



PE Curriculum Coverage 2020-2021

As a response to Covid-19 all PE in Autumn term will take place outside whenever possible, this will be based upon non-contact and pupils maintaining social distancing.

At St Oswald's CE VA Primary School children we use a broad, balanced and progressive PE curriculum which looks at the development of fundamental skills and how they can be applied both in isolation and game based situations.

Reception	<p>Physical development involves providing opportunities for young children to be active and interactive;</p> <p>Children should be taught to:</p> <ul style="list-style-type: none">✓ develop their co-ordination, control, and movement.✓ Children must also be helped to understand the importance of physical activity.
Year 1	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">✓ 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.
Year 2	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">✓ 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.



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Year 3	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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.
Year 4	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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



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- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

*Upon completion of these requirements pupils will participate in alternative PE lessons thus improving pupil: teacher ratio for the remaining pupils.

Year 5

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- 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
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	<p>*Upon completion of these requirements pupils will participate in alternative PE lessons thus improving pupil: teacher ratio for the remaining pupils.</p>
Year 6	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Athletics	Personal Fitness Challenges	Multi-sports	Gymnastics	Team games	Team games
Year 1	Athletics	Personal Fitness Challenges	Gymnastics	Multi-skills	Football	Team games
Year 2	Athletics	Personal Fitness Challenges	Gymnastics	Multi-skills	Football	Team games
Year 3	Athletics	Personal Fitness Challenges	Tennis	Dance	Football	Team games
Year 4	Athletics	Personal Fitness Challenges	Dance	Tennis	Swimming/ Gymnastics	
Year 5	Athletics	Personal Fitness Challenges	Swimming / Gymnastics		Cricket	Striking and fielding
Year 6	Athletics	Personal Fitness Challenges	Netball	Gymnastics	Cricket	Football

Sessions may also be adaptable in order to facilitate preparation for SLA events/ competitions.

*Weather/external factors may also impact upon the suitability of different activities across the year.