



SOMERVILLE FEDERATION

**SOMERVILLE PRIMARY
SCHOOL
PHYSICAL EDUCATION
NATIONAL CURRICULUM COVERAGE**

| | AUTUMN | SPRING | SUMMER |
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| F2 | <p>GYMNASTICS Can I travel safely in different ways? Can I be creative in the way they move? - Travel in different ways. Jump and land safely - Link and change different ways of travelling. Use different jumping techniques with control and balance -Talk about how they feel during the lesson. Demonstrate good practice in relation to hygiene</p> <p>FUNDAMENTAL SKILLS Can I balance with control effectively? Follow start and stop directions. Balance on one foot. -Use change of directions and speed to find space. - Identify how their heart can beat at different rates</p> | <p>DANCE Can I perform movements in the style of a character adjusting the speed and direction of movement? -Explore actions as a soldier. Jump and land with balance -Perform with control and in a gentle manner -Adjust the speed and direction of a movement linked to a beat. Practise safety measures without supervision -Identify what happens to their heart as they cool down</p> <p>FUNDAMENTAL SKILLS Can I demonstrate increasing control with movements and provide solutions to problems? -Children demonstrate control when throwing a small ball at a target - Kick a large ball with increased control, demonstrate increased coordination -Think of a solution to a task -Recognise what happens to their bodies</p> | <p>GYMNASTICS Can I perform a basic shape with control and link together different jumps? -Develop strength and flexibility when performing a range of gym shapes -Show control and balance when performing a range of jumps -Perform and link balances with strength -Demonstrate and discuss basic gym actions</p> <p>FUNDAMENTAL SKILLS Can I show increasing control when kicking a ball or aiming at a target? - Travel in different directions avoiding each other - Move the ball around the area with their feet - Recognise their bodies change when they start exercising</p> |

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| | | when they start exercising | |
| | <p>DANCE Can I dance with a partner and perform in time to the music? - Know and perform a star shape correctly - Know and perform marches in time to a strong beat - Explore actions in relation to key words - Link shapes with control and fluency - Link actions to create a short movement phase - Understand the need for safety</p> <p>FUNDAMENTAL SKILLS Can I experiment with a range of balls and do so with control? Can I explore speed and space effectively? Change direction when moving at speed. Travel using changes in direction - Demonstrate bouncing and catching of balls. Work with a partner to find a solution - Talk about how they feel in a lesson</p> | <p>FUNDAMENTAL SKILLS Can I stop and start appropriately showing developing balance and control? - Stop and start instructions, change direction and speed. Balance with control on one foot - Show confidence when hopping - Identify how their heart beats at different speeds</p> <p>GYMNASTICS Can I perform balances and rocking actions? Balance and travel in different ways. Perform rocking motions - Show confidence when hopping, think of solutions to a task - Identify how the heart beats at different speeds</p> | <p>ATHLETICS How do I develop my running technique, adapt my pace and improve my coordination? - Improve running technique. describe and help improve a partner's technique. - Adapt pace according to task and explain how the body feels during exercise - Move confidently changing speed and direction - Improve their control and coordination when using equipment</p> <p>DANCE Can I perform in time with the beat and perform a dance varying level, speed and direction? - Perform key animal movements in time to the beat - Create and perform the start of a dance using different levels to portray the creature - Use expression to portray a creature and to tell a story</p> |
| YEAR 1 | <p>GAMES Can I identify space and move with control? - To move with control, changing direction and speed. Demonstrate good coordination - Identify space, change skills and in response to a partner - Talk about skills used</p> | <p>GAMES Can they catch a ball with increasing accuracy and use their feet to control the ball? - Catch a small ball with two hands with consistency, move the ball with your feet, kick a ball at a target with accuracy</p> | <p>HEALTH AND FITNESS Can I improve my cardiovascular endurance? - Improve cardiovascular endurance and develop muscular endurance. Improve flexibility, balance and strength - Explain and understand the effect of exercise, what hydration is. Gain a knowledge of food groups. Gain an understanding of why sleep is important</p> |

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| | <p>GYMNASTICS</p> <p>Can I perform basic gym actions and demonstrate strength and flexibility?</p> <ul style="list-style-type: none"> -Develop strength and flexibility when performing shapes. Move confidently using changes in speed, direction and speed. -Demonstrate basic gym actions. -Explain what skills and ideas have worked well | <ul style="list-style-type: none"> -Understand the purposes of attack and defend, know how to score points Describe how their body feels during exercise <p>DANCE</p> <p>How do I combine movements effectively within a sequence, varying levels as appropriate?</p> <ul style="list-style-type: none"> -Remember and repeat short movement phases. Change levels, know a range of expressions to help tell the story -Describe the speeds used in the dance and how they have been used Know the position of the heart and how dance affects the heartbeat | <ul style="list-style-type: none"> - Understand of how movement helps fatigue, gain an understanding of how muscles work <p>ATHLETICS</p> <p>Can I select the correct pace and move confidently changing direction and speed?</p> <ul style="list-style-type: none"> -Improve running technique. Know what pace means and perform the correct techniques when travelling at different paces -Describe correct technique, know when to change pace -Talk about if they have been able to achieve their personal best |
| | <p>GAMES</p> <p>Can I throw with increasing accuracy and make improvements to technique?</p> <ul style="list-style-type: none"> -Accurately throw or catch a beanbag to themselves. Receive a ball consistently - Understand the importance of working together as a team. Use basic tactics for attack and defending Discuss what they have achieved within a game <p>DANCE</p> <p>Can I create movements that resemble animals and create a sequence?</p> <ul style="list-style-type: none"> -Create movements to resemble characters or animals. Vary levels -Give reasons why certain actions have been | <p>GAMES</p> <p>Can I demonstrate good hand eye coordination and develop my racket skills?</p> <ul style="list-style-type: none"> -Use a racket to move a ball along the ground, use a ball in a competitive rally - make it easier to score -describe how their body feels before, during and after exercise <p>GYM</p> <p>Can I perform a range of rocking and rolling movements and put them into a sequence?</p> <ul style="list-style-type: none"> -Perform balances with control and strength. Develop a range of rocking and | <p>HEALTH AND FITNESS</p> <p>How have I improved my speed, agility and flexibility?</p> <ul style="list-style-type: none"> -Improve speed, flexibility and balance -Know why speed, agility and quickness are needed in PE. To understand what a calorie is - Explain why breathing rate increases during exercise <p>ATHLETICS</p> <p>Can I perform the basic underarm throw and land safely when jumping?</p> <ul style="list-style-type: none"> -Know how to perform the basic underarm throw. Know what pace means. Throw with increasing accuracy. Know how to land safely when performing |

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| | <p>chosen, know what a level is</p> <ul style="list-style-type: none"> -Recognise different ideas that have chosen | <p>rolling actions and put them into a sequence</p> <ul style="list-style-type: none"> -Explain what their body feels like when tensed | <p>jumps,</p> <ul style="list-style-type: none"> - Select the right amount of power to reach a target. Select the appropriate jump -Understand why physical activity is important. Understand why they become out of breath. Discuss if they have attained their personal best |
| <p>YEAR 2</p> | <p>GYMNASTICS</p> <p>Can I explore travelling, linking in shapes and form a sequence?</p> <ul style="list-style-type: none"> -Travel in different ways, supporting weight on hands. Explore jumping as part of a sequence -Repeat movement to form a sequence. Comment on movements, describe what can be seen <p>GAMES</p> <p>Can I develop a range of throwing and catching skills and apply these to games?</p> <ul style="list-style-type: none"> -Master basic movements and begin to apply these to activities. -Participate in team games developing simple attack and defend tactics -Select skills and when to use them -Watch others and describe what they see | <p>DANCE</p> <p>Can I perform a dance that expresses their feelings about a theme?</p> <ul style="list-style-type: none"> -Compose and perform a dance expressing the feelings of a given theme -Describe how a dance makes them feel -Understand the benefits of a warm up <p>GAMES</p> <p>Can I manoeuvre a ball effectively and think tactically during games?</p> <ul style="list-style-type: none"> -Move into space to catch a ball or beanbag. Dribble the ball changing direction and speed. Send a ball to a partner -Choose the best way to score points, use tactics to score points -Explain how to make activities safe | <p>ATHLETICS</p> <p>Can I improve their running technique and how to throw at a target?</p> <ul style="list-style-type: none"> -Understand and improve running techniques. Move with fluency and control whilst changing direction. Improve coordination - Select the correct pace, improve how they can throw -Use comments from others to improve performance <p>HEALTH AND FITNESS</p> <p>How do I improve endurance and explore the effects of physical activity on my body?</p> <ul style="list-style-type: none"> -Improve cardiovascular and muscular endurance. Improve flexibility and balance. -Understand hydration and dehydration, explore food groups -Explain why physical activity is good for our health |
| | <p>GAMES</p> <p>How do I accurately send and receive a ball?</p> <ul style="list-style-type: none"> -Send and retrieve a ball aiming at targets. Throw with control | <p>GAMES</p> <p>Can I demonstrate good hand/eye coordination and send a ball into space?</p> <ul style="list-style-type: none"> -Manoeuvre a ball with a tennis racket, | <p>ATHLETICS</p> <p>Can I improve their athletics skills and compete effectively in a team challenge?</p> <ul style="list-style-type: none"> -Throw a variety of balls, develop different types of |

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| | <p>-Understand how to be prepared for the ball. Identify what has been performed well by others and copy</p> <p>DANCE</p> <p>Can I perform a range of well executed shapes adapting speed and levels appropriately?</p> <p>-Create and explore a range of actions on a given theme</p> <p>-Link a range of actions, composing a short dance</p> <p>-Describe the actions of others and identify what has been done well</p> | <p>strike a ball away from a partner</p> <p>-Understand and follow the rules for different games</p> <p>-Describe how their body feels during activity</p> <p>GYM</p> <p>Can I demonstrate strength, body tension and stale balancing when performing?</p> <p>-Demonstrate strength and balance using different body parts. Perform sequences using apparatus. Perform rocking actions within different body shapes</p> <p>-Describe what they have seen using different vocabulary, describe what happens to bodies when there is a change of intensity in activity</p> | <p>landings and take offs, perform correct running pace</p> <p>-Estimate changes when throwing, select jumps, follow rules</p> <p>-Understand what a warm up is and how it prepares them</p> <p>HEALTH AND FITNESS</p> <p>Can I improve (and explain how) they have improved speed, flexibility, balance and agility?</p> <p>-Improve speed, flexibility and quickness</p> <p>-Differentiate between healthy and unhealthy food, to be taught what a calorie is and where to find it on food packaging</p> <p>-Explain why breathing rates increase</p> |
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| <p>YEAR 3</p> | <p>LINKING ACTIONS – BASKETBALL How do I develop and apply basketball skills? -Develop and link together different passes. Keep possession and create space. Apply skills in a games situation -Make decisions in games situations. Explain which passes should be used when. Use verbal and nonverbal signals to communicate with others - Compare performance. Develop critical thinking</p> <p>SWIMMING How do I gain water confidence and develop proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> | <p>GYMNASTICS How do I explore a range of movements and apply them to sequences? -Develop the use of lying and standing shapes. Adapt movements from floor to apparatus -Compare performances, watch and comment on them -Think about what they have done well, identify something that has been achieved</p> <p>SWIMMING How do I gain water confidence and develop proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> | <p>SENDING AND RECEIVING – TENNIS How do I send a ball accurately and apply this to a rally? -Improve overarm throws, hold the racket correctly. Perform a forehand shot and underarm shot. - Understand the importance of a ready position before striking the ball. Know how to get into a position before a shot. -Identify how to keep themselves safe in a PE lesson</p> <p>SWIMMING How do I gain water confidence and develop proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> |
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| | <p>KEEPING POSSESSION – HOCKEY How do I improve hockey skills and apply these to games situations? -Change speed when dribbling, describe and evaluate performance. Pass the ball accurately. Use verbal and nonverbal communication -Explain what they need to do to improve. Describe why some performances are effective. Explain skills and tactics used. Understand their role in a team -Be able to think about what they have done well</p> <p>SWIMMING How do I gain water confidence and develop my proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> | <p>DANCE How do I explore unison, speed and sequencing? -Explore and create movements representing space. Explore unison. Create short sequences with a partner. -Practice and perform a set piece. Identify speed in a dance and how it alters the action. Improve the quality of a dance. -Explore the word resilience and how we can apply this in PE</p> <p>SWIMMING How do I gain water confidence and develop my proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> | <p>ATHLETICS How do I develop jumping, throwing and running skills? -Perform a range of jumps, adapt running according to the distance, use correct sprinting technique, apply techniques learnt -Evaluate the performance and techniques of others. Demonstrate resilience in different athletics events -Understand what happens to the body during exercise. Understand what happens to the body during long distance and sprinting exercise</p> <p>SWIMMING How do I gain water confidence and develop my proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes) - Gain understanding of how water safety and how to rescue themselves in different situations</p> |
| <p>YEAR 4</p> | <p>HEALTH AND FITNESS How do I understand the importance of exercise and improve cardiovascular performance? -Improve speed, agility and speed. Recognise improvement. Understand healthy choices -Know what happens to the body during exercise, understand why regular exercise is good for physical and mental well being</p> <p>LINKING ACTIONS –HOCKEY How do I develop and improve hockey skills and</p> | <p>KEEPING POSSESSION - BASKETBALL How do I develop my basketball skills and apply these to a game? -Further develop ball handling techniques, improve the quality of passing and ability to create space -Keep control of the ball when under pressure, select the correct pass, evaluate successfulness of dodging</p> | <p>OAA How do I develop map skills and apply my understanding of values to team challenges? -Use teamwork to complete challenges, be able to ‘set’ and orientate a map. Give clear instructions -Describe and evaluate performances with the focus on a specific skill. Recognise what has been done well and make suggestions to improve performance -To understand that resilience can lead to success</p> <p>SENDING AND RECEIVING – ROUNDERS</p> |

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| | <p>apply these in game situations?</p> <ul style="list-style-type: none"> -Dribble. Pass with increased accuracy and control. Improve shooting skills. Keep possession of the ball in games situation -Explain how to keep control of the ball, make suggestions. Use and create space appropriately -Know why breathing and heart rate change | <ul style="list-style-type: none"> -Identify where resilience is shown by themselves and others <p>LINKING ACTIONS – RUGBY</p> <p>How do I develop and improve basic rugby skills and apply these to a game situation?</p> <ul style="list-style-type: none"> -Hold and carry the rugby ball effectively -Explore how to improve technique, throw and catch under pressure -Compare performance, identify skills to improve, anticipate what may happen next | <p>How do I improve my sending and receiving skills?</p> <ul style="list-style-type: none"> -Develop ball handling skills and throwing techniques. Know and use long barrier method. Improve the ability to consistently hit the ball -Select appropriate throws, improve and evaluate techniques. Know how to score - Give clear explanations to a partner, explain how stamina can be improved |
| | <p>KEEPING POSESSION-FOOTBALL</p> <p>How do I dribble, pass with accuracy during a game?</p> <ul style="list-style-type: none"> -Perform skills with increased speed, improve passing skills and accuracy, chose the most appropriate tactics. Explore attack and defence -Give feedback, reduce space and mark a player effectively -Identify when resilience is shown <p>GYMNASTICS</p> <p>How do I refine a range of shapes and link to create sequences?</p> <ul style="list-style-type: none"> -Practise support shapes, change between different types of travelling -Recognise parts of performance they are happy with. Perform jumps with control, compare different performances. -Identify what has been done well and why. | <p>GYMNASTICS</p> <p>How do I select and combine actions to from a smooth sequence?</p> <ul style="list-style-type: none"> -Develop and select balances, develop and improve a range of rolls. Perform with control -Use suitable vocabulary/gymnastics language to describe actions -Work safely and effectively with others. Know and understand what flexibility is <p>SENDING AND RECEIVING – TENNIS</p> <p>How do I improve basic tennis skills and apply these to rallies?</p> <ul style="list-style-type: none"> -Improve tennis grip and forehand technique. Start to develop backhand and | <p>DANCE</p> <p>How do I create a dance sequence including circus skills?</p> <ul style="list-style-type: none"> -Know and perform a range of circus style movements, demonstrating good use of action, shape and dynamics -Evaluate the success of movements, provide constructive feedback. Evaluate dynamics, expression and timing <p>Understand how teamwork can affect overall performance</p> <p>ATHLETICS</p> <p>How do I improve athletics skills and apply these to competitive situations?</p> <ul style="list-style-type: none"> -Improve running, throwing and jumping techniques. Apply these to competitive activities -Analyse techniques, evaluate physical performance -Understand how muscles give you power and demonstrate resilience |

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| | Identify what needs to be improved | improve hitting rate -Recognise how to alter their grip, use knowledge to improve their technique. Suggest ways to improve -Understand the importance of a warm up, explain how stamina can be improved | -Understand the impact of running different distances and the effect it has on your body |
| YEAR 5 | <p>LINKING ACTIONS – FOOTBALL How do I use a combination of skills to be effective within a game? -Link passing, dribbling with control and position effectively using changes of speed and direction -Watch and assess a team’s effectiveness, create different formations. Suggest areas of improvement</p> <p>GYM – SHAPES AND ROTATIONS How do I perform a combination of shapes and rotations in a sequence? -Practise and perform a range of shapes, use rotations, cartwheels and rolls with increasing difficulty. Identify changes in direction and speed -Watch and assess performance. Give feedback</p> | <p>GYMNASTICS How do I perform balances and shapes and apply to apparatus? -Perform balances safely and with control. Make suggestions, Identify improvements. Understand Olympic values</p> <p>TACTICS AND STRATEGIES – HOCKEY How do I develop a range of tactics and strategies? -develop changes in speed to avoid the defender, make decisions, choose where to score from, know how to find space -Identify good performance, comment on tactics and team effectiveness</p> | <p>DANCE How do I create an Olympic themed dance? -Know the origins of the Olympics, create movements to represent the different countries, choreograph a short dance phase -Describe dance and the typical dress of the country. Make movements more effective, describe attitude, emotion and expression. Understand their weaknesses and give feedback</p> <p>LINKING ACTIONS- CRICKET How do I develop and improve basic cricket skills? -Develop throwing and catching technique. Understand the role of the fielder, improve bowling technique -Evaluate effectiveness of their own techniques and that of others. Understand how friendship and respect are shown within lessons. -Explain how bodies change and react during a game</p> |

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| | <p>CREATING AND CLOSING SPACE- RUGBY</p> <p>How do I develop and use rugby skills effectively in a game?</p> <ul style="list-style-type: none"> -Run and pass the ball with control stationery and moving. Negotiate and create space, select movements -Make decision, identify leadership skills. Plan and lead warm ups <p>HEALTH AND FITNESS</p> <p>How do I improve my health and fitness?</p> <p>Develop and improve cardiovascular and cardio endurance. Improve speed, agility and endurance</p> <ul style="list-style-type: none"> -Identify a healthy body, explain and understand effects on the body | <p>CREATING AND CLOSING SPACE – NETBALL</p> <p>How do I develop my ability to effectively create and close space?</p> <ul style="list-style-type: none"> -Create space, explore ways of closing space, apply skills and tactics, know basic shooting positions -Select positions when closing down space, plan tactics, improve the performance of others. Evaluate progress made <p>OAA</p> <p>How do I develop new OAA skills and improve my use of teamwork?</p> <ul style="list-style-type: none"> -Develop coordination and reaction times, understand symbols and compass points, communicate effectively -Suggest improvements, evaluate choices made, identify who has played well and why | <p>LINKING ACTIONS – CRICKET (continued)</p> <p>How do I develop batting skills and apply to mini games?</p> <ul style="list-style-type: none"> -Use a bat to defend and make runs. Develop tactical awareness -Make suggestions on how to improve batting technique, select and apply appropriate skills - Identify how the values of friendship and respect are shown within lessons <p>ATHLETICS</p> <p>How do I improve jumping, throwing and running skills?</p> <ul style="list-style-type: none"> -Develop running, throwing and jumping techniques. Apply to competitive situations -Evaluate performances. Communicate and provide feedback to others. Understand what happens to the body during exercise |
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| <p>YEAR 6</p> | <p>GYMNASTICS How do I create a range of shapes, jumps, balances and perform them in a sequence? -Create a range of shapes. Sequence together, make judgements and provide feedback - Practise and refine jumps. Combine with shapes, explore balances, combine with jumps, evaluate sequences</p> <p>HEALTH AND FITNESS How do I develop my physical health and fitness? -Improve cardiovascular health by completing fitness circuits, improve flexibility, develop understanding of nutrition - Compare and draw conclusions based on results</p> | <p>DANCE- How do I demonstrate unison and cannon? -Understand and demonstrate how cannon and unison are used. Improve movements varying speed. -Evaluate movements in their own and others' movements</p> <p>TACTICS AND STRATEGIES – NETBALL How do I effectively use a range of strategies and tactics in netball? -Develop knowledge of positions and roles within the game. Improve speed of movement, select and adapt tactics when defending -Set goals to enhance performance</p> | <p>GYMNASTICS How do I take weight on my hands and perform a range of rolls safely and effectively? -Develop the ability to take weight on hands. Perform a sequence safely and with control - Provide positive feedback using technical vocabulary. Devise effective warm up</p> <p>LINKING ACTIONS – TENNIS How do I develop racket skills? -Develop and improve forehand, backhand and serve techniques. Explain the importance of tactics -Understand and explain the values of honesty, teamwork and self-belief</p> |
| | <p>CREATING AND CLOSING SPACE – RUGBY How do I create and close space in an invasion game? -Demonstrate control and balance when passing, varying distance -Negotiate space, develop evasion skills. Select the correct pass. Make decisions based on the situation. Identify leadership skills and apply# -Develop and lead activities</p> <p>LINKING ACTIONS – HOCKEY How do I effectively link actions? -Improve passing and dribbling skills, interception</p> | <p>TACTICS AND STRATEGIES – BASKETBALL How do I develop tactics and strategies in basketball? -Develop knowledge of key rules in the game. Apply, select and adapt defending tactics to different situations. Work as a team to apply skills - Vary the game for different needs/abilities</p> <p>ATHLETICS How do I develop running, throwing and jumping techniques?</p> | <p>LINKING ACTIONS – TENNIS How do I play a tennis match? -Develop non-competitive and competitive rallies with a partner. Develop knowledge of rules and scoring system and be able to officiate a match. -Evaluate performance and make changes to increase chance of success</p> <p>SWIMMING How do I gain water confidence and develop my proficiency in the water? -Develop the ability to swim further (25m) - Improve and develop the ability to swim different strokes (Rang of strokes)</p> |

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| | <p>and regaining possession skills. Performa and link at greater speeds</p> <ul style="list-style-type: none">-Develop the application of skills in games, develop formations- Develop and understand the sporting values of honesty and self-belief | <ul style="list-style-type: none">- Understand and apply the correct techniques. Develop and refine techniques. <p>Perform with consistency and control.</p> <ul style="list-style-type: none">-Evaluate and suggest improvements. <p>Apply suggested improvements</p> | <ul style="list-style-type: none">- Gain understanding of how water safety and how to rescue themselves in different situations |
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