

Physical Education

At Coates Way Curriculum is designed to allow the children opportunity to: succeed and excel in competitive sport and other physically-demanding activities.

Context if relevant	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Locomotion (KS1)	<p>Walk, run, jump– Q. How can you move?</p> <p>– jump, skip, hop Q. Can you move in the air?</p> <p>– Sports Day Q. What do squirrels eat?</p> <p>– Chasing and Evasion Q. What is a good space?</p>	<p>– Chasing and Evading Q. What is a good space?</p> <p>– Sports Day Q. What is a race?</p>	<p>– Chasing and Evading Q. How do you chase and evade?</p> <p>– Sports Day Q. Why do we compete?</p>				

Ball Skill (KS1)	<ul style="list-style-type: none"> <li>– Hands</li> <li>Q. What can you do with a ball?</li> <li>– Feet</li> <li>Q. Can you kick it?</li> <li>– Team games</li> <li>Q. How do you work together?</li> </ul>	<ul style="list-style-type: none"> <li>– Throw and Catch</li> <li>Q. What is accuracy and how do you aim?</li> <li>– Target games</li> <li>Q. What is a target game?</li> <li>– Invasion Games</li> <li>Q. What is a team game?</li> <li>– Strike and Field</li> <li>Q. What is a batter?</li> <li>– Invasion Games</li> <li>Q. What is a rule and how do we follow it?</li> </ul>	<ul style="list-style-type: none"> <li>– Throw and Catch</li> <li>– Target games</li> <li>Q. How do you win?</li> <li>– Invasion Games</li> <li>Q. What is a rule and how do we follow it?</li> <li>– Strike and Field</li> <li>Q. What is a fielder?</li> <li>– Invasion Games</li> <li>Q. How do you score?</li> </ul>				
Gymnastic	– High, low, over, under	– Body Parts and Shape	– Pathway Q. What is a pathway and	– Linking Q. What is linking?	– Symmetry and Asymmetry	– Counter balance and tension	– Matching and mirroring

	<p>Q. Can you travel?</p> <p>Gymnastics – Body Parts Q. Where is your head, shoulders, knees and</p>	<p>Q. What shapes can you make with your body</p> <p>– Shape Q. What is a star?</p>	<p>how do we make one?</p> <p>– Linking Q. What is linking?</p>	<p>– Symmetry and asymmetry Q. What is symmetry and asymmetry?</p>	<p>Q. What is symmetry and asymmetry?</p> <p>– Counter balance and tension Q. What is counter balance and tension?</p>	<p>Q. What is counter balance and tension?</p> <p>– Matching and mirroring Q. What is matching and mirroring?</p>	<p>Q. What is matching and mirroring?</p> <p>– Flight Q. What is the vault?</p>
Health and Fitness (KS1 and KS2)	<p>Q. What is a healthy snack? Which foods are healthy?</p>	<p>Q. What does it mean to be physically active?</p>	<p>Q. What are muscles and what do they do?</p>	<p>Q. Why do we exercise?  Q. Why do we exercise?</p>	<p>Q. What is a SMART goal?  Q. What is a SMART goal?</p>	<p>Q. Why is hydration and nutrition important?  Q. Why is hydration and nutrition important?</p>	<p>Q. What is the cardiovascular system?  Q. What is the cardiovascular system?</p>
Dance ( EYFS, KS1 and KS2)	<p>Q. What do you do when the music plays?</p> <p>Q. What is a beat?</p>	<p>Q. What is a beat?</p>	<p>Q. What is a tempo?</p>	<p>Q. What levels can you perform at?</p>	<p>Q. What is unison?</p>	<p>Q. What is a canon?</p>	<p>Q. What is Capoeira and where does it come from?</p>
OAA (Outdoor Adventurous Activities) EYFS, KS1 and KS2	<p>– Problem Solving Q. What is a problem?</p>	<p>– Team building and problem solving Q. What is a team?</p>	<p>– Communication Q. How do we communicate?</p>	<p>– Values and mindset Q. What values make you a valuable teammate?</p>	<p>– Problem Solving Q. What if you don't succeed?</p>	<p>– Leadership Q. What makes a good leader?</p>	<p>– Orienteering Q. What is a compass and how do you use it?</p>
Invasion Games (KS2)				<p>Q. What is an invasion game?</p>	<p>- Handball</p>	<p>– Rugby</p>	<p>– Rugby</p>

				<p>– Netball Q. What is an invasion game?</p> <p>– Football Q. What is an invasion game?</p> <p>– Handball Q. What is an invasion game</p>	<p>Q. How do you move the ball forward?</p> <p>– Netball Q. How do you move the ball forward?</p> <p>– Football Q. How do you move the ball forward?</p> <p>– Rugby Q. How do you move the ball forward?</p>	<p>Q. How do you create scoring opportunities?</p> <p>– Football Q. How do you create scoring opportunities?</p> <p>– Handball Q. How do you create scoring opportunities?</p> <p>– Netball Q. How do you create scoring opportunities?</p>	<p>Q. Why is position and formation important?</p> <p>– Football Q. Why is position and formation important?</p> <p>– Handball Q. Why is position and formation important?</p> <p>– Netball Q Why is position and formation important?</p>
Athletics (KS2)				Q. What are track and field events?	Q. How do we measure and record performance?	Q. What is good technique and how does it affect outcome?	Q. How can you improve someone's technique in track and field?
Striking and Fielding (KS2)				– Rounders Q. What is a striking and fielding game?	– Rounders Q. How do you score in rounders?	– Cricket Q. How do you bowl in cricket?	– Cricket Q. Why does a team need to set its field?