	EMNETH ACADEMY NATIONAL CURRICULUM COVERAGE
Subject	P.E.
Leader	Lynsey Skate
ACADEMIC YEAR	2022/23

Aims of the National Curriculum	Year 1						Year 2					
Key Stage One	Fundamental movement 2 Yoga/HRF	Dance Yoga Cross country	Gymnastics	HR Fitness Invasion Games Net & Wall	Maypole Athletics Sports Week	Striking & Fielding	Cross Country OAA/HRF Personal challenge	Dance Yoga Cross Country	Gymnastics	HR Fitness Invasion games Net & Wall	Maypole Athletics Sports Week	Striking & Fielding
Develop competence to excel in a broad range of physical activities.												
Ensure pupils are physically active for sustained periods of time.												
Engage in competitive sports and activities.												
Lead healthy, active lives.												
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.												
Participate in team games, developing simple tactics for												

attacking and defending.						
Perform dances using simple						
movements.						

Aims of the National Curriculum	Year 3						Year 4					
Lower Key Stage Two	Cross Country OAA/HRF Athletics	Dance Yoga Cross Country	Gymnastics Tennis	HR Fitness Tennis Skipping/ Kurling	Cricket Athletics Sports Week	Team Games	Cross Country OAA/HRF Athletics	Dance Yoga Cross Country	Gymnastics Tennis	HR Fitness Tennis Skipping/ Kurling	Cricket Athletics Sports Week	Team Games
Develop competence to excel in a broad range of physical activities.												
Ensure pupils are physically active for sustained periods of time.												
Engage in competitive sports and activities.												
Lead healthy, active lives.												
Use running, jumping, throwing ad catching in isolation and in combination.												
Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.												
Develop flexibility, strength, technique, control and balance (for example, through												

athletics and gymnastics).						
Perform dances using a range of movement patterns.						
Take part in outdoor and adventurous activity challenges both individually and within a team.						
Compare their performance with previous ones and demonstrate improvement to achieve their personal best						

Aims of the National Curriculum	Year 5						Year 6					
Upper Key Stage Two	Cross Country OAA/HRF Athletics	Dance Swimming Cross Country	Gymnastics Netball	HR Fitness Tri-Golf Skipping/ Kurling	Cricket Athletics Sports Week	Team Games Badminton Rounders	Cross Country OAA/HRF Athletics	Dance Yoga Cross Country	Gymnastics Netball	HR Fitness Tri-Golf Skipping/ Kurling	Cricket Athletics Sports Week	Team Games Badminton Rounders Handball Swimming
Develop competence to excel in a broad range of physical activities.												
Ensure pupils are physically active for sustained periods of time.												
Engage in competitive sports and activities.												
Lead healthy, active lives.												

Use running, jumping, throwing ad catching in isolation and in combination.						
Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.						
Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).						
Perform dances using a range of movement patterns.						
Take part in outdoor and adventurous activity challenges both individually and within a team.						
Compare their performance with previous ones and demonstrate improvement to achieve their personal best						