





















## Physical Education Coverage Overview for EYFS Milestones

Week	Terms 1 & 2	Terms 3 & 4	Terms 5 & 6
1	<b>Locomotion</b> Walking/Marching 	<b>Gymnastics</b> High, Low, Over, Under 	<b>Ball Skills</b> Feet (Dribbling) 
2			
3			
4			
5			
6			
7	<b>Ball Skills</b> Hands (Rolling, pushing and bouncing) 	<b>Attack v Defence</b> Games for Understanding 	<b>Locomotion</b> Jumping (Jumping, Hopping) 
8			
9			
10			
11			
12			























# Physical Education Coverage Overview for Milestone 1

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
1	<b>Ball Skills</b> Year 1 – Feet (Dribbling, Kicking, Passing)  Year 2 – Hands (Passing, Receiving, Possession) 	<b>Gymnastics</b> Year 1 – Body Parts (Big, Small, Wide, Narrow and Curled)  Year 2 – Pathways (Zig-Zag, Curved, Sequence) 	<b>Dance</b> Year 1 – Growing (Rhythm, Motifs, Movement Sequences)  Year 2 – Mr Candy's Sweet Factory (Expression, Linking, Dynamics) 	<b>Ball Skills</b> Year 1 – Hands (Bouncing, Accuracy, Sending and Receiving)  Year 2 – Feet (Dribbling, Possession, Passing, Receiving) 	<b>Ball Skills</b> Year 1 – Rackets, Bats and Balls (Dribbling, Hitting, Power, Accuracy)  Year 2 – Rackets, Bats and Balls (Hitting, Accuracy, Power, Striking) 	<b>Dance</b> Year 1 – Heroes (Sequence, Movement)  Year 2 – Water (Stimuli, Sequence) 
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8	<b>Attack v Defence</b> Year 1 – Games for Understanding (Attack, Defence)  Year 2 – Games for Understanding (Attacking/Defending as a team, Tactics) 	<b>Teambuilding</b> Year 1 – Teambuilding (Inclusion, Developing teamwork, Communication)  Year 2 – Teambuilding (Inclusion, Trust, Co-operation, Problem Solving) 	<b>Gymnastics</b> Year 1 – Wide, Narrow, Curled (Transitioning and Linking)  Year 2 – Linking (Jump, Roll, Balance, Sequences) 	<b>Health and Wellbeing</b> Year 1 – Agility (Balance, Rolling, Throwing)  Year 2 – Health & Wellbeing - Circuits (Agility, Balance) 	<b>Locomotion</b> Year 1 – Jumping  Year 2 – Jumping 	<b>Locomotion</b> Year 1 – Running  Year 2 – Dodging 
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10						
11						
12						














## Physical Education Coverage Overview for Milestone 2

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
1	<b>Gymnastics</b>	<b>Game Sense</b>	<b>Dance</b>	<b>OAA</b>	<b>Striking and Fielding</b>	<b>Invasion</b>
2	Year 3 – Symmetry and Asymmetry	Year 3 – Game Sense (Passing and Receiving)	Year 3 – Weather	Year 3 – Communication and Tactics	Year 3 – Cricket	Year 3 – Basketball
3						
4						Year 4 – Football
5	Year 4 – Bridges		Year 4 – Space	Year 4 – Problem Solving	Year 4 – Rounders	
6		Year 4 – Game Sense Invasion (Moving and Shooting) 		 	 	Football - 4 lessons in T5 and 4 lessons in T5 when swimming is not on.  
7						
8	<b>Health and Wellbeing</b>	<b>Invasion</b>	<b>Net &amp; Wall</b>	<b>Invasion</b>	<b>Athletics</b>	<b>Striking and Fielding</b>
9	Year 3 – Mindfulness (Relaxation, Meditative Balances)	Year 3 – Hockey	Year 3 – Tennis	Year 3 – Dodgeball	Year 3 – Athletics (Running, Sprinting, Relay, Throwing, Jumping)	Year 3 – Rounders
10						
11		Year 4 – Netball  	Year 4- Problem Solving  	Year 4 – Handball		Year 4 – Cricket  
12	Year 4 – Health & Wellbeing/Mindfulness (Express Emotions) 			Year 4 – Swimming	Year 4 – Athletics (Sprinting, Pace, Javelin, Standing Triple Jump) 	
				Football - 2 lessons in T4 and 4 lessons in T5 when swimming is not   		



## Physical Education Coverage Overview for Milestone 3

Week	Terms 1 & 2		Terms 3 & 4		Terms 5 & 6	
1	<b>Net and Wall</b>	<b>Invasion</b>	<b>Invasion</b>	<b>Dance</b>	<b>OAA</b>	<b>Invasion</b>
2	Year 5 – Table Tennis	Year 5 – Dodgeball	Year 5 – Tag Rugby	Year 5 – Street Art	Year 5 – Orienteering	Year 5 – Netball
3						
4	Year 6 – Badminton	Year 6 – Hockey	Year 6 – Handball	Year 6 – Carnival	Year 6 – Leadership	Year 6 – Tag Rugby
5						
6	 	 	 		 	 
7						
8	<b>Invasion</b>	<b>Gymnastics</b>	<b>Striking and Fielding</b>	<b>Invasion</b>	<b>Athletics</b>	<b>Health Related Exercise</b>
9	Year 5 – Hockey	Year 5 – Counterbalance and Counter Tension	Year 5 – Cricket	Year 5 – Basketball	Year 5 – Athletics (Sprinting, Relay, Shot put, Hurdles)	Year 5 – Health Related Exercise/Cardio (Flexibility, Strength)
10						
11	Year 6 – Basketball	Year 6 – Matching and Mirroring	Year 6 – Rounders	Year 6 – Football	Year 6 – Athletics (Running, Speed, Throwing and Jumping)	Year 6 – Health Related Exercise/Cardio (Flexibility, Strength)
12	