

## Subject Coverage Map for Key Stage 1 and 2

### PE

Physical Education Expectations KS1				Year 1			Year 2					
				Autumn	Spring	Summer	Autumn	Spring	Summer			
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				Throwing and Catching Fun and Games ABCs	Gymnastics ABCs Passing and Dribbling	Gymnastics Passing and Dribbling Athletics	Gymnastics ABCs	Throwing and Catching Passing and Dribbling	Striking and Fielding Games			
participate in team games, developing simple tactics for attacking and defending				Fun and Games	Passing and Dribbling	Passing and Dribbling		Throwing and Catching Passing and Dribbling	Striking and Fielding Games			
perform dances using simple movement patterns.					Dance		Dance					
Physical Education National Curriculum Expectations KS2	Year 3			Year 4			Year 5			Year 6		
	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM
use running, jumping, throwing and catching in isolation and in combination	Netball	Dodgeball Tag Rugby	Games Athletics Cricket	Basketball			Basketball Football Netball	Gymnastics Athletics		Dodgeball Netball Gymnastics	Gymnastics	
perform dances using a range of movement patterns	Dance			Dance		Dance	Dance				Dance	

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	Netball	Football Dodgeball Tag Rugby	Games Athletics Cricket	Basketball			Basketball Football Netball	Gymnastics Hockey Athletics	Volleyball Cricket Handball Rounders	Dodgeball Netball Basketball	Tennis Football	Hockey Tag Rugby Cricket
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics ABCs	Gymnastics				Gymnastics Athletics		Gymnastics Athletics		Gymnastics	Gymnastics	Athletics
take part in outdoor and adventurous activity challenges both individually and within a team						Outdoor adventures			Outdoor/ Adventures			
compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Gymnastics		Swimming	Swimming	Gymnastics		Gymnastics Athletics	Volleyball Cricket Handball Rounders	Gymnastics		

<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations.</li> </ul>				Swimming	Swimming							
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