

Physical Education Whole School Coverage Overview



		Autumn	Spring	Summer
Rec	Real Pe	<p>Multiability Focus</p> <ul style="list-style-type: none"> Personal – Following Instructions Social – Playing With Others <p>Fundamental Movement</p> <ul style="list-style-type: none"> Footwork Static Balance Jumping and Landing Seated balance 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Cognitive – Following Rules Creative – Observing Others <p>Fundamental Movement</p> <ul style="list-style-type: none"> Balance on a Line Static Balance – Stance Ball Skills Balance with a Partner 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Physical – Move in Different Ways Exercise and Good Health <p>Fundamental Movement</p> <ul style="list-style-type: none"> Sending and Receiving Reaction and Response Ball Skills – Agility Static Balance – Floor Work
	Sport Specific Application	Invasion Games Net/Wall Games	Gymnastics Dance	Striking and Fielding Games Athletics
Year 1	Real Pe	<p>Multiability Focus</p> <ul style="list-style-type: none"> Personal – Staying on Task Social – Understanding Others <p>Fundamental Movement</p> <ul style="list-style-type: none"> Footwork Static Balance Jumping and Landing Seated balance 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Cognitive – Observe and describe Creative – Exploring Movement <p>Fundamental Movement</p> <ul style="list-style-type: none"> Balance on a Line Static Balance – Stance Ball Skills Balance with a Partner 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Physical – Control of Movement Exercise and the Body <p>Fundamental Movement</p> <ul style="list-style-type: none"> Sending and Receiving Reaction and Response Ball Skills – Agility Static Balance – Floor Work
	Sport Specific Application	Invasion Games Net/Wall Games	Gymnastics Dance	Striking and Fielding Games Athletics
Year 2	Real Pe	<p>Multiability Focus</p> <ul style="list-style-type: none"> Personal – Perseverance Social – Encouraging others <p>Fundamental Movement</p> <ul style="list-style-type: none"> Footwork Static Balance Jumping and Landing Seated balance 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Cognitive – Analysing Performance Creative – Linking Movements <p>Fundamental Movement</p> <ul style="list-style-type: none"> Balance on a Line Static Balance – Stance Ball Skills Balance with a Partner 	<p>Multiability Focus</p> <ul style="list-style-type: none"> Physical – Creating Sequences Practising Safely <p>Fundamental Movement</p> <ul style="list-style-type: none"> Sending and Receiving Reaction and Response Ball Skills – Agility Static Balance – Floor Work
	Sport Specific Application	Invasion Games Net/Wall Games	Gymnastics Dance	Striking and Fielding Games Athletics

Year 3	Real Pe	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Personal – Self Evaluation • Social – Sharing Ideas <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Footwork • Static Balance • Jumping and Landing • Seated balance 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Cognitive – Recognising Success • Creative – Responding Differently <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Balance on a Line • Static Balance – Stance • Ball Skills • Balance with a Partner 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Physical – Repeating Performance • Understanding Body Changes <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Sending and Receiving • Reaction and Response • Ball Skills – Agility • Static Balance – Floor Work
	Sport Specific Application	<p>Invasion Games:</p> <ul style="list-style-type: none"> • Hockey • Tag Rugby • Football <p>Net/Wall Games</p>	<p>Gymnastics</p> <p>Dance</p> <p>Invasion Games - Netball</p>	<p>Striking and Fielding Games</p> <p>Athletics</p> <p>Net/Wall Games</p>
Year 4	Real Pe	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Personal – Accepting Challenge • Social – Supporting Others <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Footwork • Static Balance • Jumping and Landing • Seated balance 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Cognitive – Self Evaluation • Creative – Similarities and Differences <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Balance on a Line • Static Balance – Stance • Ball Skills • Balance with a Partner 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Physical – Applying Skills • Preparing and Recovering <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Sending and Receiving • Reaction and Response • Ball Skills – Agility • Static Balance – Floor Work
	Sport Specific Application	<p>Invasion Games:</p> <ul style="list-style-type: none"> • Hockey • Tag Rugby • Football <p>Net/Wall Games</p>	<p>Gymnastics</p> <p>Dance</p> <p>Invasion Games - Netball</p>	<p>Striking and Fielding Games</p> <p>Athletics</p> <p>Net/Wall Games</p>
Year 5	Real Pe	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Personal – Responding to Challenge • Social – Giving Feedback <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Footwork • Static Balance • Jumping and Landing • Seated balance 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Cognitive – Judging Performance • Creative – Expressing Ideas <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Balance on a Line • Static Balance – Stance • Ball Skills • Balance with a Partner 	<p><u>Multiability Focus</u></p> <ul style="list-style-type: none"> • Physical – Combining Skills • Understanding Fitness <p><u>Fundamental Movement</u></p> <ul style="list-style-type: none"> • Sending and Receiving • Reaction and Response • Ball Skills – Agility • Static Balance – Floor Work

	Sport Specific Application	Invasion Games: <ul style="list-style-type: none"> • Hockey • Tag Rugby • Football Net/Wall Games	Gymnastics Dance Invasion Games - Netball	Striking and Fielding Games Athletics Net/Wall Games
Year 6	Real Pe	<u>Multiability Focus</u> <ul style="list-style-type: none"> • Personal – Consistent Improvement • Social – Guiding Others <u>Fundamental Movement</u> <ul style="list-style-type: none"> • Footwork • Static Balance • Jumping and Landing • Seated balance 	<u>Multiability Focus</u> <ul style="list-style-type: none"> • Cognitive – Making Good Decisions • Adapting and Changing <u>Fundamental Movement</u> <ul style="list-style-type: none"> • Balance on a Line • Static Balance – Stance • Ball Skills • Balance with a Partner 	<u>Multiability Focus</u> <ul style="list-style-type: none"> • Physical – Linking Movements • Monitoring Physical Activity <u>Fundamental Movement</u> <ul style="list-style-type: none"> • Sending and Receiving • Reaction and Response • Ball Skills – Agility • Static Balance – Floor Work
	Sport Specific Application	Invasion Games: <ul style="list-style-type: none"> • Hockey • Tag Rugby • Football Net/Wall Games	Gymnastics Dance Invasion Games - Netball	Striking and Fielding Games Athletics Net/Wall Games