Ő	EMNETH ACADEMY NATIONAL CURRICULUM COVERAGE
Subject	P.E.
Leader	Lynsey Skate
ACADEMIC YEAR	2023/2024

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	Athletics Sports Week	Striking & Fielding	Cross Country OAA/HRF	Dance Yoga Cross Country	Gymnastics	HR Fitness Invasion games Net & Wall	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 SH Athletics	Dance Yoga Cross Country	Gymnastics Tennis	HR Fitness Tennis Skipping/ Kurling	Rounders Athletics Sports Week	Team Games	Cross Country OAA/HRF SH Athletics	Dance Yoga Cross Country	Gymnastics Tennis	HR Fitness Tennis Skipping/ Kurling	Rounders 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.		1										
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 SH Athletics	Dance Cross Country Rugby	Gymnastics Netball Basketball	HR Fitness Handball Badminton	Rounders Athletics Sports Week Swimming	Games Invasion Tri Golf Cricket	Cross Country OAA/HRF SH Athletics	Dance Rugby Cross Country	Gymnastics Netball Basketball	HR Fitness Badminton Handball	Rounders Athletics Sports Week	Games Golf. Cricket, invasion 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						
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