



**Oughtrington Primary School**  
**National Curriculum Coverage PE**



**Subject Overview**

This document shows the Early Learning Goals and National Curriculum coverage for Physical Education. It highlights when each subject should be taught and which aspect of the National Curriculum is to be planned for. This is the starting point for the planning of a sequence of learning in each area. The placement of each objective has been carefully planned to allow for the clear progression of knowledge and skills.

This document should be used alongside the individual subject substantive and disciplinary knowledge progression maps for each year group. This is not a working document and should not be changed or altered without discussion with the subject lead.

Year Group	<u>Autumn 1</u>		<u>Autumn 2</u>		<u>Spring 1</u>		<u>Spring 2</u>		<u>Summer 1</u>		<u>Summer 2</u>	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
<b>EYFS</b>	Intro to PE Unit 1 and 2		Dance- Unit 1 and 2		FMS- Unit 1 and 2		Gymnastics – Unit 1 and 2		Ball skills- Unit 1 and 2		Games- Unit 1 and 2	
<b>KS1</b>												
<b>Y1</b>	Gymnastics	Fundamentals	Dance	Gymnastics	Ball Skills	Sending and receiving	Team building	Ball skills	Striking and fielding	Net and Wall	Invasion Games	Athletics
<b>Y2</b>	Gymnastics	Fundamentals	Dance	Gymnastics	Balls Skills	Sending and receiving	Team building	Ball Skills	Striking and fielding	Net and Wall	Invasion Games	Athletics
<b>KS2</b>												
<b>Y3</b>	Sports Hall Athletics	Rugby League	Dance	Gymnastics	Basketball	Hockey	OAA	Tennis	Swimming	Athletics	Swimming	Diamond Cricket
<b>Y4</b>	Sports Hall Athletics	Rugby League	Dance	Gymnastics	Basketball	Swimming	Swimming	Tennis	Rounders	Athletics	Athletics	Diamond Cricket
<b>Y5</b>	Sports Hall Athletics	Hockey	Dance	Gymnastics	Basketball	Netball	OAA	Dodgeball	Rounders	Athletics	Athletics	Kwik Cricket
<b>Y6</b>	Sports Hall Athletics	Hockey	Dance	Gymnastics	Basketball	Sports leadership	OAA	Dodgeball	Rounders	Athletics	Athletics	Kwik Cricket



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Year Group	<u>Autumn 1</u>		<u>Autumn 2</u>		<u>Spring 1</u>		<u>Spring 2</u>		<u>Summer 1</u>		<u>Summer 2</u>	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
<b>EYFS</b>	<p>Early LG-</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>											
<b>Y1</b>	<p><b>Gymnastics</b></p> <p>NC- Developing balance, agility and co-ordination</p> <p>Leaning to compete against self and others</p>	<p><b>Fundamentals</b></p> <p>NC- Developing balance, agility and co-ordination</p> <p>Leaning to compete against self and others</p>	<p><b>Gymnastics</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p> <p>Leaning to compete</p>	<p><b>Dance</b></p> <p>NC- perform dances using simple movement patterns</p>	<p><b>Sending and receiving</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p>	<p><b>Ball skills</b></p> <p>NC- Develop FMS, master basic movements -running, throwing, jumping, catching as well as balance, agility and co-ordination</p> <p>Leaning to compete</p>	<p><b>Team Building</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p>	<p><b>Tennis- Ball skills</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p>	<p><b>Striking and fielding</b></p> <p>NC- Develop FMS, master basic movements -running, throwing, jumping, catching as well as balance, agility and co-ordination</p>	<p><b>Net and Wall</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p>	<p><b>Invasion Games</b></p> <p>NC- Develop FMS, master basic movements -running, throwing, jumping, catching as well as balance, agility and co-ordination</p> <p>Leaning to compete</p>	<p><b>Athletics</b></p> <p>NC- Develop FMS, master basic movements - running, throwing, jumping, catching as well as balance, agility and co-ordination</p> <p>Leaning to compete</p>



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			against self and others		Leaning to compete against self and others	against self and others	Leaning to compete against self and others	Leaning to compete against self and others	Leaning to compete against self and others	Leaning to compete against self and others	Leaning to compete against self and others	against self and others	against self and others
<b>Y2</b>	<b>Gymnastics</b>  NC- Developing balance, agility and co-ordination  Leaning to compete against self and others	<b>Fundamentals</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Dance</b>  NC- perform dances using a range of movement patterns	<b>Gymnastics</b>  NC- Developing balance, agility and co-ordination  Leaning to compete against self and others	<b>Sending and receiving</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Ball Skills</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Team Buildings</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Tennis- Ball Skills</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Striking and fielding</b>  NC- Master basic movements -develop balance, agility, co-ordination and begin to apply these to a range of activities  Participate in team games, developing simple tactics for attacking and defending	<b>Net and Wall</b>  NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordination, agility and apply in a range of activities	<b>Athletics</b>  NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordination, agility and apply in a range of activities	<b>Invasion Games</b>  NC- master basic movement including; running, jumping, throwing, and catching as well as developing balance, co-ordination, agility and apply in a range of activities Participate in team games, developing simple tactics for attacking and defending	



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<b>Y3</b>	<p><b>Sports Hall Athletics</b></p> <p>NC- develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><b>Rugby league</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate</p>	<p><b>Dance</b></p> <p>NC- perform dances using a range of movement patterns</p>	<p><b>Gymnastics</b></p> <p>NC- develop flexibility, strength, technique, control and balance</p>	<p><b>Basketball</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement</p>	<p><b>Hockey</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement</p>	<p><b>OAA</b></p> <p>NC- take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Tennis</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement</p>	<p><b>Swimming</b></p> <p>NC- Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water-based situations</p>	<p><b>Athletics</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement</p>	<p><b>Athletics</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement</p>	<p><b>Diamond Cricket</b></p> <p>NC- NC-develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate</p>
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<b>Y4</b>	<b>Sports Hall Athletics</b>  NC- develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Compare their performances with previous ones and	<b>Rugby league</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive	<b>Dance</b>  NC- perform dances using a range of movement patterns	<b>Gymnastics</b>  NC- develop flexibility, strength, technique, control and balance	<b>Basketball</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive games,	<b>Swimming</b>  NC- Swim competently, confidently and proficiently over a distance of at least 25m  Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke  Perform safe	<b>OAA</b>  NC- take part in outdoor and adventurous activity challenges both individually and within a team	<b>Tennis</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive games,	<b>Athletics</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive games,	<b>Rounders</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive games,	<b>Athletics</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitive games,	<b>Diamond Cricket</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running, jumping, throwing and catching in isolation and in combination  Play competitiv



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	demonstrate improvement to achieve their personal best	games, modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best			modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best	self-rescue in different water-based situations		modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best	modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best	modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best	modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best	e games, modified where appropriate  Compare their performances with previous ones and demonstrate improvement to achieve their personal best
<b>Y5</b>	<b>Sports Hall Athletics</b>  NC- develop flexibility, strength, technique, control and balance  Use running, jumping,	<b>Hockey</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Dance</b>  NC- perform dances using a range of movement patterns	<b>Gymnastics</b>  NC- develop flexibility, strength, technique, control and balance	<b>Basketball</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Netball</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>OAA</b>  NC- take part in outdoor and adventurous activity challenges both individually	<b>Dodgeball</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Athletics</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Rounders</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Athletics</b>  NC- NC-develop flexibility, strength, technique, control and balance  Use running,	<b>Kwik Cricket</b>  NC- NC-develop flexibility, strength, technique, control and balance



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<p>throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>				<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>and within a team</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
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<b>Y6</b>	<b>Sports Hall Athletics</b>	<b>Hockey</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Basketball</b>	<b>Sports leadership</b>	<b>OAA</b>	<b>Dodgeball</b>	<b>Athletics</b>	<b>Rounders</b>	<b>Athletics</b>	<b>Kwik Cricket</b>
	NC- develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- perform dances using a range of movement patterns	NC- develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- take part in outdoor and adventurous activity challenges both individually and within a team	NC- NC-develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance	NC- NC-develop flexibility, strength, technique, control and balance
	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination		Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination		Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination	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	Play competitive games, modified where appropriate		Play competitive games, modified where appropriate	Play competitive games, modified where appropriate	Play competitive games, modified where appropriate		Play competitive games, modified where appropriate	Play competitive games, modified where appropriate	Play competitive games, modified where appropriate	Play competitive games, modified where appropriate	Play competitive games, modified where appropriate
		Compare their performances with previous ones and demonstrate improvement		Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement		Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement	Compare their performances with previous ones and demonstrate improvement





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