



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



P.E.

Year 3

Autumn 1	Curriculum Skill	Number of times taught
In the playground Dance 1	Balance on one foot.	4
	Vary skills, actions and ideas and link these in different ways to suit different activities.	5
	Perform a side stepping gallop.	4
	Compare and contrast his/her performance with others.	3
Football Games 1	Identify that exercise helps our lungs and heart and improves co-ordination.	4
	Perform a side stepping gallop.	6
	Vary his/her responses to tactics, strategies and sequences used.	2
Autumn 2	Curriculum Skill	Number of times taught
Diwali Dance 2	Balance on one foot.	4
	Vary skills, actions and ideas and link these in different ways to suit different activities.	5
	Perform a side stepping gallop.	6
	Compare and contrast his/her performance with others.	3
Tag Rugby Games 2	Identify that exercise helps our lungs and heart and improves co-ordination.	4
	Perform a side stepping gallop.	6
	Vary his/her responses to tactics, strategies and sequences used.	3
	Vary skills, actions and ideas and link these in different ways to suit different activities.	5
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Balance on one foot.	4
	Climb a set of wall bars - or similar.	2
	Compare and contrast his/her performance with others.	3
Invasion Games Games 3	Identify that exercise helps our lungs and heart and improves co-ordination.	4
	Perform a side stepping gallop.	6
	Vary his/her responses to tactics, strategies and sequences used.	3
	Vary skills, actions and ideas and link these in different ways to suit different activities.	5
Spring 2	Curriculum Skill	Number of times taught
Gymnastics 2	Balance on one foot.	4
	Climb a set of wall bars (or similar).	2
	Compare and contrast his/her performance with others.	3
Short Tennis Games 4	Identify that exercise helps our lungs and heart and improves co-ordination.	4
	Perform a side stepping gallop.	6
	Vary his/her responses to tactics, strategies and sequences used.	3
	Vary skills, actions and ideas and link these in different ways to suit different activities.	5



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Summer 1	Curriculum Skill	Number of times taught
Swimming	Have a reasonable knowledge of the water safety code.	1
	Jump into the pool and submerge briefly.	1
	Sink, push away from the wall and glide underwater for a short distance.	1
	Submerge fully to pick up an object from the bottom.	1
Athletics Games 5	Run at speed over a distance.	1
	Understand that determination and perseverance are needed to overcome a challenge.	
Summer 2	Curriculum Skill	Number of times taught
Swimming	Have a reasonable knowledge of the water safety code.	1
	Jump into the pool and submerge briefly.	1
	Sink, push away from the wall and glide underwater for a short distance.	1
	Submerge fully to pick up an object from the bottom.	1
Cricket / Rounders Games 6	Identify that exercise helps our lungs and heart and improves co-ordination.	1
	Perform a side stepping gallop.	6
	Vary his/her responses to tactics, strategies and sequences used.	3

Year 4

Autumn 1	Curriculum Skill	Number of times taught
Swimming	Perform a sequence of changing shapes whilst floating on the surface.	1
	Swim approx. 10m using a range of different strokes including back / breast / front crawl.	2
Football Games 1	Apply skills and tactics in combination with a partner or as part of a group / team.	5
	Kick a ball accurately.	2
	Identify the main features of respiration.	5
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
Autumn 2	Curriculum Skill	Number of times taught
Swimming	Perform a sequence of changing shapes whilst floating on the surface.	1
	Swim approx. 10m using a range of different strokes including back / breast / front crawl.	2
Tag Rugby Games 2	Apply skills and tactics in combination with a partner or as part of a group / team.	5
	Kick a ball accurately.	2
	Identify the main features of respiration.	5
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Complete a forward roll and land on the feet.	2
	Skip forwards in a fluid motion.	2



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	Apply skills and tactics in combination with a partner or as part of a group / team.	5
Invasion Games Games 3	Apply skills and tactics in combination with a partner or as part of a group / team.	5
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
	Identify the main features of respiration.	5
	Pass a ball from chest height to a partner.	1
Spring 2	Curriculum Skill	Number of times taught
Life on the Nile Dance 1	Discuss differences between the health of people from different countries / regions.	1
	Skip forwards in a fluid motion.	1
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
Short Tennis Games 4	Apply skills and tactics in combination with a partner or as part of a group / team.	5
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
	Identify the main features of respiration.	5
Summer 1	Curriculum Skill	Number of times taught
Gymnastics 2	Complete a forward roll and land on the feet.	2
	Skip forwards in a fluid motion.	2
	Apply skills and tactics in combination with a partner or as part of a group / team.	5
Athletics Games 5	Run at speed over a distance.	1
	Understand that determination and perseverance are needed to overcome a challenge.	1
Summer 2	Curriculum Skill	Number of times taught
The River Dance 2	Apply skills and tactics in combination with a partner or as part of a group / team.	5
	Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.	5
	Identify the main features of respiration.	5
Cricket / Rounders Games 6	Identify that exercise helps our lungs and heart and improves co-ordination.	1
	Perform a side stepping gallop.	5
	Vary his/her responses to tactics, strategies and sequences used.	1

Year 5

Autumn 1	Curriculum Skill	Number of times taught
Tudors Dance 1	When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition.	2
	Perform a sequence of one footed leaps.	2
	Explain how confidence can affect performance.	3
	Identify different levels of performance and use subject specific vocabulary.	5
	Dribble a football between cones.	1
	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6



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Football Games 1	Develop interest in participating in sports activities and events at a competitive level.	6
Autumn 2	Curriculum Skill	Number of times taught
In the playground Dance 2	When performing in an activity, draw upon previous knowledge and experiences of tactics, strategies and composition.	3
	Perform a sequence of one footed leaps.	2
	Explain how confidence can affect performance.	3
Tag Rugby Games 2	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
	Develop interest in participating in sports activities and events at a competitive level.	6
	Gallop with a fluid motion.	5
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Explain how confidence can affect performance.	3
	Identify different levels of performance and use subject specific vocabulary.	5
	Begin to reflect on mistakes and see them as an opportunity to learn from.	2
Netball Games 3	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
	Develop interest in participating in sports activities and events at a competitive level.	6
	Gallop with a fluid motion.	5
Spring 2	Curriculum Skill	Number of times taught
Gymnastics 2	Explain how confidence can affect performance.	3
	Identify different levels of performance and use subject specific vocabulary.	5
	Begin to reflect on mistakes and see them as an opportunity to learn from.	1
Short Tennis Games 4	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
	Develop interest in participating in sports activities and events at a competitive level.	6
	Gallop with a fluid motion.	5
Summer 1	Curriculum Skill	Number of times taught
Gymnastics 3	Explain how confidence can affect performance.	3
	Identify different levels of performance and use subject specific vocabulary.	5
	Begin to reflect on mistakes and see them as an opportunity to learn from.	2
Athletics Games 5	Identify different levels of performance and use subject specific vocabulary.	5
	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
Summer 2	Curriculum Skill	Number of times taught
Invasion Games	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
	Develop interest in participating in sports activities and events at a competitive level.	6



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Games 6	Gallop with a fluid motion.	5
Cricket / Rounders Games 7	Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy.	6
	Develop interest in participating in sports activities and events at a competitive level.	6
	Gallop with a fluid motion.	5

Year 6

Autumn 1	Curriculum Skill	Number of times taught
The River Dance 1	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Understand different levels of confidence and its effect on life.	6
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
	Understand that 'being healthy' incorporates body, mind and lifestyle.	2
Football Games 1	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4
Autumn 2	Curriculum Skill	Number of times taught
Diwali Dance 2	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Understand different levels of confidence and its effect on life.	6
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
	Understand that 'being healthy' incorporates body, mind and lifestyle.	2
Tag Rugby Games 2	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4
Spring 1	Curriculum Skill	Number of times taught
Gymnastics 1	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Understand different levels of confidence and its effect on life.	6
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
Invasion Games Games 3	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6



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	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4
	Perform a 'basketball dribble'.	1
Spring 2	Curriculum Skill	Number of times taught
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Understand different levels of confidence and its effect on life.	6
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
Short Tennis Games 4	Strike a ball with a range of bats for accuracy and distance.	2
	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4
Summer 1	Curriculum Skill	Number of times taught
Gymnastics 3	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Understand different levels of confidence and its effect on life.	2
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
Athletics Games 5	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.	6
Summer 2	Curriculum Skill	Number of times taught
Invasion Games Games 6	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4
	Perform a 'basketball dribble'.	2
Cricket / Rounders Games 7	Strike a ball with a range of bats for accuracy and distance.	1
	Analyse, modify and refine skills and techniques and how these are applied. (Evaluating and improving performance)	6
	Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.	11
	Using scientific vocabulary, explain what happens to our bodies during and after exercise.	4