



Lyme Community Primary School

Whole School Coverage of the National Curriculum: 2019/20

PE						
	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
KS1	<p style="text-align: center;">Net and Wall</p> <p><i>*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</i></p>	<p style="text-align: center;">INVASION Games</p> <p><i>*participate in team games, developing simple tactics for attacking and defending</i></p>	<p style="text-align: center;">Gym</p> <p><i>*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</i></p>	<p style="text-align: center;">Dance</p> <p><i>*perform dances using simple movement patterns</i></p>	<p style="text-align: center;">Athletics</p> <p><i>*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</i></p>	<p style="text-align: center;">Striking and fielding</p> <p><i>*participate in team games, developing simple tactics for attacking and defending</i></p>



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PE						
	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
KS2 *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Net and Wall *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	INVASION Games *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 *Take part in outdoor and adventurous activity challenges both individually and within a team	Gym *develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Dance *perform dances using a range of movement patterns	Athletics *develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] *use running, jumping, throwing and catching in isolation and in combination	Striking and fielding *use running, jumping, throwing and catching in isolation and in combination *play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending *Take part in outdoor and adventurous activity challenges both individually and within a team



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Y4/5

Swimming and Water Safety: *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.