



St. Peter and St. Paul's RC Primary School

Physical Education- Unit and Progression Overview



**Holding God's hand,
we grow in faith together,
we dream, believe, achieve.
Following the footsteps of Jesus,
we act with love,
we care for one another
and our world.**

Subject Long Term Plan

PE Long Term Plan

Nursery

Social Distance 1

The children learn the fundamental skills of running, bending, throwing, stretching and balancing. They learn to stretch to prepare the body for physical activity. They learn to use different ways of moving; jumping, sliding, hopping and running. They use a range of apparatus; bean bags and balls to practice throwing, catching and balancing.

A Day at the Farm

The children carry out exercises and movements in various ways, moving into space and changing direction. They use beanbags and hoops to develop their throwing skills and developing their aim.

Stability 1

In this unit, the children develop their movement skills and focuses on a range of static balances. The children learn to move in a variety of ways and find dynamic ways of balancing.

Adventure with the Emergency Services

The children develop their jumping skills and begin to use hurdles to run and jump over. The children learn to hop and swap between feet. The children continue to develop their aim and throwing skills using a range of apparatus.

Gymnastics Part High and Part Low

The children are introduced to gymnastics and working on high and low levels. The children learn to travel, balance, spin, and jump and use basic apparatus to learn how to transfer floor skills across. They learn to start and finish routines and how to change direction and the level they are working at.

Under the Sea

The children develop their fundamental skills of running, bending, stretching and balancing. They carry out their exercises by clapping in time, walking, skipping, hopping, jumping, leaping and running. The children use their prior learned skills to move using a variety of ways. The children incorporate balances with equipment, within their movements.

Social Distance 1

- I can stand momentarily on one foot when shown.
- I can catch a large ball.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can walk upstairs or downstairs holding onto a rail, two feet on a step.
- I can move spontaneously within available space.
- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.

A Day at the Farm

Stability 1

- I can stand momentarily on one foot when shown.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can walk upstairs or downstairs holding onto a rail, two feet on a step.
- I can move spontaneously within available space.
- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.

Adventure with the Emergency Services

Gymnastics Part High and Part Low

- I can stand momentarily on one foot when shown.
- I can move spontaneously within available space.
- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.

Under the Sea

- I can stand momentarily on one foot when shown.
- I can catch a large ball.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.

<ul style="list-style-type: none"> • I can catch a large ball. • I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. • I can walk upstairs or downstairs holding onto a rail, two feet on a step. • I can move spontaneously within available space. • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. 	<ul style="list-style-type: none"> • I can stand momentarily on one foot when shown. • I can catch a large ball. • I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. • I can walk upstairs or downstairs holding onto a rail, two feet on a step. • I can respond and move to rhythm and music. • I can move spontaneously within available space. • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. 	<ul style="list-style-type: none"> • I can kick a large ball. • I can walk upstairs or downstairs holding onto a rail, two feet on a step. • I can respond and move to rhythm and music. • I can move spontaneously within available space. • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues.
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Reception

Locomotion 1

Children develop an understanding of how to run with spatial awareness and negotiate space successfully, while adjusting their speed and direction to avoid obstacles.

Object Manipulation 1

The children develop their abilities to control a ball when in a static position. They look at a good position to be in to receive a ball and understand how much force is needed to bounce a ball, to catch their own bounce.

Dance

Children use their bodies to express simple shapes, movements and feelings linked to the theme of the song. They travel at different levels and remember and perform a basic sequence of movements.

Fine Motor Skills

Children explore moving in a range of ways. They negotiate spaces effectively by threading and develop an understanding of how to attack and defend in chasing games.

Stability 2 (static and dynamic balance)

The children learn to develop their skills on dynamic balance. They focus on dodging, to build their skills for invasion games. The children learn to travel with confidence and skill and show understanding for the need for safety and managing some risks.

Target Games 1

The children learn the technique involved in sending an object with accuracy and power. The children learn to focus on positioning of their hands and feet, to best support them with throwing and pushing an object.

Locomotion 1

- I can go up steps and stairs, or climb up apparatus, using alternative feet.
- I can stand momentarily on one foot when shown.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- I can travel with confidence and skill around, under, over and through balancing and climbing equipment.
- I can revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- I can progress towards a more fluent style of moving, with developing control and grace.
- I can develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

Dance

- I can stand momentarily on one foot when shown.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- I can travel with confidence and skill around, under, over and through balancing and climbing equipment.
- I can progress towards a more fluent style of moving, with developing control and grace.
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Fine Motor Skills

- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- I can negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.

Stability 2 (static and dynamic balance)

- I can go up steps and stairs, or climb up apparatus, using alternative feet.
- I can stand momentarily on one foot when shown.
- I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
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- I can travel with confidence and skill around, under, over and through balancing and climbing equipment.
- I can revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- I can progress towards a more fluent style of moving, with developing control and grace.
- I can develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions

<ul style="list-style-type: none"> • I can use my core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • I can combine different movements with ease and fluency. • I can develop overall body-strength, balance, co-ordination and agility. <p><u>Object Manipulation 1</u></p> <ul style="list-style-type: none"> • I can catch a large ball. • I can show increasing control over an object in pushing, patting, throwing, catching or kicking it. • I can further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. • I can develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	<ul style="list-style-type: none"> • I can travel with confidence and skill around, under, over and through balancing and climbing equipment. • I can revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • I can progress towards a more fluent style of moving, with developing control and grace. • I can develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • I can develop overall body-strength, balance, co-ordination and agility. 	<p>and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p><u>Target Games 1</u></p> <ul style="list-style-type: none"> • I can catch a large ball. • I can move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • I can run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. • I can show increasing control over an object in pushing, patting, throwing, catching or kicking it. • I can further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. • I can develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
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Year 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

Locomotion 2

Yoga Storybook

Spatial Awareness

Movement

Invasion Game Skills 1

Striking and Fielding Skills 1

Locomotion 2

Knowledge

I know:

- To bend my legs when landing
- To bend my legs and to drive my arms upwards
- That there are lots of different ways of jumping
- Which foot feels better to jump off
- That I have to jump as I bring the rope forward in front of me
- That there are a variety of skipping techniques.

Skills

I can:

- Jump in a variety of ways
- Jump for height
- Jump with a run up
- Jump for distance
- Jump from a standing position
- Jump with a scissor kick
- Jump with a small run
- Skip with a rope
- Jump with a small run
- Skip with more consistency with a rope
- Jump in a variety of ways

Yoga Storybook

Knowledge

I know:

Spatial Awareness

Knowledge

I know:

- What a good space to stand in is
- How to share equipment and take turns.
- To take my time and work with care
- To run around with my head up
- To be aware of other children Which parts of my
- To take turns body help me with balancing
- To work carefully and that rushing can lead mistakes
- Some effects of exercise on my body

Skills

I can:

- Show increasing control over an object.
- Control my emotions when playing games
- Pick up, carry and put down with care
- Use tools to help me manipulate objects
- Balance on one leg
- Move through an obstacle course skilfully
- Be excited about, and confident in, my jobs.
- Encourage my teammates whilst I wait my turn
- Thread objects
- Run skilfully
- Play games fairly

Invasion Skills 1

Knowledge

I know:

- How far to bounce a pass between me and a friend.
- How to receive a bounce pass differently to a chest pass.
- How to move around and be aware of others.
- That we only use the flat side of the stick in hockey and all play right handed
- That a bounce in a push down with 2 hands and dribbling is with one hand.
- To use my fingers to push the ball down
- That my hands need to 'give' and be 'soft' when receiving a hockey pass.
- To move into space after passing a ball
- To use 'big toe, little toe' to dribble keeping the ball close to me.
- How to trap a ball by moving in line with it and putting my foot on it.

Skills

I can:

- Get into a good ready position to receive chest and bounce passes consistently well.
- Pass the ball from my chest using a bounce pass.
- Keep my head up and travel with dribbling a ball
- Change direction confidently and competently
- Move around safely in a limited space

<ul style="list-style-type: none"> • The importance of quiet and focus whilst performing yoga moves • More about space travel • What 3 part breathing is. <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Pose like a variety of jungle creatures • Control my breathing pattern • Bend, stretch and reach • Work imaginatively • Breathe in 3 parts 	<p style="text-align: center;"><u>Movement</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • That focusing my eyes and using my arms helps me to balance better. • To use my arms to help me hop • Potential dangers if I am not sensible • To glance periodically over both shoulders when travelling backwards • To make a W shape when I want to receive a catch • Which my preferred take off foot is • To travel around the space being aware of others sharing it with me. • To stay focused and keep my head up when moving around • To always be focused and aware of what is going on. • When to attack and when to defend <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Hop • Move carefully retaining my balance • Jump in a variety of ways • Land safely in different jumps • Combine a run and a jump • Travel backwards safely • Share space considerately • Dodge • Move safely with awareness of others • Evade others • Attack and defend • Punt a ball • Strike a ball accurately and with power with my laces 	<ul style="list-style-type: none"> • Bounce / dribble a ball with my hands with good control. • Move around safely whilst bouncing/dribbling. • Push pass a hockey ball. • Receive a hockey ball • Dribble a ball with my feet with good control. • Stop a ball on the run by trapping it <p><u>Striking and Fielding Skills 1</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • That I need to run, after striking a ball, to accumulate runs. • To touch my bat over the crease line and slide it on my final run • When to run and when not to. • How to form a long barrier to stop a ball • That I have to bowl from on or behind the crease • To try and bowl keeping my arms straight. • That I need to communicate with my partner to accumulate runs • The different calls used by batsmen/ women when they want to run. • That a batsman / woman should always call after each ball. • That, as a batter, I don't always have to run • The importance of staying in my crease. • How to adopt a wicket keeping stance. • To demonstrate The School Games values <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Bowl a ball overarm at a target. • Strike a ball off a tee through the off side • Stop a ball with 2 hands, creating a barrier behind it with my feet or body. • Hit a ball to the leg side • Pick up a ball with one hand and throw it underarm • Call for runs sensibly and decisively when batting. • Chase and retrieve a ball • Make good decisions when batting about when to run and when not to. • Bowl either under or overarm with some accuracy • Wicket keep effectively
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Year 2

- 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.

<p style="text-align: center;"><u>Ball Skills</u></p> <p style="text-align: center;"><u>Invasion Games Skills 2</u></p>	<p style="text-align: center;"><u>Dance</u></p> <p style="text-align: center;"><u>Target Games 3</u></p>	<p style="text-align: center;"><u>Athletics</u></p> <p style="text-align: center;"><u>Net and Wall Game Skills</u></p>
<p style="text-align: center;"><u>Ball Skills</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • To watch the hands of the people turning a rope to know when to jump. • That there are different ways of jumping a rope • To push down on the ball using my fingers • To relax whilst dribbling and not be too tense • To send a ball over a short distance using the inside of my foot • How to turn my foot to cushion a pass sent to me • How far to bounce pass between me and my partner. • That good bounce passes are easier to receive. • The difference between a vertical and broad jump • How to measure a vertical jump • To make a target for my partner to send the ball to. • To relax when catching to cushion the impact of the ball. <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Skip using a rope • Jump in a variety of ways • Receive a ball and trap it. • Cushion a pass sent to me • Dribble a ball with either hand • Travel with a ball with my head up and with the ball under control. • Pass in different ways • Pass accurately Jump for height 	<p style="text-align: center;"><u>Dance</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to contribute simple key words to an age appropriate theme related mind map • How to translate ideas into simple theme related shapes, movements, actions. • How to use the words in a poem to create shapes, movements or feelings • That we need to look forwards to safely move around in space • That we need to control our speed to ensure safety • How to turn what I see into ways of moving • How to listen to other people's ideas and vocalise my own thoughts • How to turn what I see into ways of moving • How to listen to other people's ideas and vocalise my own thoughts • How to use simple technical language to give constructive and useful feedback <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Use my body and create theme related shapes, Movements and actions • Travel safely and creatively in space. • Show different levels when I travel • Use my body to express simple theme related shapes, movements and feelings • Communicate effectively with a partner 	<p style="text-align: center;"><u>Athletics</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • To retain my focus • The importance of a good start • To cushion my knees when landing • The technique for different types of jump • How to improve my technique to increase the height and distance of my jumps. • The difference between a leap and a jump • How to increase the distance of my jumps. • Why it is important to warm up • How to increase the distance of my throws • How to keep other safe when I am throwing • To demonstrate the school games values • How to share equipment and take turns <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Show a sense of anticipation to begin work React quickly • Demonstrate agility, balance and coordination • Discover and develop different styles of jumping • Leap, jump and hop Jump in a variety of ways • Coordinate a run with a jump • Jump in a variety of ways competently • Add a short run up to my jump • Throw with good technique • Throw with a run up • Help a peer improve their performance with good feedback

- Broad jump for distance
- Catch consistently well
- Signal that I want the ball

Invasion Games Skills 2

Knowledge

I know:

- How far to throw the ball in relation to where I am standing and my partner is.
- To stand in a position of readiness to receive the ball on the 1st bounce.
- To track the flight of the ball right into my hands.
- To stay light on my feet and be prepared to move quickly
- To turn my body so I can see my opponent and the ball when defending
- To close the space down quickly when defending To attack at speed
- To keep my body between the ball and my opponent to shield it.
- How to deceive defenders by using dummy passes or 'giving the eyes'
- To think ahead when not in possession.
- To work hard in attack and defence for the good of the team

Skills

I can:

- Throw overarm for my partner to catch after one bounce.
- Catch a ball consistently after one bounce.
- Track an opponent
- Intercept a pass
- Catch a ball consistently on the full
- To move my opponent around court when playing against them
- Dodge to beat an opponent.
- Close the space down that attackers have to work in
- Pass the ball consistently with control.
- Retain possession of the ball.
- Compete with some spatial awareness in team games
- Pass and move decisively

- Use pictures to create shapes, movements and actions
- Work with a partner.
- Look at pictures and create shapes, movements and actions
- Remember and perform a basic sequence of movement when led by a teacher

Target Games 3

Knowledge

I know:

- Which part of my foot I need to strike with
 - How to punt high.
 - To hold the ball over to the side I want to punt the ball with.
 - I need to be in a 'ready position' to catch my friend's punts
 - To get into a sideways position when striking.
 - That I have to keep my head still when striking
 - That I have to take turns and share equipment.
 - How I should stand when throwing overarm
 - When to throw underarm and when to throw overarm.
- Why we sometimes throw to a friend to receive after one bounce

Skills

I can:

- Coordinate the skill of punting a ball consistently
- Work with a friend and encourage them to punt better.
- Strike a ball at a target using equipment.
- Strike with increasing accuracy
- Coordinate the action of punting with either foot
- Punt a ball with increasing accuracy with both feet.
- Strike a ball at a target with some degree of force
- Strike into spaces
- Choose correctly when it is best to throw underarm and when to throw overarm.
- Throw a ball overarm with some accuracy at a target
- Throw overarm on, 'one bounce' to a friend
- Receive a ball consistently well after one bounce

- Demonstrate a variety of athletic techniques competently

Net and Wall Game Skills

Knowledge

I know:

- What a position of readiness looks like.
- To track the flight of the ball with my eyes
- Which the best technique to use is, to return a ball.
- That I have to get under the ball sufficiently to strike it upwards and over a net
- How to form a ready position
- What a T shape is
- That the ball has to go over the net and land in the court on the other side.
- That I need to move quickly to get into good positions to return the ball
- How to play a game of short tennis against an opponent.
- To try and get back to the centre of the court after each shot.

Skills

I can:

- Send and receive a ball with some degree of accuracy.
- Move quickly into good positions to catch
- Send a ball with increasing accuracy
- Keep a short rally going with a partner
- Strike a ball with some degree of accuracy
- Volley a ball by getting in line and underneath it
- Develop a good grip and stance
- Begin to strike with more consistency and accuracy on the forehand
- Return a ball after one bounce that has been thrown to me by a partner.
- Begin to rally a few shots with more success Strike a backhand from my own feed.
- Play a game against an opponent using a variety of shots
- Move fluently around the court

<p style="text-align: center;">Year 3</p> <ul style="list-style-type: none"> • 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. 		
<p><u>Basketball</u></p> <p><u>Invasion Game Skills 3</u></p>	<p><u>Handball</u></p> <p><u>Football</u></p>	<p><u>Athletics</u></p> <p><u>OAA</u></p>
<p><u>Basketball</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to vary movement to control the ball when moving • Rules and understand terminology such as double dribble, travelling, triple threat and pivoting • The techniques of passing the ball and know when to do a chest pass or bounce pass in basketball • How to maintain possession of the ball under pressure through quick passes, movement and communication. • How to work as a team to find space and shoot the basketball • How to communicate with team mates and understand the principles of attacking and defending when playing a comp 	<p><u>Handball</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • To signal with my hands when I want to receive a pass • To move into space after passing • How to lose an opponent to get free • If a player holds possession, they can take up to three steps before passing or shooting • That I can throw from the top of my jump and that shooting very low or very high is likely to be more successful • The rules of handball • Why a goalkeeper comes off his/her line at times to force attackers to rush shots • The importance of demonstrating values of teamwork and sportsmanship 	<p><u>Athletics</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to start a sprint race. • The importance of keeping my first few metres low and powerful. • Which my take off foot is. • The technique associated with hurdling • That my furthest point backwards in long jump triple jump is the point measured in competition. • To run in an arc & to approach the bar sideways on when high jumping • To position my body sideways on when throwing. • The pull technique in throwing. • How to receive and transfer a baton safely. • How to remember the technique for triple jump • I can improve on personal bests. • How to measure my own and others' performances.

<p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> I can control a basketball using both hands and perform various skills I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass chest pass and bounce pass I can control the ball on the move (dribble) and keep my head up to be aware of my environment I can pass the ball on the move with good technique and communicate with my team mates I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball I can dribble, pass and shoot the basketball using the correct technique to play in a game <p style="text-align: center;"><u>Invasion Game Skills 3</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> know to travel with my head up To signal for the ball with my hands so as not to alert defenders To get my body between my opponent and the ball How to dummy pass How to trick opponents by looking one way and then passing another Close the space down quickly when defending The importance of keeping my eye on the ball and not player's feet when defending The importance of clearing the danger in any way possible near my goal <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> I can control a basketball using both hands and perform various skills I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass chest pass and bounce pass I can control the ball on the move (dribble) and keep my head up to be aware of my environment I can pass the ball on the move with good technique and communicate with my team mates I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball I can dribble, pass and shoot the basketball using the correct technique to play in a game 	<p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Send a handball using a javelin style pass with accuracy Catch a handball on the run Pass and receive the ball on the move Pass quickly under pressure Throw/shoot accurately using good overarm technique Intercept passes Block a shot Participate purposefully in a small sided game Play to the rules of the game Show a wide range of skills Play in a variety of positions with equal proficiency <p style="text-align: center;"><u>Football</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> Trap a ball and cushion it when receiving. Pass the ball accurately Dribble a ball using both feet and manipulate it using different parts of the foot Shield a ball from an opponent. Turn confidently with a football. Play a small game and demonstrate my turns. Make good decisions when in possession Use a numerical advantage by overloading, overlapping and underlapping Defend well, watching the ball, jockeying to await the moment to pounce and being decisive. Focus and retain my concentration when the ball isn't in my area of the pitch Show the skills and knowledge you have developed in a competitive environment. Get into sideways positions when receiving the ball. <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Trap a ball and cushion it when receiving. Pass the ball accurately Turn confidently with a football. Play a small game and demonstrate my turns. Dribble a ball using both feet and manipulate it using different parts of the foot Shield a ball from an opponent. Make good decisions when in possession Use a numerical advantage by overloading, overlapping and underlapping 	<p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Use the correct technique to start a sprint race. Develop my coordination to improve speed. Develop the technique and consistency of my jumps. Jump consistently off the same foot I can scissor kick Hurdle efficiently and consistently Sprint between hurdles Throw overarm accurately. Throw overarm with power for distance. Accurately replicate the technique for running, jumping and throwing events. Run a relay efficiently as part of a team. Replicate the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances. <p style="text-align: center;"><u>OAA</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> How to use the process of elimination to work out symbols I don't know I have to communicate well and negotiate to solve problems in a group To persevere and try again when things don't go immediately to plan My compass points How to navigate around an area following directions The importance of listening to others and communicating well How to orientate a map and find clues How to use an Ipad to take photographs How to take turns and use equipment safely <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Work as part of a team Show enthusiasm, determination and resilience Work together in a small group to solve problems Compete under pressure Negotiate with my group Plan a route map Work with others to solve problems Follow the rules of an activity
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	<ul style="list-style-type: none"> Defend well, watching the ball, jockeying to await the moment to pounce and being decisive. Focus and retain my concentration when the ball isn't in my area of the pitch Show the skills and knowledge you have developed in a competitive environment. Get into sideways positions when receiving the ball. 	<ul style="list-style-type: none"> Identify areas of the school grounds using a map Run and think simultaneously to compete in a competition
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Year 4

- 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]
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Perform dances using a range of movement patterns
- Use running, jumping, throwing and catching in isolation and in combination
- Challenges both individually and within a team

<u>Hockey</u> <u>Dance</u>	<u>Health Related Fitness</u> <u>Badminton</u>	<u>Cricket</u> <u>Basketball</u>
<p><u>Hockey</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> How to hold the stick That everybody plays field hockey right handed The importance of good close control To put my body between the ball and my opponent when shielding it The technique of push passing Not to raise the stick above waist height The technique for push passing To use a short and flat back swing, with stick What to do if the ball hits someone's feet How to jab tackle parallel to the ground when hitting a slap-pass <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Dribble a ball confidently Stop a ball Develop my dribbling technique Change direction easily 	<p><u>Health Related Fitness</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> What stamina is and can you sustain physical exertion over periods of time How to adapt exercises to make them easier/harder What flexibility is and why it is important in life Why relaxation is important Why core strength and flexibility are important in almost every sport A range of exercises that can help me develop my fitness What plyometrics are and how practising them can benefit me What area of fitness plyometrics is developing What different parts of my body should be doing when I am sprinting How to start and finish a sprint race <p>Skills</p> <p>I can:</p>	<p><u>Cricket</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> How to grip the bat How to move back and across, to play the pull shot What the crease is for How to grip a ball when bowling The process of bowling from the coil to release of the ball How to position myself when wicket keeping so there are no obstructions to my vision When to slide my bat to make my ground when running between the wickets What 'backing up' means to fielders The different calls I can make as batsman Which batsman/woman calls and the circumstances when each should call How to form a long barrier to field a hard shot <p>Skills</p> <p>I can:</p>

- Pass a ball accurately
- Control a ball sent to me
- Pass in a variety of ways using good technique
- Receive a pass on the run

Dance

Knowledge

I know:

- How to contribute key words to a theme related mind map
- How to translate words/ideas into actions and combine together
- How to translate theme related actions into travelling movements
- How to listen to other's and share my own ideas
- How to translate words from a poem into movements

Skills

I can:

- Develop a motif demonstrating some agility, balance, coordination and precision
- Creatively change static actions into travelling movements
- Show different levels and pathways when I travel
- Communicate effectively within a group

- Warm up and cool down after exercise
- Sustain my performance even when tiring
- Perform a variety of yoga poses
- I can retain my focus and concentrate on the quality of my own work
- Perform a variety of yoga poses
- I can retain my focus and concentrate on the quality of my own work
- Demonstrate good core strength
- Keep going even when my muscles are really fatiguing
- Start and finish a sprint race with good technique
- Demonstrate good sprinting technique

Badminton

Knowledge

I know:

- The rules associated with serving
- How to position myself to serve
- What a rally is
- What the difference is between an active rally and a passive on
- What different footwork patterns I need to learn in badminton and when I might use them
- That I need to move my opponent around the court

Skills

I can:

- Assume the 'ready position'
- Serve on the backhand over a net
- Serve accurately
- Move quickly to be in a position to return the shuttle
- Hit shots overhead and on forehand and backhand in rallies
- Play a variety of powerful and deft shots
- Move around court using different footwork patterns

- Stand sideways-on, with a high back lift, ready to receive a ball
- Step back and across to pull a short ball
- Bowl a ball overarm with a straight arm
- Take up a wicket keeping stance and take balls bowled on both sides of the wicket
- Throw accurately and powerfully
- Hit a ball by driving it and then run between a set of wickets, sliding my bat when necessary
- Bat successfully with a partner, communicating effectively
- Bowl with increasing accuracy
- Bowl with a run up
- Stop hard balls struck at me by forming a long barrier
- Communicate effectively with a partner when batting

Basketball

Knowledge

I know:

- Make decisions about when to run and when not to
- To position myself sideways on when both striking and bowling
- How to grip a ball so that it comes out of my fingers smoothly when bowling
- What a 'no-ball' is
- Why fielders might start off a base and then move to it after a strike
- Which ground fielding technique to use at any given time
- What happens when I miss a rounders ball or hit behind me
- How to keep score
- To call my name if going for a high catch

Skills

I can:

- Send using good throwing technique
- Receive using good catching a technique
- Develop basic bowling and batting skills
- Develop my throwing skills
- Communicate with other players for the good of my team
- Field the ball off the ground using a variety of techniques
- Catch high balls comfortably

		<ul style="list-style-type: none"> • Backpedal to catch balls over me •
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Year 5

- 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]
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Perform dances using a range of movement patterns
- Use running, jumping, throwing and catching in isolation and in combination
- Challenges both individually and within a team
- 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.

<p><u>Basketball</u></p> <p><u>Invasion Games Skills 4</u></p>	<p><u>Dodgeball</u></p> <p><u>Swimming</u></p>	<p><u>Athletics</u></p> <p><u>Tag Rugby</u></p>
<p><u>Basketball</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • I know how to use my body to protect the ball • I know how to create space to receive a pass • I know how to defend against an attacking player • I know what the difference between man v man defence and zone defence and understand the benefits of both styles • I know how to work as a team to create shooting opportunities <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • I can control a basketball using both hands and protect the ball under pressure • I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass • I can use different skills such as varying speed and direction to get past defenders • I can mark a player or an area of the court to limit opportunities for the opposition 	<p><u>Dodgeball</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • To aim low to get an opponent out • Not to turn my back on the other team • That by moving around I make myself more difficult to hit • When it is wise to attempt to catch the ball and when to dodge • That I need to work as part of a team • What I need to do when my team is down to the last couple of players • Who to target on the opposition and what tactics might be best deployed <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • To aim low to get an opponent out • Not to turn my back on the other team • That by moving around I make myself more difficult to hit • When it is wise to attempt to catch the ball and when to dodge • That I need to work as part of a team 	<p><u>Athletics</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to control my running over middle distance • How running a bend differs from running a straight • To get sideways on when throwing • How to throw safely as part of a group • To use my non-throwing arm to help me throw • How to throw a shot using, 'clean palm, dirty neck' technique • How to generate power from the thighs • How to approach the bar from an arced run up when high jumping • The technique, 'same, different, both' for triple jump • My take off foot and lead leg • How to hurdle efficiently <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Change pace and run at different tempos • Sustain my pace over longer distance • Throw with accuracy and power using the pull technique • Throw after a run up • Throw with greater force and over longer distances • Throw with greater control, accuracy and efficiency

<ul style="list-style-type: none"> I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball <p style="text-align: center;"><u>Invasion Games Skills 4</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> To travel with my head up That I get a better view of the whole pitch when I get wide and sideways on When to attack and when not to The importance of defending as a team That I need to be alert in defence and always have one eye on the ball and one on my opponent <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> To travel with my head up That I get a better view of the whole pitch when I get wide and sideways on When to attack and when not to The importance of defending as a team That I need to be alert in defence and always have one eye on the ball and one on my opponent. 	<ul style="list-style-type: none"> What I need to do when my team is down to the last couple of players Who to target on the opposition and what tactics might be best deployed <p style="text-align: center;"><u>Swimming</u></p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Perform the correct techniques for triple jump, high jump and standing vertical jump Measure accurately my performance at standing vertical jumping Combine sprinting with hurdling <p style="text-align: center;"><u>Tag Rugby</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> How to grip a ball and the importance of carrying it in 2 hands Know when to pop pass and when to pocket pass What position I need to get into when passing left and how it changes when I pass to my right How to 'roll' my hands when changing position and making catches To close the space when defending and be wary of the dummy pass. What a knock on and forward pass are What offside is? To run on to the ball at pace <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> Pop pass and pocket pass Tag someone safely Send and receive a ball on the run and under pressure Pass well to my left and right Pass a rugby ball backwards consistently Pass accurately Pass missing out players in a line Take a tap penalty with a dummy half
<p style="text-align: center;">Year 6</p> <ul style="list-style-type: none"> 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] Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Perform dances using a range of movement patterns Use running, jumping, throwing and catching in isolation and in combination Challenges both individually and within a team 		

Hockey Health-related Fitness	Volleyball Tennis	Rounders Dance
<p style="text-align: center;"><u>Hockey</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • If using Quick Sticks, that everybody plays right handed and I can only use the flat side of the stick • That I can't lift the stick higher than my waist • That I need to use the flat side of the stick only • The technique for push passing • How to receive a ball by cushioning its impact • When to pass a ball and when to dribble • When defending, to close the space • How to play in a formation • How to make the most of a numerical advantage <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Hold the stick correctly • Dribble the ball with my head up • Indian dribble • Push pass accurately • Work with a partner to get past a defender • Develop a range of attacking skills and strategies • Develop my skills in different positions • Support my teammates by communicating with them 	<p style="text-align: center;"><u>Volleyball</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to perform a dig and a bump • To call my name if I am going for the ball • What the role of the setter is • That the higher I jump the more successful my spike is likely to be • The positions I need to be in to work with a partner • How to score • The rotation around the court • Different tactics that can be used within the game • That I can't infringe by touching the net or touching the ball on my opponent's side of the net <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Receive a volleyball using the bump and dig technique • Send a ball over a net • Set a ball • Spike a ball • Serve over distance • Defend well and then launch an attack • Bump, set, spike and block consistently well • Run from the back of the court to spike a ball that has been set high • Angle my blocks near the net so that the ball goes down <p style="text-align: center;"><u>Tennis</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • How to link shots e.g. serve and volley • How we hit a backhand differently from a forehand • How to deflect the ball when volleying • To change my grip slightly to hit backhand shots • To play deft shots with a loose grip • To strike balls away from my opponent • To have a big backswing from a sideways on position • What the 'ready position' is • What the baseline is 	<p style="text-align: center;"><u>Rounders</u></p> <p>Knowledge</p> <p>I know:</p> <ul style="list-style-type: none"> • That fielders on 2nd, 3rd and 4th base can start deep and then • come onto their bases as necessary • The importance of great communication when playing rounders • Rules when batting and running between bases • How to motivate and support my teammate in the field • The rules of rounders • What ground fielding techniques to use and can choose the right one for the circumstance • To have a high back lift when batting <p>Skills</p> <p>I can:</p> <ul style="list-style-type: none"> • Catch with soft hands • Throw accurately into space • Bowl accurately at a consistent height • Ground field consistently well • Catch and throw quickly from backstop • Strike with some accuracy into a given area • Back up fellow fielders in the outfield • Communicate with my fellow batsmen/women when between bases • Throw with real accuracy and under pressure • Play a full game in a small group taking on different roles within the team

	<p>Skills</p> <p>I can:</p> <ul style="list-style-type: none">• Get into the 'ready position'• Grip a racket and get into sideways positions to strike the ball• Hit a forehand shot, consistently• Control where I hit the ball• Get into a good position and play backhand shots with some consistency• I can play deft shots near the net within a small area• Volley accurately on my forehand and backhand	
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