



**Green Lea First School**  
**Curriculum Coverage Overview of Physical Education**  
**Two Year Cycle**

<b>Year Groups</b>	<b>Cycle</b>	<b>Autumn Term</b>	<b>Autumn Term 2</b>	<b>Spring Term</b>	<b>Spring Term 2</b>	<b>Summer Term</b>	<b>Summer Term 2</b>
<b>1 and 2</b> <b>Key Stage</b> <b>1</b>	<b>A</b>	<i>Invasion Games</i>  <i>Fitness</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Sending &amp; Receiving</i>  <i>Fundamentals</i>	<i>Striking and</i> <i>Fielding</i>	<i>Athletics</i>
<b>1 and 2</b> <b>Key Stage</b> <b>1</b>	<b>B</b>	<i>Invasion Games</i>  <i>Fitness</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Net and Wall</i>  <i>Fundamentals</i>	<i>Striking and</i> <i>Fielding</i>	<i>Athletics</i>
<b>3 and 4</b> <b>Key Stage</b> <b>2</b>	<b>A</b>	<i>Invasion Games</i>  <i>Fitness</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Rounders</i>  <i>Fundamentals</i>	<i>Striking and</i> <i>Fielding</i>	<i>Athletics</i>
<b>3 and 4</b> <b>Key Stage</b> <b>2</b>	<b>B</b>	<i>Invasion Games</i>  <i>Fitness</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Dodgeball</i>  <i>Fundamentals</i>	<i>Striking and</i> <i>Fielding</i>	<i>Athletics</i>

## EYFS Links- Physical Development

**By the end of Reception we will have learnt how to:**

- develop our motor skills through dance, dough disco, cosmic kids yoga and in P.E.
- develop key skills such as walking, hopping, skipping, kicking, running, jumping, landing, throwing, catching and begin to show some control through these moves.
- experiment with different ways of moving- e.g. landing, travelling, balancing and climbing.
- compete in simple running races.
- move confidently while being aware of the space around.
- show some understanding about why we exercise
- show some understanding of why we need to be safe when taking part in activities.

**These early skills prepare the children so that in Key Stage 1 they can:**

- use skills such as dodging and striking as well as throwing and catching with increased stamina and control.
- create and perform simple movement routines through linking gymnastic movements.
- begin to think about terms such as attacking and defending in game play.
- recognise what changes can happen to their bodies before, after and during exercise.
- carry and use equipment safely.
- move with agility, speed and coordination with accurate actions such as throwing, striking and retrieving.

