

Physical Education NC Content Coverage

	Term 1:1	Term 1:2	Term 2:1	Term 2:2	Term 3:1	Term 3:2
Year One	Paws, Claws and Whiskers	Superheroes	Memory Box	Street Detectives	Africa Oye!	Splendid Skies
Topics	Why do tigers have sharp teeth?	Why do people wear a	Why is Frank Hornby	Why is Tuebrook called	Can you grow tangerines in	Why are the Wright brothers famous?
-		рорру?	famous?	Tuebrook?	Liverpool?	
Year One			Gymnastics – specialist	Gymnastics - specialist	Athletics	Athletics
PE	Games	Games	coach	coach	master basic movements including	master basic movements including
Coverage	participate in team games,	participate in team games,	developing balance, agility		running, jumping, throwing	running, jumping, throwing and
	developing simple tactics	developing simple	and co-ordination, and	developing balance, agility	and catching, as well as	catching, as well as developing
	for attacking and	tactics for attacking	begin to apply these in	and co-ordination,	developing balance, agility	balance, agility and co-
	defending	and defending	a range of activities	and begin to apply	and co-ordination, and begin	ordination, and begin to apply
				these in a range of	to apply these in a range of	these in a range of activities
				activities	activities	
	Yoga Bears To develop balance, agility and co-ordination	Dance Perform dances using simple movement patterns	Yoga Bears To develop balance, agility and co-ordination	Dance	Yoga Bears To develop balance, agility and	Dance Perform dances using simple
				Perform dances using simple movement patterns	co-ordination	movement patterns
Extra	Multi Skills with specialist	Multi Skills with specialist	Multi Skills with specialist	Multi Skills with	Multi Skills with specialist sports	Multi Skills with specialist sports
	sports coach on Friday x20mins	sports coach on Friday	sports coach on Friday	specialist sports coach on	coach on Friday x20mins	coach on Friday x20mins
		x20mins	x20mins	Friday x20mins	-	-
				3	Daily Mile	Daily Mile
	Daily Mile	Daily Mile	Daily Mile	Daily Mile		
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	Term 1:1	Term 1:2	Term 2:1	Term 2:2	Term 3:1	Term 3:2
Year Two Topics	Scrumdiddlyumptious Why can't I have chocolate for breakfast?	Fire, Fire! Why are houses made from brick?	At Home and Further Away Why are the Beatles famous?	Extreme Earth Why are polar bears white?	Wonderful Woodland Why are squirrels suited to a woodland?	Changes Why do frogs eat butterflies?
Year Two PE Coverage	Games - specialist coach participate in team games, developing simple tactics for attacking and defending Yoga Bears To develop balance, agility and co-ordination	Games- specialist coach participate in team games, developing simple tactics for attacking and defending Dance Perform dances using simple movement patterns	Gymnastics developing balance, agility and co-ordination, and begin to apply these in a range of activities Yoga Bears To develop balance, agility and co-ordination	Gymnastics developing balance, agility and co-ordination, and begin to apply these in a range of activities Dance Perform dances using simple movement patterns	Athletics 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 Yoga Bears To develop balance, agility and co- ordination	Athletics 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 Dance Perform dances using simple movement patterns
Extra	Multi Skills with specialist sports coach on Friday x20mins	Multi Skills with specialist sports coach on Friday x20mins	Multi Skills with specialist sports coach on Friday x20mins	Multi Skills with specialist sports coach on Friday x20mins	Multi Skills with specialist sports coach on Friday x20mins	Multi Skills with specialist sports coach on Friday x20mins
	Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile