

## Huntington Primary Academy long term plan – coverage map.

### - Physical and Health Education



	Key Stage 1	Key stage 2
PE	<ul style="list-style-type: none"> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• Perform dances using simple movement patterns.</li> <li>• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</li> </ul>	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.</li> <li>• Take part in gymnastics activities.</li> <li>• Take part in athletics activities.</li> <li>• Perform dances.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</li> </ul>
Health Education	<ul style="list-style-type: none"> <li>• Opportunities to take part in activities that support their health.</li> <li>• Learn about healthy eating, making healthy choices.</li> <li>• Opportunities to use basic principles of a healthy and varied diet to prepare dishes and understand where food comes from.</li> <li>• Understand the importance of hygiene and personal cleanliness.</li> </ul>	<ul style="list-style-type: none"> <li>• Take part in activities that support their health.</li> <li>• Participate in a Sex, Health and Hygiene Education awareness programme. (Years 5 and 6).</li> <li>• Participate in sessions that encourage the children to make healthy choices, e.g. drug awareness, diet, active lifestyle choices.</li> <li>• Have opportunities to use and apply principles of healthy and varied diet to prepare and cook predominantly savoury dishes.</li> <li>• Appreciate where ingredients are grown and how they are reared caught and processed.</li> </ul>
Enrichment/extra opportunities.	<ul style="list-style-type: none"> <li>• We will ensure that children are provided with opportunities to access physical activity in addition to those included in the curriculum.</li> <li>• Opportunities for those with particular talents or skills will be provided, where possible, outside curriculum time.</li> </ul>	<ul style="list-style-type: none"> <li>• We will ensure that children are provided with opportunities to access physical activity in addition to those included in the curriculum.</li> <li>• Opportunities for those with particular talents or skills will be provided, where possible, outside curriculum time.</li> </ul>