

## PE - Subject Knowledge Coverage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ladybirds and Hedgehogs cycle A  <b>Termly - R&amp;R - Outside sports coaching</b>	Core skills / Gym Dance - Exploring the skeleton and parts of the body	Core Skills – Hand/eye coordination. (feed the animals – linked to penguins and polar bears topic)	Athletics Dance – Space, Earth , The Seasons (become a moon buggy) Link to “To infinity and beyond topic	Gymnastics – Link to topic of “Castles” – make castle shapes. Balance - drawbridges	Ball / Core skills (compass directions – Link to topic & map work in Geography)	Athletics – preparation for sports day
Ladybirds and Hedgehogs cycle B  <b>Termly - R&amp;R - Outside sports coaching</b>	Core movement skills (balancing, making shapes) Strengthening and coordination skills on outside apparatus.	Core skills – Hand / Eye coordination.	Ball skills Gymnastics	Dance – Hornpipe Dance which is linked to the topic of “Ship Ahoy”	Athletics	Athletics – preparation for sports day.
Foxes Cycle A	Invasion Games – Football skills Gymnastics – Core skills. Using inside hall apparatus.	Dance – Country Dancing Invasion Games – Basketball / Netball	Swimming Gymnastics -Using the hall apparatus. Focus on individual and paired work. Rotation, balance and travel work. Introduction to small group work.	Swimming Net and wall – Soft tennis. Introduction to racket skills, rally and game.	Dance – stone age boy link. Athletics – preparation for sports day	Rounders – striking and fielding skills & cricket. Athletics – preparation for sports day
Foxes Cycle B	Invasion Games – Tag Rugby. Gymnastics – floor work.	Invasion Games - Netball Dance – Linked to topic of “Natural Disasters”	Swimming Dance – Linked to topic of “Location, Location, Location” Dance from around the UK	Swimming Gymnastics – Movements to link to “Carnival” topic. Routines inspired by South America	Athletics – preparation for sports day Dance- Movements and routines linked to the text driver of “The Firework Makers Daughter”	Athletics - preparation for sports day Rounders – striking and fielding skills & cricket.
Falcons Cycle A	Netball Gymnastics	Netball Dance –Lindihop – Link to topic.	Hockey Gymnastics	Hockey Dance	Rounders Athletics	Rounders Athletics – sports day preparation
Falcons Cycle B	Tennis Gymnastics	Tennis Gymnastics	Football Dance	Football Dance	Cricket Athletics	Cricket Athletics