

# Meadowcroft Primary School Subject Coverage Map

Subject: PE

We believe that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. The PE curriculum should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**We aim to ensure that all pupils:**

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives.

**Our aims by the end of KS1:**

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

**Our aims by the end of KS2:**

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Autumn	Spring	Summer
EYFS	<p><b>Area of EYFS:</b> Physical Development</p> <p><b>Key skills and knowledge:</b>                      To manage body movements to compete a goal                      To hold pencil comfortably                      To use scissors safely and effectively</p> <p><b>ELG:</b>                      Gross motor/Fine motor</p> <p><b>Opportunities across the year:</b> (Weekly PE sessions; Funky fingers; Playdough/ malleable area)                      Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport, and swimming.                      Develop their small motor skills so that they can use a range of tools competently, safely, and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, and spoon.                      Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.                      Develop overall body-strength, balance, co-ordination, and agility.                      Detailed fine motor development on 'Personalised learning' plan. – where needed                      Health/ hygiene and oral health to be a strand running through the whole year- link to personal care and daily routines. – Dentist/ Doctor visits</p>		
	<p><b>Introduction to PE:</b>  <b>Learning Objectives –</b></p> <ul style="list-style-type: none"> <li>- To move safely and sensibly</li> <li>- To develop moving and stopping with control</li> <li>- To use equipment safely</li> <li>- To ravel whilst following a path</li> <li>- To co-operate and work in groups</li> </ul>	<p><b>Fundamentals of PE Unit 2:</b>  <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop different balances</li> <li>- To develop running and stopping control</li> <li>- To develop changing directions</li> <li>- To develop jumping and landing safely</li> </ul>	<p><b>Gymnastics Unit 1:</b>  <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To copy and create shapes with the body</li> <li>- To create shapes on apparatus</li> <li>- To develop dancing and taking weight on body</li> <li>- To develop jumping and landing safely</li> </ul>
	<p><b>Ball Skills: Unit 2</b>  <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop rolling and tracking a ball</li> <li>- To develop accuracy when throwing to a target</li> <li>- To develop dribbling with hands</li> </ul>	<p><b>Games Unit 2:</b>  <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To aim when throwing and keeping score</li> <li>- To follow instructions and move safely when tagging games</li> <li>- To learn to play against a partner</li> </ul>	<p><b>Athletics Unit 2: Jumping</b>  <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To be able to demonstrate different jumps in response to instructions</li> <li>- To jump for height with balance and control</li> </ul>

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	<ul style="list-style-type: none"> <li>- To follow, copy and lead a partner</li> </ul> <p><b>Fundamentals of PE:</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop balancing</li> <li>- To develop running and stopping</li> <li>- To develop changing directions</li> <li>- To develop jumping and landing</li> <li>- To develop hopping and landing with control</li> <li>- Exploring different ways of travel</li> </ul> <p><b>On-going</b> Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene</p>	<ul style="list-style-type: none"> <li>- To develop hopping and landing safely</li> <li>- To travel using equipment</li> </ul> <p><b>Games Unit 1:</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To work safely and develop running and stopping</li> <li>- To develop throwing and keeping score</li> <li>- To understand different roles within a game</li> <li>- To follow instructions and play safely in tag games</li> <li>- To learn how to work co-operatively and take turns</li> <li>- To work with others in tagging games</li> </ul> <p><b>On-going</b> Revise and refine the fundamental movement skills they have already acquired through gymnastics (Autumn Term 1) rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p>	<ul style="list-style-type: none"> <li>- To develop rocking and rolling</li> <li>- To be able to link actions together</li> </ul> <p><b>Ball Skills Unit 1:</b> <b>Learning Objectives-</b></p> <ul style="list-style-type: none"> <li>- To develop rolling a ball at a target</li> <li>- To develop stopping a rolling ball</li> <li>- To develop accuracy when throwing a ball</li> <li>- To develop dribbling with your feet</li> <li>- To develop kicking a ball</li> </ul> <p><b>On-going</b> Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>	<ul style="list-style-type: none"> <li>- To develop throwing and catching with a partner</li> <li>- To develop dribbling a ball with feet</li> <li>- To develop kicking a ball to a target</li> </ul> <p><b>Games Unit 1:</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To work safely and develop running and stopping</li> <li>- To develop throwing and how to keep score</li> <li>- To play games showing an understanding of the roles</li> <li>- To follow instructions in tag games</li> <li>- To work co-operatively and take turns</li> <li>- To work well with others</li> </ul> <p><b>On-going</b> Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>	<ul style="list-style-type: none"> <li>- To develop co-ordination and play by rules</li> <li>- To explore striking a ball and keep score</li> <li>- To work as a team</li> </ul> <p><b>Athletics Unit 1: Running Based</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To understand how to stop, start and change direction effectively</li> <li>- To run with correct posture and balance</li> <li>- To develop traveling with control</li> <li>- To have an understanding of distances when running</li> <li>- To be able to run in a straight line</li> <li>- To be able to run to an object and retrieve it</li> </ul> <p><b>On-going</b> Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>	<ul style="list-style-type: none"> <li>- To understand and demonstrate the use of arms when jumping</li> <li>- To be able to take off and land in different positions</li> <li>- To demonstrate control when landing from different heights and positions</li> <li>- To be able to link multiple jumps together with balance and co-ordination</li> </ul> <p><b>Team Building</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To co-operate with a group to complete challenges</li> <li>- To explore a develop ways of working as a team</li> <li>- To develop talking, listening and sharing skills</li> <li>- To use understand why communication is important in teams</li> <li>- To plan with small groups to overcome challenges</li> <li>- To explore more ways of communicating in activity</li> </ul>
MILE STONES for years 1 and 2	<p><b>Games (including athletics)</b></p> <ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>					
	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>					
	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>					
Year 1	<p><b>Fundamentals</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To explore balance, stability and landing safely</li> <li>- To explore how the body moves different and speeds</li> <li>- To explore changing directions and dodging</li> <li>- To explore jumping, hopping and skipping</li> </ul>	<p><b>Gymnastics</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To explore travelling movements</li> <li>- To develop quality when performing shapes</li> <li>- To develop stability and control in shapes</li> <li>- To develop technique and control in jump shapes</li> </ul>	<p><b>Dance (Pirates and Weather)</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To use counts of 8 to move in time</li> <li>- To explore pathways in dance</li> <li>- To explore speeds and actions in dance</li> <li>- To copy, remember and repeat dance moves</li> <li>- To create a dance using actions, pathways and counts</li> </ul>	<p><b>Ball Skills</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop dribbling a ball with hands</li> <li>- To explore accuracy when rolling a ball</li> <li>- To explore throwing with accuracy at a target</li> <li>- To explore catching with two hands</li> </ul>	<p><b>Team Building</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To co-operate with a partner to complete challenges</li> <li>- To explore a develop ways of working as a team</li> <li>- To develop talking, listening and sharing skills</li> <li>- To use speaking and listening to lead a partner</li> </ul>	<p><b>Striking and Fielding Games</b> <b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop underarm throwing and catching</li> <li>- To develop overarm throwing</li> <li>- To develop hitting a ball</li> <li>- To develop collecting a ball</li> <li>- To learn how to get a batter out</li> </ul>

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	<ul style="list-style-type: none"> <li>- To explore co-ordination and combination jumps</li> <li>- To explore jumping and skipping with individual rope</li> </ul> <p><b>Yoga</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To explore yoga and mindfulness</li> <li>- To be able to copy and remember poses</li> <li>- To develop flexibility in poses</li> <li>- To develop balance whilst holding poses</li> <li>- To create poses using a hoop</li> <li>- To create a yoga flow with a partner</li> </ul>	<ul style="list-style-type: none"> <li>- To develop technique in barrel, straight and forward rolls</li> <li>- To link gymnastic actions to create a sequence</li> </ul> <p><b>Sending and Receiving</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop rolling and throwing to a target</li> <li>- To develop receiving a rolling ball and tracking skills</li> <li>- To be able to send and receive a ball with your feet</li> <li>- To develop throwing and catching short distance</li> <li>- To develop throwing and catching long distance</li> <li>- To apply these skills to small games</li> </ul>	<ul style="list-style-type: none"> <li>- To remember, practise and perform my dance</li> </ul> <p><b>Fitness</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop understanding how exercise makes us feel</li> <li>- To develop understanding how exercise keeps us healthy</li> <li>- To develop my understanding how exercise affects breathing</li> <li>- To be able to explain how exercise helps my brain</li> <li>- To understand how exercise helps my muscles</li> <li>- To understand the importance of daily exercise</li> </ul>	<ul style="list-style-type: none"> <li>- To explore dribbling a ball with your feet</li> <li>- To explore tracking a ball traveling towards me</li> </ul> <p><b>Target Games</b></p> <p><b>Learning Objectives - On-going</b></p> <ul style="list-style-type: none"> <li>- To develop underarm throwing towards a target</li> <li>- To develop throwing with accuracy</li> <li>- To develop overarm throwing at a target</li> <li>- To develop throwing longer distance accurately</li> <li>- To know which throw to use for a target</li> <li>- To develop throwing for accuracy and distance</li> </ul>	<ul style="list-style-type: none"> <li>- To plan with small groups to overcome challenges</li> <li>- To explore more ways of communicating in activity</li> </ul> <p><b>Sports Day Practise</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To understand the throwing skills required for sports day</li> <li>- To understand the jumping skills required for sports day</li> <li>- To understand the running skills required for sports day</li> <li>- To develop throwing skills</li> <li>- To develop jumping skills</li> <li>- To develop running/athletic skills</li> </ul>	<ul style="list-style-type: none"> <li>- To play games and understand how to score points</li> </ul> <p><b>Athletics</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To understand moving at different speeds over varying distances</li> <li>- To develop balance</li> <li>- To develop changing directions</li> <li>- To explore hopping, jumping and leaping for distance</li> <li>- To develop throwing for distance</li> <li>- To develop throwing for accuracy</li> </ul>
Year 2	<p><b>Fundamentals</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To explore how the body moves when running</li> <li>- To develop changing direction and dodging</li> <li>- To develop balance, stability and landing safely</li> <li>- To explore and develop jumping and hopping actions</li> <li>- To develop co-ordination and combining jumps</li> <li>- To develop combination jumping and skipping with a rope</li> </ul> <p><b>Gymnastics</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To perform gymnastic shapes and link them</li> <li>- To use shapes to create balances</li> <li>- To link travel actions and balances on apparatus</li> <li>- To demonstrate shapes, take-off and landing in jumps</li> <li>- To develop rolling and sequence building</li> <li>- To create a sequence using apparatus</li> </ul>	<p><b>Yoga</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To copy and repeat yoga poses</li> <li>- To develop awareness of strength in yoga</li> <li>- To develop awareness of flexibility in yoga</li> <li>- To copy and remember actions linking them to flow</li> <li>- To create a flow and perform to a partner</li> <li>- To explore poses and create yoga flow</li> </ul> <p><b>Fitness</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To learn how to run over distance</li> <li>- To develop jumping a long rope using timing</li> <li>- To develop co-ordination in individual skipping</li> <li>- To develop stamina and change of direction</li> <li>- To explore exercises to develop strength</li> <li>- To develop agility, balance and co-ordination</li> </ul>	<p><b>Dance (Secret Garden / Rainforest)</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To remember and link actions to tell a story</li> <li>- To develop understanding of dynamics to show ideas</li> <li>- Use counts of 9 to help stay in time with music</li> <li>- To copy and repeat actions in response to stimulus</li> <li>- To create and perform actions considering dynamics</li> <li>- To create short dance with a partner showing speed changes</li> </ul> <p><b>Sending and Receiving</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To roll a ball towards a target</li> <li>- To track and receive a rolling ball</li> <li>- To send and receive a ball with feet</li> <li>- To develop catching skills</li> <li>- To develop throwing and catching skills</li> <li>- To send and receive a ball with a racket</li> </ul>	<p><b>Net and Wall Games</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>- To use a ready position to defend space</li> <li>- To develop returning a ball with hands</li> <li>- To play against a partner</li> <li>- To develop racket skills and use them to return a ball</li> <li>- To develop returning a ball with a racket</li> <li>- To play against an opponent using a racket</li> </ul> <p><b>Ball Skills</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop rolling a ball to hit a target</li> <li>- To develop stopping a rolling ball</li> <li>- To develop dribbling a ball with feet</li> <li>- To develop kicking a ball</li> <li>- To develop throwing and catching</li> <li>- To develop dribbling a ball with hands</li> </ul>	<p><b>Target Games</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To consider and understand how much power is needed</li> <li>- To understand how to score using over and under arm</li> <li>- To develop striking to a target</li> <li>- To develop hitting a moving target</li> <li>- To select the appropriate skill to the target game</li> <li>- To show an improvement in my personal best</li> </ul> <p><b>Sports Day Practise</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To understand the throwing skills required for sports day</li> <li>- To understand the jumping skills required for sports day</li> <li>- To understand the running skills required for sports day</li> <li>- To develop throwing skills</li> <li>- To develop jumping skills</li> <li>- To develop running/athletic skills</li> </ul>	<p><b>Athletics</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>- To develop sprinting action</li> <li>- To develop jumping for distance</li> <li>- To develop jumping for height</li> <li>- To develop throwing for distance</li> <li>- To develop throwing for accuracy</li> <li>- To select and apply knowledge and technique in an athletics carousel</li> </ul> <p><b>Striking and Fielding Games</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>- To track a rolling ball and collect it</li> <li>- To develop underarm throwing and catching to field</li> <li>- To develop overarm throwing to limit a batter's score</li> <li>- To develop hitting for distance to score more points</li> <li>- To be able to get a batter out</li> <li>- To understand the rules of the game and use these to play fairly</li> </ul>
MILE STONES years 3 and 4	<p><b>Games</b></p> <ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>					

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	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat sequences.</li> <li>Move in a clear, fluent and expressive manner.</li> <li>Refine movements into sequences.</li> <li>Create dances and movements that convey a definite idea.</li> <li>Change speed and levels within a performance.</li> <li>Develop physical strength and suppleness by practising moves and stretching.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Plan, perform and repeat sequences.</li> <li>Move in a clear, fluent and expressive manner.</li> <li>Refine movements into sequences.</li> <li>Show changes of direction, speed and level during a performance.</li> <li>Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>Swing and hang from equipment safely (using hands).</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Sprint over a short distance up to 60 metres.</li> <li>Run over a longer distance, conserving energy in order to sustain performance.</li> <li>Use a range of throwing techniques (such as under arm, over arm).</li> <li>Throw with accuracy to hit a target or cover a distance.</li> <li>Jump in a number of ways, using a run up where appropriate.</li> <li>Compete with others and aim to improve personal best performances.</li> </ul>					
Year 3	<p><b>Fundamentals</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To develop balance and apply to other skills</li> <li>To understand how the body moves at different speeds</li> <li>To develop technique when changing speed</li> <li>To develop agility using changes of speed and direction</li> <li>To develop technique and control when jumping, hopping and landing</li> <li>To apply fundamental skills to a variety of games</li> </ul> <p><b>Dodgeball</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To develop hitting a moving target</li> <li>To develop throwing to get players out</li> <li>To identify the skills needed to avoid being hit</li> <li>To develop dodging skills within a game</li> <li>To develop catching skills</li> <li>To develop catching skills and be confident within a game</li> </ul>	<p><b>Handball</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To understand the role of an attacker</li> <li>To develop movement skills to lose defenders</li> <li>To develop decision making in attack</li> <li>To understand the role of a defender</li> <li>To apply tactics to a small sided game</li> <li>To apply skills, rules and tactics to play a game</li> </ul> <p><b>Gymnastics</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To be able to create interesting point and patch balances</li> <li>To develop stepping into shape jumps with control</li> <li>To develop straight, barrel and forward roll</li> <li>To be able to transition in and out of balances</li> <li>To create a sequence with matching and opposing balances</li> <li>To create a partner sequence using skills and a hoop</li> </ul>	<p><b>Netball</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To understand the role of an attacker when in position</li> <li>To develop movement skills to lose a defender</li> <li>To understand and learn how to score goals</li> <li>To understand the role of a defender</li> <li>To remember that intercepting is a defending skill and different ways to do this</li> <li>To apply skills and knowledge to small basic games</li> </ul> <p><b>Fitness</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>To understand how balance helps us in everyday life</li> <li>To understand how co-ordination helps us</li> <li>To understand how strength helps us</li> <li>To understand how speed helps us</li> <li>To understand how agility helps us</li> <li>To understand how stamina helps us</li> </ul>	<p><b>Tag Rugby</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To learn the techniques of handling a rugby ball</li> <li>To develop throwing, catching and running with the ball</li> <li>To learn how to defend by taking tags</li> <li>To develop an understanding of defending as a team</li> <li>To explore attacking skills to get closer to the try line</li> <li>To apply rules and skills to small games</li> </ul> <p><b>Hockey</b></p> <p><b>Learning Objectives -</b></p> <ul style="list-style-type: none"> <li>To send a receive with some control</li> <li>To move safely and with control with the ball</li> <li>To develop decision making in attack</li> <li>To understand the role of defending</li> <li>To apply tactics to small sided games</li> <li>To apply skills, rules and tactics to play a mini tournament</li> </ul>	<p><b>Athletics</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To develop sprinting technique and improve PB</li> <li>To develop changeover technique in replays</li> <li>To develop jumping techniques in a range of approaches</li> <li>To develop throwing for distance and accuracy</li> <li>To develop throwing for distance in a pull throw</li> <li>To develop officiating and performing skills</li> </ul> <p><b>Sports Day Practise</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To understand the throwing skills required for sports day</li> <li>To understand the jumping skills required for sports day</li> <li>To understand the running skills required for sports day</li> <li>To develop throwing skills</li> <li>To develop jumping skills</li> <li>To develop running/athletic skills</li> </ul>	<p><b>Football</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To understand the role of an attacker when in position</li> <li>To develop movement skills to lose a defender</li> <li>To understand that scoring goals is an attacking skill</li> <li>To understand the role of defender</li> <li>To apply tactics to small sided games</li> <li>To apply skills and knowledge to play fair games using rules</li> </ul> <p><b>Rounders</b></p> <p><b>Lesson Objectives -</b></p> <ul style="list-style-type: none"> <li>To learn how to score points in striking and fielding games</li> <li>To develop batting to score points</li> <li>To develop fielding skills to limit the batter's score</li> <li>To understand the role of the bowler in a fielding team</li> <li>To develop an understanding of tactics and begin to use them in games</li> <li>To apply skills and knowledge to play games using rounders rules</li> </ul>

# Meadowcroft Primary School Subject Coverage Map

Subject: PE

Year 4	<p><b>Gymnastics</b> Shape &amp; Balance</p> <p>Swimming</p>	<p><b>Dance/Gymnastics</b></p> <p>Swimming</p>	<p><b>Invasion Games</b> Tag rugby</p> <p>Swimming</p>	<p><b>Invasion Games</b> Basketball</p> <p>Swimming</p>	<p><b>Striking &amp; Fielding</b> Tennis</p> <p><b>Athletics &amp; Multi-skills</b> Circuits</p>	<p><b>Athletics &amp; Multi-skills</b> Athletics</p> <p><b>Striking &amp; Fielding</b> Cricket</p> <p>Sports Week</p>
MILE STONES for years 5 and 6	<p><b>Games</b></p> <ul style="list-style-type: none"> <li>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>Work alone, or with team mates in order to gain points or possession.</li> <li>Strike a bowled or volleyed ball with accuracy.</li> <li>Use forehand and backhand when playing racket games.</li> <li>Field, defend and attack tactically by anticipating the direction of play.</li> <li>Choose the most appropriate tactics for a game.</li> <li>Uphold the spirit of fair play and respect in all competitive situations.</li> <li>Lead others when called upon and act as a good role model within a team.</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Compose creative and imaginative dance sequences.</li> <li>Perform expressively and hold a precise and strong body posture.</li> <li>Perform and create complex sequences.</li> <li>Express an idea in original and imaginative ways.</li> <li>Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Create complex and well-executed sequences that include a full range of movements including:             <ul style="list-style-type: none"> <li>travelling</li> <li>balances</li> <li>swinging</li> <li>springing</li> <li>flight</li> <li>vaults</li> <li>inversions</li> <li>rotations</li> <li>bending, stretching and twisting</li> <li>gestures</li> <li>linking skills.</li> </ul> </li> <li>Hold shapes that are strong, fluent and expressive.</li> <li>Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>Vary speed, direction, level and body rotation during floor performances.</li> <li>Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Combine sprinting with low hurdles over 60 metres.</li> <li>Choose the best place for running over a variety of distances.</li> <li>Throw accurately and refine performance by analysing technique and body shape.</li> <li>Show control in take off and landings when jumping.</li> <li>Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul> <p><b>Outdoor and adventurous (Residential)</b></p> <ul style="list-style-type: none"> <li>Arrive properly equipped for outdoor and adventurous activity.</li> <li>Understand the need to show accomplishment in managing risks.</li> <li>Show an ability to both lead and form part of a team.</li> <li>Support others and seek support if required when the situation dictates.</li> <li>Show resilience when plans do not work and initiative to try new ways of working.</li> <li>Use maps, compasses and digital devices to orientate themselves.</li> <li>Remain aware of changing conditions and change plans if necessary.</li> <li>Select appropriate equipment for outdoor and adventurous activity.</li> <li>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>Remain positive even in the most challenging circumstances, rallying others if need be</li> </ul>					