



Curriculum PE Coverage Map

By EOEYFS children will know:

To begin to show skills of running, catching, throwing, balancing, agility and co-ordination (ABC's).

By EOKS1 children will know:

How to competently show skills of ABC's and participate in team games and against themselves and others.

Our aspirational aim is to ensure all children have an awareness of how to be safe at the beach.

By EOKS2 children will know:

How to competently apply their KS1 skills with technique, control and be able to compare and evaluate in competitive sports Be able to swim 25m.

Our aspirational aim is to ensure all our children have an understanding & awareness of beach safety.

	EYFS Knowledge & Skills	Year 1 Knowledge & Skills	Year 2 Knowledge & Skills	Year 3 Knowledge & Skills	Year 4 Knowledge & Skills	Year 5 Knowledge & Skills	Year 6 Knowledge & Skills
Fundamental movement skills including running, jumping, throwing and catching.	Key Vocab Control Develop ABCs	Key Vocab Level Speed Competence in ABCs	Key Vocab High low Underarm Overarm competency	Key Vocab Accuracy Target Control	Key Vocab Technique Vary Flexibility Strength	Key Vocab Defend Attack Tactics Anticipating	Key Vocab Reacting Adapting Anticipation
	To control our movements safely.	To develop a good range of techniques.	To use our skills competently.	To be accurate in our skills.	To develop and improve my technique.	To apply my skills in game situations.	To perform and confidently use Fundamental skills in different sports.
Develop ABCs (Agility, Balance and Co-ordination)	Key Vocab Sprint, jog, hop, direction, speed, balance.	Key Vocab Co-ordination, balance and control.	Key Vocab Fluent, plan, routines and extension.	Key Vocab Sequence, compose, fluent.	Key Vocab Complex, fluency.	Key Vocab Expression, precision, imaginative .	Key Vocab Expression, precision, imaginative .
	To be able to travel in and around a space.	To be able to repeat and perform routines.	To improve fluency and to begin to plan sequences.	To compose routines/sequences using creativity and imagination.	To compose routines/sequences using a range of skills.	To create complex performances.	To create complex performances with a range of skills.
Engagement in competition and co-operative physical activities.	Key Vocab Taking turns	Key Vocab Fair play	Key Vocab Respect and tactics.	Key Vocab Competitive and performing.	Key Vocab Technique and performing.	Key Vocab Leading.	Key Vocab Decision-making, officiating, ownership, communication.
	To be able to take turns with others.	To use fair play and to be able to work well with others.	To be respectful and use simple tactics.	To use simple tactics in competitive environments.	To use appropriate tactics and techniques.	To develop skills to work and lead in small groups.	To develop skills to work and lead in larger groups.
Evaluation and improvement	Key Vocab Exercise hydration active	Key Vocab Muscles blood Heart lung	Key Vocab Warm up Cool down	Key Vocab Improvement Similar different Evaluate	Key Vocab Improvement Technique control holding Evaluate	Key Vocab Heart rate Increasing Components	Key Vocab Resilience Self-worth
	I know I need to exercise to be healthy.	I know the effect of exercise on my body.	I know how my body changes during exercise.	To compare and evaluate my own and others' performances .	To confidently evaluate and suggest improvements to performances.	To use my knowledge of the relationship between body to exercise to improve fitness components.	To know how to improve overall fitness. To set myself targets to achieve a personal best.
Swimming and water safety	Key Vocab	Key Vocab	Key Vocab	Key Vocab Front crawl Breaststroke Back stroke	Key Vocab	Key Vocab	Key Vocab
	Teaching in KS2.	Teaching in KS2.	Teaching in KS2.	To be able to swim 25m.			To be able to confidently swim 25m. To use a range of strokes effectively. To perform safe self-rescue in different water-based situations.