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| **KS1 Coverage:** | **KS2 Coverage:** |
| **Fundamental Movement Skills (FMS)**  **Dance**  **Games** | **Fundamental Sports Skills (FSS)**  **Dance**  **Games**  **Gymnastics**  **Swimming**  **OAA** |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **EYFS** | **LSC FMS:** Running, jumping, skipping, hopping, balancing etc. | **LSC Dance:** perform dances using simple movement patterns (FMS) | **LSC FMS Gymnastics**: Basic shapes, balances and roles. | **LSC FMS Gymnastics** Continuation/development of shapes, balances and roles. | **LSC FMS through Athletics activity**: Running, Jumping, Throwing etc. | **LSC through Athletics activity**: Running, Jumping, Throwing etc.  **Sports Day** |
| **Y1** | **LSC FMS:** Throwing and catching/Sending and receiving  **PE Hub FMS:** Send and return | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills  **PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles  **PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object  **PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills | **LSC Introduction to OAA:** Introduction to Orienteering,  **PE Hub Invasion games:** attacking and defending  **Tournament Day and Sports Day** |
| **Y1/2** | **LSC FMS:** Throwing and catching/Sending and receiving  **PE Hub FMS:** Send and return | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills  **PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles  **PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object  **PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills | **LSC Introduction to OAA:** Introduction to Orienteering,  **PE Hub Invasion games:** attacking and defending  **Tournament Day and Sports Day** |
| **Y2** | **LSC FMS:** Throwing and catching/Sending and receiving  **PE Hub FMS:** Send and return | **LSC Invasion games:** Attack, Defend, Shoot netball and basketball activities building on throwing and catching skills  **PE Hub Dance:** perform dances using simple movement patterns | **LSC FMS** **Gymnastics:** shapes, balances and roles  **PE Hub FMS** **Gymnastics:** | **LSC FMS Striking and fielding:** throwing, catching and striking a ball with an object  **PE Hub Dance**: perform dances using simple movement patterns | **LSC FMS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub FMS:** Send and return with equipment - tennis/bat and ball skills | **LSC Introduction to OAA:** Introduction to Orienteering,  **PE Hub Invasion games:** attacking and defending  **Tournament Day and Sports Day** |
| **Y3** | **LSC Invasion games:** (attacking principles) football activities  **PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities  **PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely  **PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting  **PE Hub Games:**  Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub Games Net and Wall:**  Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery    **PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **Tournament Day and Sports Day** |
| **Y3/4** | **LSC Invasion games:** (attacking principles) football/netball activities  **PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities  **PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely  **PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting  **PE Hub Games:**  Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub Games Net and Wall:**  Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery    **PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **Tournament Day and Sports Day** |
| **Y4** | **LSC Invasion games:** (attacking principles) football/netball activities  **PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot netball activities  **PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps and balances. Using equipment safely  **PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting  **PE Hub Games:**  Tag rugby | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub Games Net and Wall:**  Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Archery    **PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **Tournament Day and Sports Day** |
|  | **Swimming rotation Y3/4 and Y4** | | | | | |
| **Y5** | **LSC Invasion games:** (attacking principles) football/basketball activities  **PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot basketball activities  **PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps, balance and transitions. Incorporating peer observation and support. Using these skills on equipment.  **PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting  **PE Hub Games:**  hockey | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub Games Net and Wall:**  Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Golf  **PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **Tournament Day and Sports Day** |
| **Y6** | **LSC Invasion games:** (attacking principles) football/basketball activities  **PE Hub Invasion games:** Attack, Defend, Shoot football activities | **LSC Invasion games:** Attack, Defend, Shoot basketball activities  **PE Hub Dance:** perform dances using a range of movement patterns | **LSC Gymnastics:** shapes, rolls, jumps, balance and transitions. Incorporating peer observation and support. Using these skills on equipment.  **PE Hub Gymnastics:** | **LSC Games Striking and fielding:** rounders and cricket. Using and building on striking and fielding skills in a cricket/rounders setting  **PE Hub Games:**  hockey | **LSC FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **PE Hub Games Net and Wall:**  Tennis/bat and ball skills (Sending and Receiving with equipment) | **LSC OAA:** Orienteering,Golf, Archery  **PE Hub FSS Athletics:** high jump, long jump, sprinting, shot put javelin, sprinting with hurdles, cross country  **Tournament Day and Sports Day** |