

Subject Objective Coverage - PE

Objectives						
EYFS – Objectives Children will know how to:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Experiment with different ways of moving.	Gym Bikes/Trikes					
Move confidently in a range of ways, safely negotiating space.					Athletics Bikes/Trikes	
Show good control and coordination in small and large movements.		Dance Multi Skills				
Travels with confidence and skill around, under, over and through balancing and climbing equipment.			Gym Multi Skills			
Shows increasing control over and object in pushing, throwing, catching or kicking it.						Athletics Multi Skills
Children can hop confidently and skip in time to music.				Dance Multi Skills		
KS1 – Objectives Children will know how to: Master basic movements including running, jumping, throwing and catching in isolation. Develop 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.	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gym Floor/Body Management Invasion Games	Dance Interpretive Inclusive Fencing	Fitness Fundamentals/ Multi-Skills Striking/Fielding	Invasion Games Tag Rugby/Object Control Gym Flight	Athletics Throwing Jumping Running Inclusive Goalball	Dance Performance Striking/Fielding Kick Rounders/ Rounders
Year 2	Fitness Circuit Training/ Multi-Skills Invasion Games	Gym Flight Dance	Dance Interpretive Invasion Games	Gym Floor including Yoga/Pilates Striking/Fielding	Net/Wall Mini Tennis Athletics	Athletics Throwing Jumping Running

	Hockey	Performance	Football/Handball	Kwik Cricket Sending/Receiving	Throwing Jumping Running	Striking/Fielding Kick Rounders/Rounders
KS2 – Objectives Children will know how to: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. 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. Swimming – Competently swim 25m Use a range of strokes Perform self-rescue	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Invasion Games Hockey Outdoor/Adventurous Orienteering Team Games Cross Country	Gym Floor – incorporate Pilates Fitness Fitness/Fundamentals	Net/Wall/Inclusive Volleyball/Seated Volleyball Dance Interpretive	Striking/Fielding Cricket Gym Flight	Invasion Games Football/Handball Athletics Throwing Jumping Running	Net/Wall Tennis Striking/Fielding Rounders/ Football Rounders
Year 4	Invasion Games Netball Outdoor/Adventurous Cross Country Orienteering Team Games	Gym Floor – Incorporate Yoga Fencing/Inclusive Sports	Dance Performance Fitness Circuit Training	Invasion Games Hockey/ Lacrosse Gym Flight	Net/Wall Tennis Athletics Throwing Jumping Running	Striking/Fielding Cricket Net/Wall Badminton
Year 5	Invasion Games	Gym	Dance	Invasion Games	Swimming	Striking/Fielding

Bikeability	Tag Rugby or Football Outdoor/Adventurous Orienteering Cross Country Team Games	Floor – Incorporate Pilates Fitness Circuit Training	Interpretive Net/Wall Badminton	Hockey Lacrosse Gym Flight	 Athletics Throwing Jumping Running	Rounders Swimming
Year 6 Outdoor/Adventurous: PGL – Climbing/Kayaking/Team Games	Invasion Games Tag Rugby Athletics Throwing Jumping Running	Gym Floor – Incorporate Yoga Fencing/ Inclusive Sport	Dance Performance Fitness Circuit Training	Invasion Games Netball Gym Flight	Net/Wall Tennis Athletics Throwing Jumping Running	Striking/Fielding Cricket Striking/Fielding Rounders/ Football Rounders

Examples of how our core values integrate into our PE and School Sport curriculum:

CARE – Mindful activities such as yoga and pilates incorporated into gymnastics units. Care for our community/environment with the active school award. Inclusive sports are part of our curriculum. Teamwork encouraged throughout.

INSPIRE – Enrichment opportunities such as fencing, archery and tri-golf. We work with coaches from Gainsborough Trinity, Lincolnshire Cricket and Hockey England to inspire children and offer inspirational CPD for teachers and teaching assistants. Extra-curricular clubs.

THRIVE – We include outdoor/adventurous topics and a PGL trip in Year 6. Sports Crew support lunchtimes and help younger year groups with playground activities. Life skills such as swimming, cycling and balance bikes are incorporated.

ACHIEVE – Intra-school competition offered via house system, culminating in our Annual School Games Day. Personal challenge encouraged through the Golden Mile and fitness topics. School Games Gold School – recent events have included a girls football festival and a Year 6 virtual gymnastics challenge.