



St Jude's C of E Primary School Skill Coverage Grid



P.E.

Year 1

Autumn 1	Curriculum Skill	Number of times taught
The Magic Toys Dance 1	Understand why the brain, heart and lungs are important body parts. (Healthy bodies)	3
	Hop along a straight line using the same foot. (Acquiring and developing skills)	1
	Identify and name some large bones and muscles and explain why they are important. (Healthy bodies)	2
Games Activities Games 1	Catch a bean bag. (Acquiring and developing skills)	2
	Throw a small ball underarm, using the correct technique. (Acquiring and developing skills)	2
	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	2
Autumn 2	Curriculum Skill	Number of times taught
Animals Dance 2	Establish sequences of actions and skills which have a clear beginning, middle and ending. (Applying skills and using tactics)	2
	Describe and comment on performance. (Evaluating and improving performance)	3
	Structure sequences of actions and skills in different orders to improve performance. (Speed / direction / level / etc.) (Applying skills and using tactics)	2
Games Activities Games 2	Catch a small ball. (Acquiring and developing skills)	3
	Throw a small ball underarm, using the correct technique. (Acquiring and developing skills)	3
	Jump for distance controlling the landing. (Acquiring and developing skills)	2
	2 Jump for height with a controlled landing. (Acquiring and developing skills)	1
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Hold a balance whilst walking along a straight line. (Acquiring and developing skills)	1
	Establish sequences of actions and skills which have a clear beginning, middle and ending. (Applying skills and using tactics)	2
	Jump for distance controlling the landing. (Acquiring and developing skills)	2
	2 Jump for height with a controlled landing. (Acquiring and developing skills)	2
Multi-Skills Games 3	Link skills and actions in different ways to suit different activities. (Applying skills and using tactics)	3
	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	2
Spring 2	Curriculum Skill	Number of times taught
Gymnastics 2	Hold a balance whilst walking along a straight line. (Acquiring and developing skills)	1
	Establish sequences of actions and skills which have a clear beginning, middle and ending. (Applying skills and using tactics)	
	Jump for distance controlling the landing. (Acquiring and developing skills)	
	2 Jump for height with a controlled landing. (Acquiring and developing skills)	1
Ball Skills Games 4	Throw a small ball underarm, using the correct technique. (Acquiring and developing skills)	3



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	Catch a small ball. (Acquiring and developing skills)	3
	Throw a small ball underarm, using the correct technique. (Acquiring and developing skills)	3
Summer 1	Curriculum Skill	Number of times taught
	Establish sequences of actions and skills which have a clear beginning, middle and ending. (Applying skills and using tactics)	2
Team Games Games 5	Throw a small ball underarm, using the correct technique. (Acquiring and developing skills)	3
	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	2
Summer 2	Curriculum Skill	Number of times taught
Life Cycles Dance 3	Understand why the brain, heart and lungs are important body parts. (Healthy bodies)	3
	Hop along a straight line using the same foot. (Acquiring and developing skills)	1
	Identify and name some large bones and muscles and explain why they are important. (Healthy bodies)	1
	Listen to advice. (Personal and social)	1
	Share a view or opinion. (Personal and social)	1
Athletics Games 6	Identify whether a target has been met. (Healthy mind)	1
	1 Jump for distance. (Acquiring and developing skills)	1
	1 Jump for height. (Acquiring and developing skills)	1

Year 2

Autumn 1	Curriculum Skill	Number of times taught
The G F O L Dance 1	Compare his/her performance with others. (Evaluating and improving performance)	2
	Structure sequences of actions and skills in different orders to improve performance. (Speed / direction / level / etc.) (Applying skills and using tactics)	3
	Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body. (Healthy bodies)	2
Games Activities Games 1	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	3
	Catch a small ball. (Acquiring and developing skills)	3
	Throw a small ball overarm, using the correct technique. (Acquiring and developing skills)	3
Autumn 2	Curriculum Skill	Number of times taught
Sleigh Ride Dance 2	Compare his/her performance with others. (Evaluating and improving performance)	2
	Structure sequences of actions and skills in different orders to improve performance. (speed / direction / level / etc.) (Applying skills and using tactics)	3
	Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body. (Healthy bodies)	2
	Catch a small ball. (Acquiring and developing skills)	2



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Games Activities Games 2	Throw a small ball overarm, using the correct technique. (Acquiring and developing skills)	2
	2 Jumps for distance controlling the landing. (Acquiring and developing skills)	2
	2 Jumps for height with a controlled landing. (Acquiring and developing skills)	2
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Jump for distance controlling the landing. (Acquiring and developing skills)	2
	2 Jumps for height with a controlled landing. (Acquiring and developing skills)	2
	Compare his/her performance with others. (Evaluating and improving performance)	2
Ball Skills Games 3	Catch a small ball. (Acquiring and developing skills)	2
	Throw a small ball overarm, using the correct technique. (Acquiring and developing skills)	2
	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	3
Spring 2	Curriculum Skill	Number of times taught
Gymnastics 2	Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.) (Applying skills and using tactics)	1
	Jump for distance controlling the landing. (Acquiring and developing skills)	
	2 Jumps for height with a controlled landing. (Acquiring and developing skills)	
Multi-Skills Games 4	Hop along a straight line using the same foot. (Acquiring and developing skills)	1
	Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.) (Applying skills and using tactics)	3
	Throw a small ball overarm, using the correct technique. (Acquiring and developing skills)	2
Summer 1	Curriculum Skill	Number of times taught
At The Seaside Dance	Compare his/her performance with others. (Evaluating and improving performance)	2
	Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.) (Applying skills and using tactics)	3
Team Games Games 5	Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body. (Healthy bodies)	1
	Zig zag through a series of markers spaced evenly, about 2m apart. (Acquiring and developing skills)	3
Summer 2	Curriculum Skill	Number of times taught
Gymnastics 3	Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.) (Applying skills and using tactics)	3
	Jump for distance controlling the landing. (Acquiring and developing skills)	2
	2 Jumps for height with a controlled landing. (Acquiring and developing skills)	2
	Compare his/her performance with others. (Evaluating and improving performance)	3
Athletics Games 6	Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.) (Applying skills and using tactics)	3
	Throw a small ball overarm, using the correct technique. (Acquiring and developing skills)	2



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	Understand the difference between fair and unfair. (Personal and social)	1
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