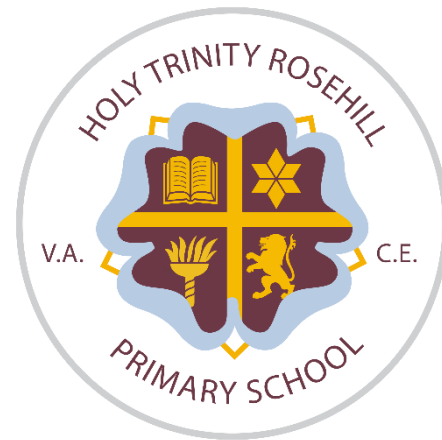


Holy Trinity Rosehill CofE Primary School

PE Coverage



HTR PE – Nursery

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;">Moving and Handling</p> <p>Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise.</p> <p>Creates lines and circles pivoting from the shoulder and elbow.</p> <p style="text-align: center;">Health and Self-Care</p> <p>Can mirror the playful actions or movements of another adult or child.</p> <p>Can tell adults when hungry, full up or tired or when they want to rest, sleep or play.</p> <p>Can wash and can dry hands effectively and understands why this is important</p>		<p style="text-align: center;">Moving and Handling</p> <p>Walks down steps or slopes whilst carrying a small object, maintaining balance and stability.</p> <p>Can balance on one foot or in a squat momentarily, shifting body weight to improve stability.</p> <p>Manipulates a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons (ongoing)</p> <p style="text-align: center;">Health and Self-Care</p> <p>Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.</p> <p>Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.</p>		<p style="text-align: center;">Moving and Handling</p> <p>Can grasp and release with two hands to throw and catch a large ball, beanbag or an object.</p> <p style="text-align: center;">Health and Self-Care</p> <p>Observes and can describe in words or actions the effects of physical activity on their bodies.</p> <p>Willing to try a range of different textures and tastes and expresses a preference</p> <p>Observes and controls breath, able to take deep breaths, scrunching and releasing the breath</p>	

HTR PE– Reception

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Incredible Me!	Light and Dark / Festivals	Superheroes	Growing and Changing	All Creatures Great and Small	Holidays
<p>Moving and Handling Chooses to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p>Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk</p> <p>Health and Self-Care Eats a healthy range of foodstuffs and understands need for variety in food</p> <p>Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks by taking independent action or by giving a verbal warning to others</p>		<p>Moving and Handling Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>Handles tools, objects, construction and malleable materials safely and with increasing control and intention</p> <p>Health and Self-Care Has established a consistent, daily pattern in relation to eating, toileting and sleeping routines and can explain why this is important</p> <p>Usually dry and clean during the day</p> <p>Shows understanding of how to transport and store equipment safely</p> <p>Practices some appropriate safety measures without direct supervision, considering both benefits and risk of a physical experience</p>		<p>Moving and Handling Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</p> <p>Health and Self-Care Shows some understanding that good practices with regard to exercise, eating, drinking water, sleeping and hygiene can contribute to good health</p> <p>Gross Motor Skills ELG Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	

HTR KS1 Cycle 1- PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball skills	Dance Yoga	Gymnastics	Invasion Games	Net and Wall Games	Athletics
<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Perform dances using simple movement patterns.</p>	<p>Master basic movements, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>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.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>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.</p>

HTR KS1 Cycle 2- PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental skills	Dance Fitness	Gymnastics	Target Games	Team Building	Athletics
<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Perform dances using simple movement patterns.</p>	<p>Master basic movements, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>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.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Master basic movements including running, jumping, throwing and catching.</p>

HTR Y3/4 Cycle 1 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Basketball Fitness	Hockey Fitness	Gymnastics	Dance Swimming	Athletics	Cricket and outdoor activities
<p>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.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>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.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Perform dances using a range of movement patterns.</p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>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.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

HTR Y3/4 Cycle 2 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Tag Rugby Yoga</p>	<p>Netball Yoga</p>	<p>Gymnastics</p>	<p>Dance Swimming</p>	<p>Athletics</p>	<p>Tennis</p>
<p>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.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>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.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Perform dances using a range of movement patterns.</p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>To perform safe self-rescue in different water-based situations.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>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.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

HTR PE – Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance Badminton	Gymnastics Fitness	Netball Golf	Dodgeball	Athletics Football	OAA Tennis
<p>Perform dances using a range of movement patterns.</p> <p>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.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p>	<p>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.</p>	<p>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.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>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.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>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.</p>

HTR PE – Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Basketball Tag Rugby	Dance Gymnastics	Yoga Handball	Hockey	Athletics Cricket	Rounders OAA
<p>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.</p>	<p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>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.</p>	<p>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.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>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.</p>	<p>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.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>