

PE Coverage

PE is taught on a rota system by external providers: a gym specialist, a dance specialist, Nottingham City swimming school and Progressive Sports. This document details the National Curriculum objectives that are being covered and by who. Planning is provided by the external providers which is monitored by the PE subject lead & their individual company quality assurance systems.

	Objective								
Key Stage 1	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			participate in team games, developing simple tactics for attacking and defending			perform dances using simple movement patterns.		
Key Stage 2	use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	perform dances using a range of movement patterns	take part in outdoor and adventurous activity challenges both individually and within a team	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	swim competently, confidently and proficiently over a distance of at least 25 metres	use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	perform safe self-rescue in different water-based situations

Progressive Sports

Nottingham City Swim School

Dance Specialist

Gym Specialist