

PE		
National Curriculum Aims		
<p>The national curriculum for history aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Key Concepts		
<p>During PE pupils explore the following key concepts:</p> <ul style="list-style-type: none"> • Pupils learn about the impact of exercise on their bodies and how to keep their bodies safe and healthy • Pupils learn the importance of “warming up” and “cooling down” to prevent injury. • Pupils learn to consider and manage risk in different contexts. • Pupils learn to display and promote good sporting values in all contexts. • Pupils learn the importance of evaluating performance 		
Specific Knowledge KS1		
Year A YrR section	Movement Skills 1	Balance
	<p>Pupils learn the effects that exercise has on their bodies. Pupils learn different types of movement: twist, turn, reach, bend, slide, gallop. Pupils learn technical language twist, turn, reach, bend, slide, gallop.</p>	<p>Pupils learn to safely jump from height and how to land appropriately. Pupils learn how to retain and regain balance. Pupils learn the importance of sharing and taking turns with equipment. Pupils learn technical language balance, jump, land, safety.</p>
	Gymnastics – “Bouncing, jumping, landing” and “Rocking and Rolling”	Target Games 1
	<p>Pupils learn to consider and manage risk when tackling new challenges including how to safely transport and store equipment. Pupils learn how to land appropriately to avoid injury. Pupils learn types of movement: rocking, rolling, jumping. Pupils learn technical language risk, transport, store, land, rocking, rolling, jumping.</p>	<p>Pupils learn to consider and manage risk when tackling new challenges. Pupils learn the technique of underarm throwing. Pupils learn ways of controlling an object by pushing, patting, throwing, catching or kicking. Pupils learn technical language underarm throw, pushing, patting, throwing, catching, kicking, control.</p>
	Net and wall games 1	Athletics 1
	<p>Pupils learn techniques to control objects by pushing, patting, throwing, catching or kicking. Pupils learn the technique for sending and receiving a ball with some degree of accuracy. Pupils learn technical language control, pushing, patting, throwing, catching, kicking.</p>	<p>Pupils learn the effect activity has on their bodies. Pupils learn to move freely in a range of ways. Pupils learn about fast reactions, coordination and changing movements including running into a jump, throwing in different ways, jumping for height. Pupils learn rules to different athletics sports. Pupils learn technical language reaction, coordination, running, jumping, throwing.</p>

	Dance – Pirates	
	Pupils learn to keep time when performing. Pupils learn to move creatively in a space. Pupils learn to apply travelling skills in sequences. Pupils learn to show different pathways in travelling movements. Pupils learn to perform showing level, direction and unison when performing in pairs. Pupils learn to improve performances based on feedback. Pupils learn technical language perform, travel, pathway, level, direction, unison.	
Year B Yr1 section	Movement Skills 2	Invasion Games 1
	Pupils learn the importance of balance and coordination. Pupils learn how to self-motivate and show self-confidence. Pupils learn how to apply basic skills in a range of activities. Pupils learn technical language balance, coordination, motivation.	Pupils learn the principles of attacking and defending and how to apply these in different contexts. Pupils learn how to receive a ball and pass from the chest. Pupils learn the importance of moving into space after passing. Pupils learn technical language attack, defend, receive, pass, space.
	Gymnastics – “Balancing and spinning on points and patches” and “Pathways - small and long”	Target Games 2
	Pupils learn the importance of balance and coordination. Pupils learn how to make purposeful contributions. Pupils learn to link skills for actions and sequences. Pupils learn different pathways including straight, curved, forwards, backwards. Pupils learn different movements: spins, symmetrical balances on points and patches. Pupils learn technical language balance, coordination, straight, curved, forwards, backwards (pathways), spins, symmetry, points, patches.	Pupils learn to apply skills in a range of physical activities. Pupils learn to link skills to perform actions and sequences of movement. Pupils learn the technique of “punting” a ball with some accuracy. Pupils learn technical language sequence, punting, kick, accuracy.
	Striking and field games 1	Athletics 2
	Pupils learn to use a defined space in a sport. Pupils show understanding of rules and boundaries. Pupils learn the technique of striking a ball. Pupils learn the technique of tracking a ball to catch it. Pupils learn to use a ball in different ways including rolling to a target, picking it up cleanly, throwing overarm. Pupils learn to work as a team to support one another. Pupils learn technical language space, striking, tracking, rolling, picking up, throwing, teamwork.	Pupils learn how to change direction and speed whilst running. Pupils learn how to adapt speed depending on the distance they need to run. Pupils learn about the technique to increase height and distance when jumping. Pupils learn technical language direction, speed, running, distance, height, jumping.
	Dance – Under the Sea	
Pupils learn to move creatively in a space. Pupils learn to apply travelling skills in sequences. Pupils learn to show different pathways in travelling movements. Pupils learn to perform showing level, direction and unison when performing in pairs. Pupils learn to improve performances based on feedback. Pupils learn technical language travelling, sequence, perform, level, direction, unison.		

Year C Yr2 section	Movement Skills 3	Invasion Games 2
	Pupils learn how to move safely within a defined space. Pupils learn good sporting values. Pupils understand how to use specific techniques in different activities. Pupils learn technical language space, sporting values, technique.	Pupils learn the principles of attacking and defending and how to apply these in different contexts. Pupils learn how to catch a ball after one bounce. Pupils learn technical language attacking, defending, catch, throw, bounce.
	Gymnastics – “Stretching, curling, arching” and “Spinning turning twisting”	Net and Wall Games 2
	Pupils learn the importance of balance and coordination. Pupils learn types of movement: straight lines, changing directions and 90, 180 and 270 degree turns, spinning on points and patches. Pupils learn technical language balance, coordination, straight lines, directions, 90 180 270 degree angles, turns, spinning, points, patches.	Pupils learn how to link skills to perform actions and sequences of movement. Pupils demonstrate understanding and interpretations of rules and accept decisions. Pupils learn to send and receive a ball with some degree of accuracy. Pupils learn technical language sequences,
	Striking and field games 2	Athletics 3
	Pupils learn to use a defined space in a sport (cricket). Pupils show understanding of rules and boundaries. Pupils learn the techniques of bowling over arm, picking up a ball one handed from the floor, throwing underarm, protect themselves from being struck by a ball. Pupils learn to apply skills to a game. Pupils learn technical language space, wicket, bails, bat, bowl, throw, strike.	Pupils learn how to coordinate running and jumping and how to land safely. Pupils learn the technique of throwing accurately in different contexts including throwing balls, bean bags, javelins, quoits. Pupils learn technical language run, jump, land, javelin, quoit.
	Dance – Animals	
Pupils learn to move creatively in a space. Pupils learn to apply travelling skills in sequences. Pupils learn to show different pathways in travelling movements. Pupils learn to perform showing level, direction and unison when performing in pairs. Pupils learn to improve performances based on feedback. Pupils learn technical language travelling, sequence, perform, level, direction, unison.		
Lower KS2		
Year A	Football	Basketball
	Pupils learn how to pass a ball accurately. Pupils learn how to dribble using different parts of both feet. Pupils learn how to turn with a football. Pupils learn attacking and defending principles in 1v1 situations. Pupils learn how to apply tactics within a game. Pupils learn technical language pass, dribble, tackle, attack, defend, versus, tactics.	Pupils learn the importance of balance, coordination and precision. Pupils learn the basic rules of basketball – attacking, defending, moving. Pupils learn techniques for dribbling, passing, maintaining possession, shooting and defensive positioning. Pupils learn technical language dribble, shoot, defend, attack, pass, possession.
	Gymnastics – Symmetry and Asymmetry (Yr3)	Dodgeball

	<p>Pupils learn the importance of balance, coordination and precision. Pupils learn how to spin on points and patches at different levels and put these into sequences. Pupils learn the difference between symmetrical and asymmetrical spins, balances and rolls. Pupils learn how to perform with smooth transitions. Pupils learn how to create a paired sequence. Pupils learn how to combine different symmetrical and asymmetrical gymnastics moves to create sequences. Pupils learn technical language symmetrical, asymmetrical, sequence, balance, coordination, precision, spin, balance, roll, points, patches, transition.</p>	<p>Pupils learn effective throwing technique. Pupils learn techniques for dodging, catching and attacking. Pupils will learn how to officiate a game effectively. Pupils learn technical language dodge, attack, throw, officiate.</p>
	Cricket/Rounders	Athletics
	<p>Pupils learn to position in a stance to receive a ball when bowled or thrown. Pupils learn how to receive balls when placed as a wicket keeper or back stop. Pupils learn techniques of bowling over and underarm, throwing accurately and powerfully. Pupils learn techniques of hitting a ball with different types of bat. Pupils learn to bat with a partner using effective communication (cricket). Pupils learn to make decisions about running. Pupils Learn techniques of fielding as a team, taking on different roles. Pupils learn to develop and demonstrate tactical awareness. Pupils learn technical language wicket, bails, bat, runs, stumps, fielding, striking, bowling, overarm, underarm.</p>	<p>Pupils learn techniques for sprinting, sprint starts, sprinting with hurdles, jumping and throwing overarm. Pupils learn how to combine skills to compete. Pupils learn to how use coordination to improve speed. Pupils learn technical language sprint, sprint starts, hurdles, jumping, overarm throw, coordination.</p>
	Dance around the world	
	<p>Pupils learn how to move their bodies in different ways. Pupils learn how to use a picture or poem stimulus to develop movements. Pupils learn what a count is. Pupils learn how to show a mirror image and changes is level. Pupils learn to use canon and changes in formation. Pupils learn the elements of what makes a good performance. Pupils learn technical language canon, count, mirror image, formation.</p>	
Year B	Tag Rugby	Netball
	<p>Pupils the rules of tag rugby. Pupils learn how to tag another player. Pupils learn techniques for attacking, defending, receiving a ball under pressure, passing a ball backwards and dummy passes. Pupils understand the importance of and how to create an overlap and pass by missing players in the line. Pupils will learn the technical language tag, overlap, line, dummy pass.</p>	<p>Pupils learn how to pass a netball in a variety of ways. Pupils learn techniques for attack and defence, both individually and as a team. Pupils learn how to shoot with technique and accuracy. Pupils learn to officiate and take on additional responsibilities within a game. Pupils learn technical language pass, shoot, attack, defend</p>
	Gymnastics – Rolling and travelling low (yr4)	Hockey

	<p>Pupils learn how to perform with control and poise. Pupils learn how to forward roll with good technique and control. Pupils learn how to link rolls smoothly into sequences. Pupils learn how to perform a backwards roll and come to a standing position or into a straddle. Pupils learn to perform a sequence of rolls in unison. Pupils learn to mirror a partner whilst rolling with good timing. Pupils learn technical language forwards roll, backwards roll, technique, control, straddle, unison, mirror, timing.</p>	<p>Pupils learn techniques of dribbling a ball in straight lines and changing direction. Pupils learn how to pass the ball with accuracy and receive a ball with control. Pupils learn a variety of passes. Pupils learn how to perform a jab stick tackle. Pupils learn game specific tactics and use them in competitive situations. Pupils learn technical language dribble, pass, receive, control, jab stick tackle, tactics</p>
	Tennis/Badminton	Athletics
	<p>Pupils learn the ready position to strike the ball/shuttle. Pupils learn techniques for hitting forearm and backhand shots. Pupils learn to demonstrate tactical awareness. Pupils learn to volley and strike the ball downwards. Pupils learn positions for playing a variety of shots. Pupils learn how to throw a shuttle with accuracy and control. Pupils learn techniques to vary soft and hard hitting shots. Pupils learn how to use space to be ready for returning shots. Pupils learn technical language racquet, shuttle, net, space, position, volley, strike, forearm, backhand.</p>	<p>Pupils learn techniques for sprinting, sprint starts, sprinting with hurdles, jumping and throwing overarm. Pupils learn how to combine skills to compete. Pupils learn to how use coordination to improve speed. Pupils learn technical language sprint, sprint starts, hurdles, jumping, overarm throw, coordination.</p>
	Dance – Space	
	<p>Pupils learn to use body parts to create movements. Pupils learn how to show changes in level and pathway when travelling. Pupils learn to understand good timing and control. Pupils learn what a count is. Pupils learn how to show a mirror image. Pupils learn the importance of working cooperatively. Pupils learn to use canon and changes in formation. Pupils learn how to perform both in a group and individually. Pupils learn technical language level, pathway, travel, timing, count, mirror image, cooperatively, perform.</p>	
Upper KS2		
Year A	Football	Basketball
	<p>Pupils learn the correct technique for dribbling and passing the ball. Pupils learn how to combine skills whilst maintaining control of the ball. Pupils learn how to keep possession. Pupils learn effective shooting techniques. Pupils learn to identify the fundamentals required to defend. Pupils learn to identify when and where to exploit space to create goal scoring opportunities. Pupils learn technical language control, possession, shooting, defence, space.</p>	<p>Pupils learn techniques for dribbling, passing, footwork, pivots, passing angles, shooting, defending and attacking. Pupils learn to use screens to support in getting team mates open. Pupils learn the concepts of zonal and man to man defending. Pupils learn technical language zonal and man to man defending, screens, passing angles, pivots, footwork, manoeuvre</p>
	Gymnastics – Matching, mirroring, contrast (Yr5)	Dodgeball

	<p>Pupils learn to demonstrate balance, agility, coordination and precision. Pupils learn how to match a partner's moves within a sequence with clearly defined starting and finishing positions. Pupils learn to travel whilst mirroring a partner. Pupils learn how to create fluent routines in pairs involving matching, mirroring and contrast. Pupils learn how to use unison and canon within group routines. Pupils learn technical language balance, agility, coordination, precision, starting and finishing position, mirror, match, contrast, unison, canon, routine.</p>	<p>Pupils learn effective throwing technique. Pupils learn techniques for dodging, catching and attacking. Pupils will learn how to officiate a game effectively.</p>
	Cricket/Rounders	Athletics
	<p>Pupils learn to demonstrate specific tactical awareness. Pupils learn to vary tactics whilst playing. Pupils learn techniques of catching consistently under pressure. Pupils learn how to grip a bat correctly and take up the correct stance to strike a ball consistently well. Pupils learn techniques of fielding consistently. Pupils learn to apply techniques of striking and fielding games in competitive contexts. Pupils learn the demonstrate understanding of the game specific rules and accept decisions given. Pupils learn to develop leadership skills within a team game. Pupils learn technical language grip, strike, stance, fielding, wicket, bails, stumps, bowl, overarm, underarm, runs.</p>	<p>Pupils learn techniques to sustain pace over distance when running. Pupils learn how to change pace and run at different tempos. Pupils learn techniques for running in a relay team. Pupils learn different running start techniques for different events. Pupils learn how to develop accuracy and consistency and how to control power when throwing overarm. Pupils can adapt techniques for different styles of throwing. Pupils learn different styles of jumping. Pupils understand why we use different warm ups for different circumstances. Pupils learn technical language pace, tempo, relay, baton, running start, accuracy, overarm, jumping</p>
	Dance through the ages	
	<p>Pupils learn how to use good timing to perform in unison. Pupils learn about dance in the 1940s/1950s/1960s/1970s and how they are different. Pupils learn how to use level changes and different directions. Pupils learn how to use chance choreography. Pupils learn how to include formation, dynamics, canon, unison, direction and level. Pupils learn about what a good performance is. Pupils learn technical language unison, era, level changes, direction, choreography, formation, dynamics, canon, unison, direction, performance.</p>	
Year B	Tag rugby	Netball
	<p>Pupils learn the rules for tag rugby. Pupils understand how to tag another player and work with and against others when attacking and defending. Pupils learn techniques for attacking, defending, receiving a ball under pressure, passing a ball backwards and dummy passes. Pupils understand the importance of and how to create an overlap and pass by missing players in the line. Pupils learn the principles of identifying and attacking space. Pupils will learn the technical language tag, overlap, line, dummy pass.</p>	<p>Pupils learn to send and receive a ball in different ways. Pupils learn to demonstrate tactics. Pupils learn to land on different feet and pivot to pass or receive the ball. Pupils learn how to create space and develop attacking and defending principles including how to shoot. Pupils learn to develop tactics and purposefully participate within a game. Pupils learn technical language pivot, footwork, tactics, pass, receive, space, attack, defend, shoot.</p>

	Gymnastics – Group sequencing (Yr6)	Hockey
	Pupils learn how to work in a group to create a sequence with clearly defined starting and finishing points. Pupils learn how to create sequences with different formations and pathways that sometimes cross. Pupils learn how to create sequences with different levels and dynamics. Pupils learn asymmetrical body shapes within a group. Pupils learn technical language starting and finishing points, formation, pathway, dynamics, levels, asymmetrical, sequence.	Pupils learn techniques for dribbling safely with their head up. Pupils learn how to control the ball when under pressure. Pupils learn how to perform a jab tackle and shield the ball from a defender. Pupils learn tactical formation and how to use skills in each position. Pupils learn to officiate a game. Pupils learn technical language dribbling, control, jab tackle, shield, officiate.
	Tennis/Badminton	Athletics
	Pupils learn how to hit forehand and backhand shots with control. Pupils learn techniques for footwork and positioning to play competitive rallies. Pupils learn techniques for a forehand and backhand serve and understand the benefits of each (badminton). Pupils learn the technique of a split step and understand how to use it. (Badminton). Pupils learn how to officiate a game. Pupils learn technical language racquet, shuttle, net, space, position, volley, strike, forearm, backhand, serve, rally, officiate.	Pupils learn techniques to sustain pace over distance when running. Pupils learn how to change pace and run at different tempos. Pupils learn techniques for running in a relay team. Pupils learn different running start techniques for different events. Pupils learn how to develop accuracy and consistency and how to control power when throwing overarm. Pupils can adapt techniques for different styles of throwing. Pupils learn different styles of jumping. Pupils understand why we use different warm ups for different circumstances. Pupils learn technical language pace, tempo, relay, baton, running start, accuracy, overarm, jumping.
	Dance around the world	
	Pupils learn to identify all 5 British Values. Pupils learn to use good timing and unison to perform. Pupils learn to use level changes, pathway and different directions. Pupils learn how to effectively use chance choreography. Pupils learn how to include formation, dynamics, canon, unison, direction and level. Pupils learn what a good performance is. Pupils learn technical language British Values: democracy, rule of law, individual liberty, mutual respect, tolerance (of those of different faiths and beliefs), timing, unison, performance, choreography, formation, dynamics, canon, direction, level, pathways, level changes.	
KS2 Swimming		
KS2 Outdoor Adventurous Activities		
LKS2		
<ul style="list-style-type: none"> • Pupils learn how to work together to solve problems. • Pupils learn how to interpret the rules of an activity. • Pupils learn and understand how to navigate around an area following directions. • Pupils learn how to identify areas of the school grounds using a map and photographic clues. • Pupils learn technical language navigate, map, photographic clue, direction 		

UKS2

- Pupils learn how to distinguish and sort teams into specific orders.
- Pupils learn how to use bodies to navigate over and under one another.
- Pupils learn how to direct a partner whilst blindfolded.
- Pupils learn to use teamwork and communication skills effectively to solve problems and complete group tasks.
- Pupils learn how to navigate using a map.
- Pupils learn how to mark places on a map after locating them.
- Pupils learn technical language **navigate, direct, communication, map, locate**

Deepening Understanding

When learning during the physical education projects pupils will deepen their knowledge in:

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Year Group Learning Expectations

Year 1	<ul style="list-style-type: none">• make body curled, tense, stretched and relaxed• control body when travelling and balancing• copy sequences and repeat them• roll, curl, travel and balance in different ways• throw underarm• throw and kick in different ways• perform own dance moves• copy or make up a short dance• move safely in a space
Year 2	<ul style="list-style-type: none">• plan and perform a sequence of movements• improve sequence based on feedback• think of more than one way to create a sequence which follows some 'rules'• use hitting, kicking and/or rolling in a game• decide the best space to be in during a game• use a tactic in a game• follow rules• change rhythm, speed, level and direction in dance• make a sequence by linking sections together• use dance to show a mood or feeling
Year 3	<ul style="list-style-type: none">• run at fast, medium and slow speeds; changing speed and direction• take part in a relay, remembering when to run and what to do• be aware of space and use it to support team-mates and to cause problems for the opposition• know and use rules fairly• adapt sequences to suit different types of apparatus and criteria• explain how strength and suppleness affect performance• improvise freely and translate ideas from a stimulus into movement• share and create phrases with a partner and small group• remember and repeat dance perform phrases• follow a map in a familiar context• use clues to follow a route• follow a route safely• compare and contrast gymnastic sequences• recognise own improvement in ball games
Year 4	<ul style="list-style-type: none">• sprint over a short distance and show stamina when running over a long distance

	<ul style="list-style-type: none"> • jump in different ways • throw in different ways and hit a target, when needed • throw and catch accurately with one hand • hit a ball accurately with control • vary tactics and adapt skills depending on what is happening in a game • move in a controlled way • include change of speed and direction in a sequence • work with a partner to create, repeat and improve a sequence with at least three phases • take the lead when working with a partner or group • use dance to communicate an idea • follow a map in a (more demanding) familiar context • follow a route within a time limit • provide support and advice to others in gymnastics and dance • be prepared to listen to the ideas of others
Year 5	<ul style="list-style-type: none"> • controlled when taking off and landing • throw with increasing accuracy • combine running and jumping • gain possession by working a team and pass in different ways • choose a specific tactic for defending and attacking • use a number of techniques to pass, dribble and shoot • make complex extended sequences • combine action, balance and shape • perform consistently to different audiences • compose own dances in a creative way • perform dance to an accompaniment • dance shows clarity, fluency, accuracy and consistency • follow a map into an unknown location • use clues and a compass to navigate a route • change route to overcome a problem • use new information to change route • pick up on something a partner does well and also on something that can be improved • know why own performance was better or not as good as their last
Year 6	<ul style="list-style-type: none"> • demonstrate stamina and increase strength • agree and explain rules to others • work as a team and communicate a plan • lead others in a game situation when the need arises • combine own work with that of others • sequences to specific timings • develop sequences in a specific style • choose own music and style • plan a route and a series of clues for someone else • plan with others, taking account of safety and danger • know which sports they are good at and find out how to improve further