

KS1 Coverage – PE Intent

	We teach the children at Lyndhurst to lead healthy, active lives. Throughout the year children have the opportunity to develop their competence to excel in a broad range of physical activities including competitive sports. PE is taught twice a week when children are physically active for a sustained period of time. This is complemented by regular use of Jumpstart Johnny in class and daily Lyndhurst Laps.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 In-door	YOGA	Complete PE –Dance – The Zoo *To understand level, speed and direction *To show good body control and use the space well *Create sequences with a clear start, middle and end. *Able to remember, repeat and link movement phrases	Gymnastics – complete PE – Body parts <ul style="list-style-type: none"> Move confidently and safely in their own and general space, using change of speed and direction. Perform different body shapes. E.g. pencil/straight, tuck, star, pike, dish and arch) Copy, create and link movement phrases with beginnings, middles and ends. (2 -3 simple movements) (independently and in pairs) 	Street Dance with Kerry *To explore different parts of the body and different ways of moving them in response to a stimuli. *To move confidently and safely in their own space. *Copy simple movement patterns and create own. *Practise and repeat their movement phrases and perform them in a controlled way.	Yoga	Complete PE - Gymnastics –wide, narrow, curled *To reinforce the basic actions and develop climbing and stillness *To copy, create and link movement phrases with beginning, middle and end *To know different ways of travelling including climbing. *To use different shapes

Year 1 Out- door	Activ 8 fundamentals – throwing, catching running *To combine a number of co-ordination drills, using upper and lower body movements. *To aim a variety of balls and equipment accurately. *To combine a number of co-ordination drills, using upper and lower body movements. *To aim a variety of balls and equipment accurately.	Chelsea Coaches – Team building/multi skills. *To combine a number of co-ordination drills, using upper and lower body movements. *To aim a variety of balls and equipment accurately.	JOLF GOLF 4 weeks Begin football skills *Hit a ball with control using an appropriate object. (bat/racket/hockey stick) *To be confident and keep themselves safe in the space during games.	Football – ball skills *To use my feet to keep control and possession of a ball *To pass and receive a ball using my feet *To combine dribbling, passing and receiving of a ball *To develop dribbling skills and keep possession of a ball *To use my knowledge of dribbling, passing and receiving a ball to keep possession as a team	Complete PE – Games for understanding *To pass a ball over a short distance with control and accuracy *To pivot with control and balance within the rules of the game *To shoot with accuracy and correct technique *To improve agility, balance, co-ordination and speed *To pass the ball to people on my team *To run towards a target whilst dodging obstacles within my path	Complete PE – Rackets, bats and balls (plus sports day practise) *Hit a ball with control using an appropriate object. (bat/racket/hockey stick) *To be confident and keep themselves safe in the space during games. *To play a game fairly and in a sporting manner. *Engage in competitive physical activities (both against self and against others)
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<p>Year 2 In- door</p>	<p>Yoga (learning to learn)</p>	<p>Complete PE - Gymnastics – Linking</p> <p>*Be confident in performing different gymnastic shapes. E.g. pencil/straight, tuck, star, pike, dish and arch) *Have a clear start, middle and end to their sequence. *Use imagination to use apparatus in a variety of ways to balance, travel and create a sequence. *Give advice to peers on how to improve.</p>	<p>Dance</p> <p>*To use different levels, speeds and expressions *To know how to move with control and coordination *Create a performance with a clear start middle and end *To link movements fluently.</p>	<p>Complete PE – Gymnastics – pathways</p> <p>*Be confident in performing different gymnastic shapes. E.g. pencil/straight, tuck, star, pike, dish and arch) *Have a clear start, middle and end to their sequence. *Use imagination to use apparatus in a variety of ways to balance, travel and create a sequence. *Give advice to peers on how to improve.</p>	<p>Yoga</p>	<p>Street Dance with Kerry</p> <p>*To work with a partner to explore phrases and linking actions. *To explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of a dance. *Choose and link actions to make short dance phrases that express an idea, mood or feeling. *Use rhythmic and dynamic qualities to express moods, ideas and feelings.</p>
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Year 2 Out- door	<p>Chelsea Coaches – Team building/multi skills</p> <p>*To throw different objects in a variety of ways, with increased control. (E.g. under arm, over arm, chest throw, bounce, one handed) Can use equipment safely and with co-ordination.</p> <ul style="list-style-type: none"> • To be able to hit a ball accurately using a piece of equipment (E.g. racket, bat, hockey stick). • Be able to pass and stop a ball to a team mate with increased co-ordination, control and with accuracy. • To develop and use hand-eye coordination to control a ball. • Able to reflect on and develop skills to improve 	<p>Football – ball skills</p> <p>Complete PE – ball skills feet</p> <p>*To use my feet to keep control and possession of a ball</p> <p>*To pass and receive a ball using my feet</p> <p>*To combine dribbling, passing and receiving of a ball</p> <p>*To develop dribbling skills and keep possession of a ball</p> <p>*To use my knowledge of dribbling, passing and receiving a ball to keep possession as a team</p>	<p>Netball</p> <ul style="list-style-type: none"> • Be able to pass and stop a ball to a team mate with increased co-ordination, control and with accuracy. • To develop and use hand-eye coordination to control a ball. • Able to reflect on and develop skills to improve <p>JOLF GOLF 2 weeks</p>	<p>JOLF GOLF 2 weeks</p> <ul style="list-style-type: none"> • To be able to hit a ball accurately using a piece of equipment (E.g. racket, bat, hockey stick). • To develop and use hand-eye coordination to control a ball. • Able to reflect on and develop skills to improve 	<p>Complete PE – attack v defence – Games for understanding</p> <p>*Recognise the best ways to score points and stop points being scored in games.</p> <p>*To observe and recognise good quality in performance in games and use this information to improve their own work.</p> <p>*Develop and use their ability to solve problems and make decisions and apply these to simple games.</p> <p>*egin to lead others during a simple team game.</p>	<p>Athletics (running & jumping skills)</p> <p>Complete PE - Locomotion – jumping</p> <p>*To run with agility and confidence.</p> <p>*Can change speed and direction whilst running.</p> <p>*To hurdle an obstacle and maintain effective running style.</p>
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Year 1 & Year 2	Gymnastics	Dance	Yoga	Ball skills	Football	Netball	Basketball	Tennis	Athletics
	Access a broad range of opportunities to extend their agility, balance and coordination.			Access a broad range of opportunities to extend their agility, balance and coordination.					
	Develop fundamental movement skills, becoming increasingly confident and competent.			Develop fundamental movement skills, becoming increasingly confident and competent.					
	(work) individually and with others. Engage in cooperative physical activities			(work) individually and with others. Engage in cooperative physical activities					
	Experience a range of increasingly challenging situations.			Engage in competitive physical activities (both against self and against others)					
	Access a broad range of opportunities			Experience a range of increasingly challenging situations.					
	Pupils should be taught to:			Access a broad range of opportunities					
	<ul style="list-style-type: none">develop balance, agility and coordinationmaster basic movements such as running, jumping, throwing and catchingBegin to apply basic movements in a range of activitiesPerform dances and sequences using simple movement patterns			<i>Pupils should be taught to:</i> <ul style="list-style-type: none">master basic movements such as running, jumping, throwing and catchingdevelop balance, agility and coordinationBegin to apply basic movements in a range of activitiesParticipate in team gamesDevelop simple tactics for attacking and defending					

Provisional coaches structure:

Chelsea Coaches

Autumn 1 – year 2.

Autumn 2 – year 1.

Jolf Golf

Spring 1: 4 weeks – year 1&2 weeks – year 2

Spring 2: 2 weeks – year 2 and 4 weeks – Reception and SSC

Kerry Wannado Street Dance

Spring 2 – year 1

Summer 1 – Reception

Summer 2 – Year 2