping, hopping and skipping actions. |
| | | | Week 5 | To explore co-ordination and combination jumps. | | Week 5 | To develop co-ordination and combining jumps. |
| | | | Week 6 | To explore combination jumping and skipping in an individual rope. | | Week 6 | To develop combination jumping and skipping in an individual rope. |
| Autumn 1 – Session 2 | Week 5 - To follow a path and take turns. Week 6 - To work co-operatively with a partner. | Dance Theme Weather 3wks Pirates 3 Wks | Week 1 | To use counts of 8 to move in time and make my dance look interesting. | Dance Theme Secret Garden 3 wks The Circus 3 wks | Week 1 | To remember, repeat and link actions to tell the story of my dance. |
| | | | Week 2 | To explore pathways in my dance. | | Week 2 | To develop an understanding of dynamics and how they can show an idea. |
| | | | Week 3 | To create my own dance using, actions, pathways and counts. | | Week 3 | Use counts of 8 to help you stay in time with the music. |
| | | | Week 4 | To explore speeds and actions in our pirate inspired dance. | | Week 4 | To copy, remember and repeat actions using facial expressions to show different characters. |
| | | | Week 5 | To copy, remember and repeat actions that represent the theme. | | Week 5 | To explore pathways and levels. |
| | | | Week 6 | To copy, repeat, create and perform actions that represent the theme. | | Week 6 | To remember and rehearse our circus dance showing expression and character. |
| | EYFS – Autumn 2 | Year 1 – Autumn 2 | | | Year 2 – Autumn 2 | | |
| Autumn 2 – Session 1 | Fundamentals Week 1 - To develop balancing. Week 2 - To develop running and stopping. Week 3 - To develop changing direction. Week 4 - To develop jumping. Week 5 - To develop hopping. | Ball Skills rolling kicking throwing catching bouncing dribbling tracking | Week 1 | To develop dribbling a ball with your hands. | Ball Skills rolling kicking throwing catching bouncing dribbling tracking | Week 1 | To develop rolling a ball to hit a target. |
| | | | Week 2 | To explore accuracy when rolling a ball. | | Week 2 | To stop a rolling ball. |
| | | | Week 3 | To explore throwing with accuracy towards a target. | | Week 3 | To dribble a ball with your feet. |
| | | | Week 4 | To explore catching with two hands. | | Week 4 | To develop kicking a ball. |
| | | | Week 5 | To explore dribbling a ball with your feet. | | Week 5 | To develop throwing and catching. |
| | | | Week 6 | To explore tracking a ball that is coming towards me. | | Week 6 | To develop dribbling a ball with your hands. |

| | | | | | | | |
|----------------------|---|---|--------|---|--|--------|--|
| Autumn 2 – Session 2 | Week 6 - To explore different ways to travel using equipment. | Gymnastics travelling shapes balances | Week 1 | To explore travelling movements. | Gymnastics travelling shapes balances | Week 1 | To perform gymnastic shapes and link them together. |
| | | | Week 2 | To develop and combine travelling movements. | | Week 2 | To perform gymnastics shapes with control and link them together. |
| | | | Week 3 | To develop quality when performing and linking shapes. | | Week 3 | To use shapes to create balances. |
| | | | Week 4 | To develop quality when linking shapes. | | Week 4 | To use shapes to create balances. |
| | | | Week 5 | To develop stability and control when performing balances. | | Week 5 | To link travelling actions and balances using apparatus. |
| | | | Week 6 | To develop stability and control when performing balances.3 | | Week 6 | To develop travelling actions and balances using apparatus. |
| | EYFS - Spring Term 1 | Year 1 – Spring 1 | | | Year 2 – Spring 1 | | |
| Spring 1 – lesson 1 | Ball Skills Week 1 – To develop rolling and tracking a ball. Week 2 – To develop accuracy when throwing to a target. Week 3 - To develop dribbling with hands. Week 4 – To develop throwing and catching with a partner. | Target Games underarm/ overarm throwing, aim hand eye co- ordination | Week 1 | To develop underarm throwing towards a target. | Target Games - throwing rolling striking | Week 1 | To consider how much power to apply when aiming at a target. |
| | | | Week 2 | To develop throwing for accuracy. | | Week 2 | To understand how to score using overarm and underarm throwing. |
| | | | Week 3 | To develop underarm and overarm throwing at a target. | | Week 3 | To develop striking to a target. |
| | | | Week 4 | To develop throwing for accuracy and distance using underarm and overarm. | | Week 4 | To develop hitting a moving target. |
| | | | Week 5 | To select the correct throw for the target. | | Week 5 | To select and apply the appropriate skill to the target game. |
| | | | Week 6 | To develop throwing for accuracy and distance. | | Week 6 | To show an improvement in my personal best. |
| Spring 1 – Lesson 2 | Week 5 - To develop dribbling a ball with your feet. Week 6 - To develop kicking a ball to a target. | Dance Theme The Lost Toy 3wks On Safari 3 wks | Week 1 | To explore speeds and actions. | Gymnastics jumps rolls sequences | Week 1 | To demonstrate different shapes, take off and landing when performing jumps. |
| | | | Week 2 | To use expression and create actions that relate to the story. | | Week 2 | To develop different shapes, take offs and landings when performing jumps. |
| | | | Week 3 | To use a pathway when travelling. | | Week 3 | To develop rolling and sequence building. |
| | | | Week 4 | To explore and copy actions in response to a theme. | | Week 4 | To refine rolling and sequence building. |
| | | | Week 5 | To create my own actions for an animal. | | Week 5 | To create a sequence using apparatus. |
| | | | Week 6 | To explore pathways with a partner. | | Week 6 | To create a sequence using apparatus. |
| | EYFS link - Spring Term 2 | Year 1 – Spring 2 | | | Year 2 – Spring 2 | | |
| Spring | Games | Sending and Receiving | Week 1 | To develop rolling and throwing a ball towards a target. | Sending and Receiving | Week 1 | To roll a ball towards a target. |
| | | | Week 2 | To develop receiving a rolling ball and tracking skills. | | Week 2 | To track and receive a rolling ball. |

| | | | | | | | |
|---------------------|--|--|--------|--|---|--------|---|
| Spring 2 – Lesson 2 | Week 1 - To aim when throwing and keep score. | throwing catching retrieving tracking striking | Week 3 | To be able to send and receive a ball with your feet. | throwing catching tracking bowling batting | Week 3 | To send and receive a ball with your feet. |
| | Week 2 - To follow instructions and move safely when play tagging games. | | Week 4 | To develop throwing and catching skills over a short distance. | | Week 4 | To develop catching skills. |
| | Week 3 - To learn to play against a partner. | | Week 5 | To develop throwing and catching over a longer distance. | | Week 5 | To develop throwing and catching skills. |
| | Week 4 - To develop co-ordination and play by the rules. | | Week 6 | To apply sending and receiving skills to small games. | | Week 6 | To send and receive a ball using a racket. |
| | Week 5 - To explore striking a ball and keeping score. | Gymnastics jumps rolls sequences | Week 1 | To develop technique and control when performing shape jumps. | Dance Theme The Rainforest 3wks Jack Frost 3wks | Week 1 | To copy, repeat and create actions in response to a stimulus. |
| | Week 6 - To work co-operatively as a team. | | Week 2 | To develop technique and control when performing shape jumps. | | Week 2 | To copy, create and perform actions considering dynamics. |
| | | | Week 3 | To develop technique in the barrel, straight and forward roll. | | Week 3 | To create a short dance phrase with a partner showing clear changes of speed. |
| | | | Week 4 | To develop rolls and use them in a sequence. | | Week 4 | To copy, repeat and create movement patterns in response to the theme. |
| | | | Week 5 | To link gymnastic actions to create a sequence. | | Week 5 | To create and perform using unison, mirroring and matching with a partner. |
| | | | Week 6 | To develop quality in gymnastics sequences. | | Week 6 | To remember and repeat actions and dance as a group. |

| | EYFS link - Summer Term 1 | Year 1 – Summer Term 1 | | | Year 2 – Summer Term 1 | | |
|---------------------|---|---|--------|--|--|--------|--|
| Summer 1 – Lesson 1 | Dance Week 1 - To copy, repeat and explore actions in response to a theme. Week 2 - To explore and remember actions considering level, shape and direction. Week 3 - To explore movement using a prop with control and co-ordination. | Net and Wall throwing catching hitting a ball tracking a ball | Week 1 | To defend space using the ready position. | Net and Wall throwing catching racket skills ready position hitting a ball | Week 1 | To use the ready position to defend space on court. |
| | | | Week 2 | To play against an opponent and keep the score. | | Week 2 | To develop returning a ball with hands. |
| | | | Week 3 | To explore hitting with a racket. | | Week 3 | To play against a partner. |
| | | | Week 4 | To develop racket and ball skills. | | Week 4 | To develop racket skills and use them to return a ball. |
| | | | Week 5 | To develop sending a ball using a racket. | | Week 5 | To develop returning a ball using a racket. |
| | | | Week 6 | To develop hitting over a net. | | Week 6 | To play against an opponent using a racket. |
| Summer 1 – Lesson 2 | Week 4 - To move with control and co-ordination, expressing ideas through movement. | Swimming Water confidence | Week 1 | To develop confidence entering the water. | Invasion Games | Week 1 | To understand what being in possession means and support a teammate to do this. |
| | Week 5 - To remember and repeat actions moving in time with the music. | | Week 2 | To develop confidence putting face in water. | | Week 2 | To understand that scoring goals is an attacking skill and to explore ways to do this. |
| | Week 6 – To explore actions in response to a theme and begin to use counts. | | Week 3 | To develop confidence swimming on front. | | Week 3 | To understand that stopping goals is a defending skill and explore ways to do this. |
| | | | Week 4 | To develop confidence floating and swimming on back. | | Week 4 | To explore how to gain possession. |
| | | | Week 5 | To develop confidence going under the water. | | Week 5 | To mark an opponent and understand that this is a defending skill. |

| | | | | | | | |
|---------------------|---|---|--------|---|--|--------|---|
| | | | Week 6 | To develop confidence swimming at length. | | Week 6 | To apply simple tactics for attacking and defending. |
| | EYFS link - Summer Term 2 | Year 1 – Summer Term 2 | | | Year 2 – Summer Term 2 | | |
| Summer 2 – Lesson 1 | Gymnastics Week 1 - To create short sequences using shapes, balances and travelling actions. Week 2 - To develop balancing and safely using apparatus. Week 3 - To develop jumping and landing safely from a height. Week 4 - To develop rocking and rolling. Week 5 - To explore travelling around, over and through apparatus. Week 6 - To create sequences using apparatus. | Invasion Games throwing catching kicking dribbling dodging finding space | Week 1 | To understand the role of defenders and attackers. | Athletics running jumping throwing | Week 1 | To develop the sprinting action. |
| | | | Week 2 | To recognise who to pass to and why. | | Week 2 | To develop jumping for distance. |
| | | | Week 3 | To move towards goal with the ball. | | Week 3 | To develop technique when jumping for height. |
| | | | Week 4 | To support a teammate when playing in attack. | | Week 4 | To develop throwing for distance. |
| | | | Week 5 | To move into space showing an awareness of defenders. | | Week 5 | To develop throwing for accuracy. |
| | | | Week 6 | To stay with a player when defending. | | Week 6 | To select and apply knowledge and technique in an athletics carousel. |
| Summer 2 – Lesson 2 | | Striking and Fielding throwing catching retrieving tracking striking | Week 1 | To develop underarm throwing and catching. | Striking and Fielding throwing catching tracking bowling batting | Week 1 | To track a rolling ball and collect it. |
| | | | Week 2 | To develop overarm throwing. | | Week 2 | To develop underarm throwing and catching to field a ball. |
| | | | Week 3 | To develop hitting a ball. | | Week 3 | To develop overarm throwing to limit a batter's score. |
| | | | Week 4 | To develop collecting a ball. | | Week 4 | To develop hitting for distance to score more points. |
| | | | Week 5 | To learn how to get a batter out. | | Week 5 | To be able to get a batter out. |
| | | | Week 6 | To play games and understand how to score points. | | Week 6 | To understand the rules of the game and use these to play fairly. |