

# Watercliffe Meadow

## P.E. Coverage Grid

	Y1	Y2	Y3	Y4	Y5	Y6
<b>Autumn</b>	<b>Fundamentals</b> Children work on the fundamentals of movement, including balancing, jumping, running, dodging and skipping.	<b>Fundamentals</b> Children work on the fundamentals of movement, including balancing, jumping, running, dodging and skipping.	<b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.	<b>Gymnastics</b> Children improve their ability to balance, jump, roll and hold poses that develop strength. Children do this both independently and through sequences.	<b>Badminton</b> Children learn to use underhand forehand and backhand shots, overarm forehand and serve shots. They apply these to hold rallies.	<b>Volleyball</b> Children increase their ability to throw, catch and jump. They also learn to use set, dig and serve shots to hold a rally.
	<b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.	<b>Gymnastics</b> Children improve their ability to move, make shapes, balance, jump and roll with control. Children balance and travel along apparatus.	<b>Fundamentals</b> Children work on the fundamentals of movement, including balancing, jumping, running, dodging and skipping.	<b>Fitness</b> Children develop their agility, balance, coordination, speed, stamina and strength.	<b>Dodgeball</b> Children develop their throwing, catching, dodging and blocking skills. Children develop these separately and apply them to games.	<b>Fitness</b> Children develop their agility, balance, coordination, speed, stamina and strength.
<b>Spring</b>	<b>Gymnastics</b> Children improve their ability to move, make shapes, balance, jump and roll with control.	<b>Sending and Receiving</b> Children develop their ability to send and receive a ball in different ways, including rolling, with feet, catching and using a racket.	<b>Yoga</b> Children learn about and develop their flexibility, balance and strength whilst holding poses. They also learn to do this when creating flows.	<b>Handball</b> Children improve their throwing and catching skills. Children then apply these skills to attacking and defending situations in games-like situations.	<b>Netball</b> Children learn to use a range of techniques to develop attacking and defending skills in game-like situations.	<b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.
	<b>Yoga</b> Children learn about and develop their flexibility and balance whilst holding poses. They also learn to use equipment and work with a partner.	<b>Net and Wall Games</b> Children improve their ability to throw, catch, hit and track a ball. They do this by returning a ball with hands, a racket and then against an opponent.	<b>Gymnastics</b> Children improve their ability to balance, jump and roll. Children do this both on the floor and apparatus, before developing sequences.	<b>Swimming</b> Children increase their water confidence during swimming lessons. This allows them to learn to swim using a variety of strokes as well as performing self-rescue.	<b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.	<b>Hockey</b> Children improve their ability to dribble, send and receive and defend in hockey. Children apply these to attacking and defending situations.
<b>Summer</b>	<b>Athletics</b> Children develop their running, throwing and jumping skills which they use in athletic events. They apply these skills during sports day.	<b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.	<b>Athletics</b> Children develop their running, throwing and jumping skills which they use in athletic events. They apply these skills during sports day.	<b>Swimming</b> Children increase their water confidence during swimming lessons. This allows them to learn to swim using a variety of strokes as well as performing self-rescue.	<b>Athletics</b> Children develop their running, throwing and jumping skills which they use in athletic events. They apply these skills during sports day.	<b>Athletics</b> Children develop their running, throwing and jumping skills which they use in athletic events. They apply these skills during sports day.

	<p><b>OAA</b> Children will increase their knowledge of orienteering and the skills involved, beginning with the basics of map reading.</p>	<p><b>Athletics</b> Children develop their running, throwing and jumping skills which they use in athletic events. They apply these skills during sports day.</p>	<p><b>OAA</b> Children will increase their knowledge of orienteering and the skills involved. Children will build on knowledge already acquired and use more detailed maps.</p>	<p><b>Swimming</b> Children increase their water confidence during swimming lessons. This allows them to learn to swim using a variety of strokes as well as performing self-rescue.</p> <p><b>Dance</b> Children develop their flexibility and balance with gymnastic movements which they then apply to dance moves and routines.</p>	<p><b>OAA</b> Children will increase their knowledge of orienteering and the skills involved. Children will again build on knowledge already acquired and develop teamwork to find controls.</p>	<p><b>Tennis</b> Children improve their range of shots, including forehand and backhand, in isolation. They also apply these shots to game situations developing their understanding of tactics and rules.</p>
--	---	---	---	---	--	--