

Overview & Curriculum Coverage Map

Cycle A (2021-22)			
EYFS	Fundamental Movement Skills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching 	Fundamental Movement Skills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching 	Fundamental Movement Skills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching
KS1	Fundamental Movement Skills <ul style="list-style-type: none"> 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 	Fundamental Movement Skills <ul style="list-style-type: none"> 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 Gymnastics <ul style="list-style-type: none"> perform basic rolls, shapes and travels create, perform and repeat basic sequences Dance <ul style="list-style-type: none"> perform dances using simple movement patterns. 	Fundamental Movement Skills <ul style="list-style-type: none"> 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 Athletics <ul style="list-style-type: none"> throw overarm and underarm jump for distance perform running techniques Gymnastics <ul style="list-style-type: none"> perform basic rolls, shapes and travels create, perform and repeat basic sequences
LKS2	Invasion games – handball <ul style="list-style-type: none"> throw and catch with some accuracy using a chest pass and a bounce pass pass and move into space use simple tactics to outwit an opponent Dance <ul style="list-style-type: none"> create and perform a mirrored sequence with a partner select travelling actions to convey different characters Gymnastics <ul style="list-style-type: none"> perform rolls, balances, turns create, perform and repeat sequences with changes of direction and speed target games - dodgeball <ul style="list-style-type: none"> perform a coordinated dodge show awareness of space in tag games 	Athletics <ul style="list-style-type: none"> demonstrate pull, push and sling throws with some accuracy perform a hop, step and jump with some control perform in part of a team Net/wall games <ul style="list-style-type: none"> throw over a net target with some accuracy hold a racket and strike a ball intercept thrown objects begin to think of strategy with outwitting opponents throw or strike short and long Gymnastics <ul style="list-style-type: none"> perform rolls, balances, turns create, perform and repeat sequences with changes of direction and speed 	Striking and fielding <ul style="list-style-type: none"> bowl underarm with some control and accuracy catch a small ball and return in quickly strike from a ball tee choose throwing tactics to make games harder for opponents judge, when fielding, where the ball is going to hit Athletics <ul style="list-style-type: none"> demonstrate pull, push and sling throws with some accuracy perform a hop, step and jump with some control perform in part of a team OAA <ul style="list-style-type: none"> demonstrate teamwork

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	<ul style="list-style-type: none"> understand the importance of control and accuracy communicate and cooperate in team games 	<p>Dance</p> <ul style="list-style-type: none"> create and perform a mirrored sequence with a partner select travelling actions to convey different characters 	<ul style="list-style-type: none"> cooperate with teammates to solve problems show encouragement to team members <p>Basketball</p> <ul style="list-style-type: none"> dribble a ball with some control throw and catch a bounce pass and chest pass with some accuracy use simple tactics to outwit an opponent
UKS2	<p>Invasion games – rugby</p> <ul style="list-style-type: none"> tag a player run with a ball in two hands to score a try use a variety of techniques including swing pass with consistency, accuracy and control use appropriate attacking and defending skills <p>Invasion games – hockey</p> <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long distance techniques <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Net/wall games</p> <ul style="list-style-type: none"> <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>OAA</p> <ul style="list-style-type: none"> experiment with different forms of communicating in a team complete tasks in given times, thinking through problems demonstrate trust and support <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long distance techniques

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Cycle B (2022-23)			
EYFS	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills
KS1	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> 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>Fundamental Movement Skills</p> <ul style="list-style-type: none"> 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>Athletics</p> <ul style="list-style-type: none"> throw overarm and underarm jump for distance perform running techniques <p>Dance</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. 	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> 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>Dance</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. <p>Gymnastics</p> <ul style="list-style-type: none"> perform basic rolls, shapes and travels create, perform and repeat basic sequences
LKS2	<p>Invasion games – netball</p> <ul style="list-style-type: none"> throw and catch with some accuracy using a chest pass and a bounce pass pass and move into space use simple tactics to outwit an opponent <p>Dance</p> <ul style="list-style-type: none"> create and perform a mirrored sequence with a partner select travelling actions to convey different characters <p>Gymnastics</p> <ul style="list-style-type: none"> perform rolls, balances, turns create, perform and repeat sequences with changes of direction and speed <p>Creative games</p> <ul style="list-style-type: none"> roll a ball with some accuracy perform a coordinated dodge show balance and awareness of space in tag games 	<p>Dance</p> <ul style="list-style-type: none"> create and perform a mirrored sequence with a partner select travelling actions to convey different characters <p>Net/wall – Badminton</p> <ul style="list-style-type: none"> show a forehand and backhand shot hit a ball into a target area keep a rally going defend an area throw over a net target with some accuracy hold a racket and strike a ball intercept thrown objects begin to think of strategy with outwitting opponents throw or strike short and long <p>Gymnastics</p> <ul style="list-style-type: none"> perform rolls, balances, turns 	<p>Athletics</p> <ul style="list-style-type: none"> demonstrate pull, push and sling throws with some accuracy perform a hop, step and jump with some control perform in part of a team <p>OAA</p> <ul style="list-style-type: none"> demonstrate teamwork cooperate with teammates to solve problems show encouragement to team members <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm with some control and accuracy catch a small ball and return in quickly strike from a ball tee choose throwing tactics to make games harder for opponents

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	<ul style="list-style-type: none"> understand the importance of control and accuracy 	<ul style="list-style-type: none"> create, perform and repeat sequences with changes of direction and speed <p>Athletics</p> <ul style="list-style-type: none"> demonstrate pull, push and sling throws with some accuracy perform a hop, step and jump with some control perform in part of a team 	<ul style="list-style-type: none"> judge, when fielding, where the ball is going to hit <p>Invasion games -rugby</p> <ul style="list-style-type: none"> travel holding a rugby ball correctly throw and catch a ball using a swing pass use simple tactics to outwit an opponent
UKS2	<p>Invasion games – netball</p> <ul style="list-style-type: none"> perform a chest, shoulder and bounce pass with consistency, accuracy and confidence shoot into a hoop with some accuracy use attacking skills to outwit an opponent use defending skills appropriately in games <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance <p>Net/wall – Tennis</p> <ul style="list-style-type: none"> show a forehand and backhand shot hit a ball into a target area keep a rally going defend an area 	<p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long distance techniques <p>Invasion games – rugby</p> <ul style="list-style-type: none"> tag a player run with a ball in two hands to score a try use a variety of techniques including swing pass with consistency, accuracy and control use appropriate attacking and defending skills <p>Gymnastics</p> <ul style="list-style-type: none"> perform counter tension, partner and group balances create, perform and repeat sequences with include fluency, control and weight bearing balance 	<p>OAA</p> <ul style="list-style-type: none"> experiment with different forms of communicating in a team complete tasks in given times, thinking through problems demonstrate trust and support <p>Dance</p> <ul style="list-style-type: none"> convey a character through movement combine a turn, travel, jump and gestures to convey events and emotions <p>Striking and fielding</p> <ul style="list-style-type: none"> bowl underarm and overarm with some accuracy field a ball and throw back accurately strike a bowled ball away from fielders <p>Athletics</p> <ul style="list-style-type: none"> perform and pull, push and sling throw show a variety of different jumps explain, and use, the different short and long distance techniques