

**Eynesbury School - PE Curriculum
National Curriculum Coverage Grid**

PE	YEAR 1			YEAR 2		
	AUT	SPR	SUM	AUT	SPR	SUM
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	✓	✓	✓	✓	✓	✓
participate in team games, developing simple tactics for attacking and defending	✓		✓			✓
perform dances using simple movement patterns.		✓		✓		
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.					✓	

PE	YEAR 3			YEAR 4			YEAR 5			YEAR 6		
	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM
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	✓	✓	✓	✓	✓		✓	✓		✓		✓
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
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.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	
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.		✓				✓			✓			