

P.E

Progression of conceptual knowledge, skills & vocabulary



Reception Me and Myself – Knowledge Autumn 2

In Me and Myself, the children will learn to:

- Show some understanding towards the effects of activity on their body.
- Respond to ideas showing understanding, asking appropriate questions of others.
- Move freely and with pleasure and confidence in a range of skilful ways.
- Engage in conversation with others.
- Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- Link sounds to letters, naming and sounding the letters of the alphabet.

Skills:

- Listen and respond to instructions.
- Move in different ways.
- Change direction when moving.
- Participate in games.

Vocabulary

Listen	Speed	Instruction
Body parts	Awareness	Direction
Quick	Changing	Heart rate

Reception Movement and Development– Knowledge Spring 1

In Movement and Development, the children will learn to:

- Show understanding of the need for safety when tackling new challenges, consider and manage some risks.
- Show some understanding towards the effects of activity on their body.
- Be aware of the boundaries set, and of behaviour expectations in the setting, and can respond to simple instructions.
- Travel with confidence and skill in a range of movements when using equipment.
- Move freely and with pleasure and confidence in a range of skilful ways.
- Run skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles.

Skills:

- Move and balance in different ways.
- Move on, over and under equipment.
- Play imagination games.
- Move into space.
- Take part in races and tag games.

Vocabulary

High/Low	Space	Control
Slow/Fast	Fluently	Coordination
Creative	Awareness	Movements

Reception Ball Skills– Knowledge Spring 2

In Ball Skills, the children will learn to:

- Show understanding of the need for safety when tackling new challenges and consider and manage some risks when using equipment.
- Show some understanding towards the effects of activity on their body.
- Be aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
- Can play in a group, extending and elaborating play ideas within the group.
- Show increasing control when throwing and catching a large ball.
- Begin to accept the needs of others and can take turns and share, sometimes with the support of others.

Skills:

- Explore a ball.
- Move the ball around the body.
- Travel with the ball.
- Play with others.
- Throw a ball.

Vocabulary

Count	Height	Safety
Bounce	Games	Explore
Ball Control	Collect	

Reception Fun and Games – Knowledge Summer 1

In Fun and Games, the children will learn to:

- Show understanding of the need for safety when tackling new challenges and consider and manage some risks when using equipment.
- Be aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
- Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
- Begin to accept the needs of others and can take turns and share, sometimes with the support of others.
- Move freely and with pleasure and confidence in a range of skilful ways.
- Show an understanding when counting objects to 10 and beginning to count beyond 10.

Skills:

- Move in lots of different ways.
- Move into space.
- Play games with others.
- Use equipment in games.
- Keep score.

Vocabulary

Counting	Look	Breathing
Listen	Sight	Direction
Head up	Watch	Together

Reception Working with Others – Knowledge Summer 2

In Working with Others, the children will learn to:

- Show some understanding that good practises regarding exercise, eating, sleeping and hygiene can contribute to good health.
- Be aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
- Can play in a group.
- Keep play going by responding to what others are saying or doing.
- Begin to accept the needs of others and can take turns and share, sometimes with the support of others.
- Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.

Skills:

- Play games with others.
- Share and be kind to each other.
- Run into space, avoiding obstacles.
- Take turns playing different roles and using different equipment.
- Play games in pairs and groups.

Vocabulary

Throw	Target	Team
Catch	Aim	Partner
Roll	Ready	Help

Year 1 Invasion games & Multi-Skills – Knowledge Autumn 1

In Football, the children will learn to:

- Describe what they have done, or seen others doing.
- Describe what it feels like to breath quickly during exercise.
- Explore different ways to use and move with a ball. Show control of a ball with basic actions.
- Send/ pass a ball and successfully catch/stop a ball.
- Move fluently, changing direction and speed – with and without a ball. Develop fundamental movement skills, becoming increasingly confident and competent.

- Use skills in different ways when playing games.
- Recognise space in games and use it to your advantage.

Skills:

- Move into space.
- Move with a ball.
- Roll, kick, and carry a ball.
- Stop a ball using your foot.
- Move towards a goal to defend it.
- Compete against others trying to score.

Vocabulary

Football	Teamwork	Dribbling
Goals	Shooting	Control
Scoring	Passing	

In Multi-Skills, the children will learn to:

- Show understanding of the need for safety when tackling new challenges and manage some risks.
- Show some understanding towards the effects of activity on their body.
- Be aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.
- Travel with confidence and skill in a range of movements when using equipment.
- Move freely and with pleasure and confidence in a range of skilful ways.
- Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.

Skills:

- Move and balance in different ways.
- Move, on, over and under equipment.
- Play imagination games.
- Move into space.
- Take part in races and tag games.

Vocabulary

Ball control	Space	Coordination
Direction	Movement	Control
Dribble	Partner	Rules

Year 1 Gymnastics & Invasion Games – Knowledge Autumn 2

In Gymnastics, the children will learn to:

- Describe what they have done or seen others do.
- Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.
- Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.
- Combine different ways of travelling exploring a range of movements and shapes.
- Create linked movement phrases with beginning, middle and ends.
- Perform movement phrases using a range of different body actions and body parts.
- Develop agility, balance and coordination.

Skills:

- Perform 5 key shapes
- Move with control.
- Balance using different parts of the body.
- Link movements.
- Use different pieces of equipment and apparatus.
- Participate in a performance.

Vocabulary

Travelling	Sequence	Individual
Direction	Balance	Jump
Movement	Key shapes	Performance

In Hockey, the children will learn to:

- Recognise space in games and use it to your advantage.
- Understand why being active and playing sport is good for you.
- Explore different ways to use and move with a ball. Perform a range of skills with control of the ball.
- Understand and follow the rules of the game.
- Recognise what is successful.
- Pass/send a ball and successfully catch/stop a ball.
- Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, and changing direction and speed.
- Use skills in different ways when playing games.

Skills:

- Move fluently.
- Use equipment safely and correctly.
- Control a ball with hands.
- Hold a hockey stick correctly.
- Stop a ball using a hockey stick.
- Play games.

Vocabulary

Aim	Speed	Rules
Control	React	Dribble
Space	Stick	Passing

Year 1 Dance & Gymnastics – Knowledge Spring 1

In Dance, the children will learn to:

- Describe what it feels like to breath quickly during exercise.
- Understand why being active and playing games is good for you.
- Respond imaginatively to a range of stimuli.
- Move confidently and safely in your own and general space, using changes of speed, level, and direction.
- Perform movement phrases using a range of different body actions and body parts – with control and accuracy.
- Create linked movements, combining different ways of travelling, with beginnings, middles and ends.

Skills:

- Move changing direction and speed.
- Move with control.
- Work individually and with others.
- Move to music showing expressive qualities of dance.
- Create linked movement phrases.
- Participate in a performance.

Vocabulary

Actions	Create	Move
Beat	Imagination	Dance
Character	Position	Copy

In Gymnastics, the children will learn to:

- Describe what you have done or seen others do.
- Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.
- Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.
- Combine different ways of travelling exploring a range of movements and shapes.
- Create linked movement phrases with beginning, middle and ends.
- Perform movement phrases using a range of different body actions and body parts.
- Develop agility, balance and coordination.

Skills:

- Perform 5 key shapes.
- Move with control.
- Balance using different parts of the body.
- Link movements.
- Use different pieces of equipment and apparatus.
- Participate in a performance.

Vocabulary

Travelling	Sequence	Individual
Direction	Balance	Jump
Movement	Key shapes	Performance

Year 1 Athletics & Net/Wall – Knowledge Spring 2

In Athletics, the children will learn to:

- Evaluate successful and unsuccessful techniques.
- Show an understanding of the correct running technique.
- Show good teamwork and sportsmanship when taking part in competitive throwing.
- Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.
- Practise the underarm throw technique, aiming towards a target showing increased control.
- Show a basic level of control, coordination and consistency when running.
- Explore and practise a variety of movements including running, jumping and throwing techniques.
- Experiment with different jumping techniques, showing control, coordination, and consistency throughout.

Skills:

- Move into space.
- Throw under arm.
- Land safely when jumping.

- Run and jump on the balls of your feet.
- Throw towards a target.
- Play games using throwing accuracy.

Vocabulary

Throw	Movement	Target
Coordination	Landing	Improve
Aim	Measure	Teamwork

In Tennis, the children will learn to:

- Understand why being active is good for you.
- Engage in cooperative and competitive physical activities.
- Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball.
- Catch/stop and send/pass a ball- developing technique of throwing and receiving.
Understand the concept of moving to get in line with a ball to receive it.
- Move fluently, changing direction and speed – showing good awareness of others.

Skills:

- Move into space.
- Control your body when moving.
- Control the tennis ball with hands.
- Track different size balls.
- Copy actions.
- Hit a ball with hands.

Vocabulary

Aim	Control	Receive
Send	Experiment	Swing
Bounce	Racket	Throw

Year 1 Invasion Games & Net/Wall – Knowledge Summer 1

In Basketball, the children will learn to:

- Understand the concept of moving to get time line with the ball to receive it.
- Describe why being active and playing games is good for you.
- Explore different ways to use, move and send the ball.
- Develop skills such as sending an object to a target, catching, and gathering, rolling and basic ball control.
- Demonstrate basic underarm throwing action with control and accuracy.

Skills:

- Roll, push and throw a ball.
- Successfully stop a ball.
- Control a ball with basic actions.
- Move to get into line to receive a ball.
- Begin to think about tactics in a game.
- Play games using skills learnt.

Vocabulary

Throw & Catch	Close	Skills
Pass	Dribble	Explore
Ready	Roll	Teamwork

In Cricket, the children will learn to:

- Apply skills and tactics in simple games, including recognising space and using it to your advantage.
- Understand why being physical and playing games is good for you.
- Move fluently, changing direction and speed.
- Show basic control of the ball, including when striking a ball.
- Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.

Skills:

- Move in different ways.
- Catch and stop a ball.
- Strike a ball.
- Recognise space.
- Follow simple rules of the game.
- Try and find ways to win games.

Vocabulary

Batting	Feeder	Grip
Catch	Free space	Stop
Control	Left/Right	Safely

Year 1 Outdoor Adventurous Activities– Knowledge Summer 2

In Orienteering, the children will learn to:

- Introduction to compass and directions (North, East, South, West)
- Understand how communication can help solve problems with others.
- Move in different directions and a variety of different ways.
- Work independently, as well as cooperatively in small groups.
- Participate in games following rules and playing fairly.
- Begin to plan how to solve problems.
- Participate in competition with others, completing a simple orienteering event.

Skills:

- Move in different ways.
- Work with other children in the class.
- Begin to solve problems.
- Follow rules.
- Take turns.
- Understand basic features on a map.

Vocabulary

Map	Directions	Orienteering
Route	Safety	Compass
Together	Challenge	Problem Solving

In Golf, the children will learn to:

- Understand the importance of rules and follow instructions to complete a task.
- Explore different ways of moving, with and without a ball, developing movement and coordination.
- Show increasing control when pushing, patting, throwing and catching a ball.
- Send objects towards a target with increasing accuracy.
- Begin to apply basic putting technique into games.
- Compete against others in modified golf games.

Skills:

- Move without a ball.
- Move with a ball.
- Control a ball.
- Hold/grip a golf club.
- Control a ball with a racket/golf club.
- Move a ball towards a target.

Vocabulary

Close	Experiment	Steadily
Control	Improve	Technique
Direction	Space	Skills

Year 2 Invasion games – Knowledge Autumn 1

In Hockey, the children will learn to:

- Understand and follow the rules of the game.
- Watch and describe a performance accurately. Recognise what is successful.
- Understand and describe changes to your heart rate when playing a game.
- Perform a range of skills with control of the ball.
- Pass a ball with control and increasing accuracy and consistency.
- Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball.
- Choose and use simple tactics to suit different situations in small-sided games. React to situations in ways that make it difficult for opponents.

Skills:

- Move into space showing awareness of others.
- Move with control.
- Pass/receive a ball with control. Stop a ball using a hockey stick.
- Dribble a ball using a hockey stick.
- Move towards a goal to defend it.
- Compete against others trying to score.

Vocabulary

Shoot	Attack and Defend	Push pass
Target	Shooting	Dribbling
Send and Receive	Teamwork	Passing

In Tag-Rugby, the children will learn to:

- Begin to understand and develop correct technique of passing the ball.
- Develop understanding of tag-rugby and participate in small games.
- Use simple tactics in game situations.
- Develop control and accuracy when throwing and catching a rugby ball.
- Successfully beat a defender.
- Begin tagging players in game situations.

Skills:

- Hold and move with a rugby ball.
- Pass the ball pointing the nose of the ball.
- Pass accurately to a partner.
- Defend by tagging.
- Get past a defender.
- Try score goals by getting past opponents.

Vocabulary

Catch	Try	Target
Dodge	Space	Attack
Rugby ball	Belts	Defend

Year 2 Invasion games & Gymnastics – Knowledge Autumn 2

In Basketball, the children will learn to:

- React to situations to make it difficult for opponents – using simple tactics.
- Begin to understand the importance of preparing safely and carefully for exercise – warming up/down.
- Understand and describe changes to your heart rate when playing a game.
- Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).
- Perform a range of actions with the ball keeping it under control.
- Show good awareness of others when playing games.

Skills:

- Move with a ball.
- Move with a ball under control.
- Throw a ball high, low, fast and slow.
- Catch with some control.
- Move towards a goal to defend it.
- Compete against others trying to score.

Vocabulary

Aim	Explore	Score
Catch	Close	Pass
Accuracy	Teamwork	Space

In Gymnastics, the children will learn to:

- Watch and describe a performance accurately.
- Understand and describe changes to your heartrate when playing a game.
- Perform a range of actions with control and confidence.
- Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.
- Form simple sequences of different actions, using the floor and a variety of apparatus.
- Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.
- Develop agility, balance, and coordination.

Skills:

- Remember and perform 5 key shapes.
- Move smoothly with control.
- Perform basic gymnastic actions such as balancing and jumping.
- Link movements and shapes.
- Use different pieces of equipment and apparatus.
- Perform simple sequences.

Vocabulary

Key shapes	Individual	Routine
Travel	Arch/Dish	Tense
Sequence	Point	Linking

Year 2 Dance & Fitness – Knowledge Spring 1

In Dance, the children will learn to:

- Describe phrases and expressive qualities.
- Begin to understand the importance of warming up.
- Watch and describe a performance accurately and recognise what is successful.
- Perform a range of actions and simple movement patterns with control and coordination.
- Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.
- Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.
- Work individually and with others.

Skills:

- Move in different ways.
- Move to music showing expressive qualities of dance.
- Repeat short dance phrases with greater control.
- Be creative and compose short dances.
- Describe a performance accurately.
- Perform with control and coordination.

Vocabulary

Actions	Levels	Expression
Beat	Performance	Create
Character	Imagination	Unison

In Fitness, the children will learn to:

- Discuss healthy and unhealthy foods, and why eating well is good for you.
- Improve speed, agility and stamina.
- Develop the safe jumping technique to gain height and distance.
- Develop control, balance and coordination when completing a variety of tasks.
- Work well as a team.
- Explore and practise a variety of movements and fitness techniques.
- Complete exercise with good technique and focus, and with good energy.

Skills:

- Move and weave with coordination.
- Move for periods of time without tiring.
- Move on and across apparatus with control.
- Move at speed with control.
- Perform star jumps and high knees with control.
- Compete against others.

Vocabulary

Agility	Coordination	Fitness
Technique	Control	Stamina
Posture	Relay	Energy

Year 2 Athletics & Net/wall – Knowledge Spring 2

In Athletics, the children will learn to:

- Understand the variety of correct running techniques.
- Develop the distance running technique, understanding the difference between sprinting and running over longer distances.
- Begin to evaluate and improve own performance.
- Explore and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities.
- Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.
- Begin to show control, coordination, and consistency when running at speed.
- Develop a range of jumping techniques.
- Develop the underarm and pull throw technique.

Skills:

- Run with control.
- Control your body and equipment when throwing, running and jumping.
- Run with the correct arm technique.
- Run and jump on the balls of your feet.
- Show a correct pull throw technique.
- Compete against yourself.

Vocabulary

Challenge	Movement	Improve
Running	Balance	Target
Landing	Teamwork	Aim

In Tennis, the children will learn to:

- Understand and follow the rules of the game.
- Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills.
- Begin to understand the importance of preparing safely and carefully for exercise – warming up.
- Engage in cooperative and competitive physical activities (both against self and against others).
- Use and move with a tennis racket with control.
- Perform a range of actions including catching/gathering skills, sending/passing with control and throw/hit a ball in different ways e.g. high, low, fast, slow.
- Choose and use skills and simple tactics to suit different situations – showing good awareness of others.

Skills:

- Change direction when moving.
- Control your body and equipment.
- Catch a tennis ball.
- Run and jump on the balls of your feet.
- Hit a ball with hands and racket.
- Compete against yourself and others.

Vocabulary

Swing	Receive	Accuracy
Score	Aiming	Bounce feed
Positioning	Competition	

Year 2 Net/wall & Outdoor Adventurous Activities – Knowledge Summer 1

In Rounders, the children will learn to:

- React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.
- Begin to understand the importance of preparing safely for exercise – warming up.
- Recognise what is successful.
- Show good awareness of others when playing games.
- Develop fundamental movement skills, becoming increasingly confident and competent.
- Perform a range of actions with control including catching, gathering and hitting a ball with increasing accuracy.
- Throw/hit a ball in different ways e.g. high, low, fast, slow.

Skills:

- Move confidently.
- Use an underarm throwing technique.
- Choose simple tactics in game.
- Move into space.
- Strike a ball into space.
- Compete with others.

Vocabulary

Fielding	Aiming	Cooperate
Batting	Backstop	Technique
Teamwork	Bowler	Shot Selection

In Orienteering, the children will learn to:

- Begin to problem solve with others.
- Understand what a compass is used for and be able to use the direction points.
- Has knowledge of safety rules and procedures for taking part in orienteering events.
- Introduction to map reading. Be able to use some basic features on a map to select and plan a route.
- Work well in big groups, sharing, taking turns and cooperating with others.
- Begin to understand the competitive side of orienteering and take part in a picture orienteering event.
- Meet challenges effectively working as part of a team.

Skills:

- Move in different ways.
- Work well with others and independently.
- Use a simple map.
- Understand competition.
- Solve problems on your own and with others.
- Participate in an orienteering event.

Vocabulary

Together	Orienteering	Challenge
Compass	Route	Safety
Problem Solving	Directions	Map

Year 2 Outdoor Adventurous Activities & Net/wall– Knowledge Summer 2

In Golf, the children will learn to:

- Describe basic skills needed for golf games.
- Explore different ways of moving, changing speed and direction fluently.
- Explore different ways of moving a golf ball, and/other size ball.
- Push/ roll and putt a ball towards a target with control.
- Use skills learnt to participate and compete in rolling and putting games.
- Develop technique when using the golf putter, becoming increasingly accurate.

Skills:

- Move at different speeds.
- Push and roll a ball.
- Participate in rolling games.
- Use a putter to push a ball.
- Begin to show the correct putting technique.
- Accurately send a ball.

Vocabulary

Successfully	Forfeit	Tick Tock
Pace	Explore	Improve
Putt	Technique	Experiment

In Cricket, the children will learn to:

- React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.
- Begin to understand the importance of preparing safely for exercise – warming up.
- Recognise what is successful.
- Show good awareness of others when playing games.
- Develop fundamental movement skills, becoming increasingly confident and competent.
- Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.
- Throw/hit a ball in different ways e.g. high, low, fast, slow.

Skills:

- Move confidently.
- Use an underarm throwing technique.
- Choose simple tactics in a game.
- Move into a space.
- Strike a ball into space.
- Compete with others.

Vocabulary

Fielding	Long barrier	Aim
Striking	Feeder	Grip
Wickets	Fielder	Underarm

Year 3 Invasion games – Knowledge Autumn 1

In Handball, the children will learn to:

- Recognise players who play well in games and give reasons why. Identify what you do best and what you find difficult.

- Recognise and describe what happens to your breathing and heart rate when playing games and begin to understand why you get hotter when playing games.
- Use a range of skills to keep possession of the ball.
- Keep the ball under control, passing and receiving with increasing accuracy.
- Choose space/ positions where you can receive a pass or to support a teammate.
- Take up space/positions to make it difficult for your opponents.

Skills:

- Pass/ send a ball with increasing accuracy.
- Move with the ball keeping it under control.
- Pass the ball over different distances.
- Dribble the ball with control.
- Defend by marking.
- Play handball games against others.

Vocabulary

Dribble	Position	Defend
Intercept	Court	Possession
Tactics	Receive	Support

In Hockey, the children will learn to:

- Employ simple tactics in game situations.
- Learn how to recognise your own success.
- Describe how your body feels when exercising.
- Move with a ball keeping it under control.
- Develop control and technique.
- Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success.
- Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).

Skills:

- Hold a hockey stick correctly and safely.
- Use a push pass.
- Make a standing tackle.
- Keep control of the ball when moving.
- Demonstrate the Indian dribble.
- Play hockey games against others.

Vocabulary

Opposition	Direction	Attack
Passing	Decision making	Push Pass
Dribbling	Defence	Possession

Year 3 Invasion games – Knowledge Autumn 2

In Football, the children will learn to:

- Employ simple tactics in game situations.
- Recognise good performance and be able to identify what you need to practise to improve your own performance.
- Describe how your body feels when exercising.
- Move with a ball keeping it under control.
- Perform basic skills needed for games with control and accuracy.
- Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success.
- Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).

Skills:

- Stop the ball with my feet.
- Pass the ball with the inside of my feet.
- Move with the ball.
- Make a standing tackle.
- Shoot a stationary football.
- Participate in games controlling the ball.

Vocabulary

Marking	Decision	Strike
Attack	Accuracy	Receive
Defend	Tackle	Position

In Basketball, the children will learn to:

- Employ simple tactics in game situations.
- Recognise and explain good performances.
- Understand the link between heart rate and breathing when exercising.
- Move with a ball keeping it under close control.
- Keep possession of a ball as part of a team.
- Pass/send a ball with increasing accuracy and receive a ball successfully.
- Take up spaces/positions that make it difficult for opponents.

Skills:

- Pass/ send a ball with increasing accuracy.
- Move with the ball keeping it under control.
- Pass the ball in different ways.
- Move with a purpose.
- Begin to think about tactics in games.
- Play in small-sided games, employing simple tactics.

Vocabulary

Skills	Possession	Accuracy
Score	Chest pass	Passing
Rules	Bounce pass	Dribbling

Year 3 Gymnastics & Outdoor Adventurous Activities – Knowledge Spring 1

In Gymnastics, the children will learn to:

- Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance.
- Describe how your body feels when exercising.
- Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.
- Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group.
- Create gymnastic sequences that meet a theme or set of conditions, showing a clear beginning, middle and end.
- Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.
- Develop flexibility, strength, control, technique, and balance.

Skills:

- Perform 9 key shapes.
- Travel using different body parts.
- Create and experiment with sequences.
- Create sequences of shapes, balances, rolls and travel.
- Share ideas in a group.
- Recognise own successes.

Vocabulary

Straddle	Front support	Routine
Point	Apparatus	Combine
Pathway	Pike	Arabesque

In Golf, the children will learn to:

- Explore and understand how correct putting techniques can create a successful shot.
- Begin to develop the chipping technique, consistently lifting the ball from the floor.
- Apply putting skills into game situations.
- Show control to make accurate shots.
- Demonstrate good teamwork skills.

Skills:

- Successfully hit the target using a putt shot.
- Play putting games.
- Begin to chip the ball over obstacles.
- Play games with others.
- Compete in target games against others.
- Hit the ball with control.

Vocabulary

Chipping	Bunker	Course
Rough	Dominant	Putting
Control	Collision	Increase/Decrease

Year 3 Dance & Athletics – Knowledge Spring 2

In Dance, the children will learn to:

- Describe and evaluate the effectiveness and quality of a dance.
- Collaborate with others.
- Explore and create narratives in response to a stimulus.
- Show control, accuracy and fluency of movement when performing actions with a partner.
- Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.
- Communicate what you want through your dances and perform with control.
- Combine actions and maintain the quality of performance when performing at the same time as a partner.

Skills:

- Show fluency when moving.
- Link movement patterns together.
- Collaborate with others.
- Perform at the same time as a partner.
- Perform as various characters when moving to music.
- Communicate feelings through dance.

Vocabulary

Audience	Fluency	Emotions
Canon	Level	Unison
Choreography	Phrase	Expressions

In Athletics, the children will learn to:

- Recognise what they do well and what they find difficult, identifying what they need to practise to improve their performance.
- Understand the pace judgement when running over an increased distance.
- Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.
- Apply and develop a broad range of athletic skills in different ways.
- Show control, coordination and consistency when running, throwing, and jumping.
- Choose the appropriate running speed to meet the demand of the task.
- Enjoy competing with others.

Skills:

- Throw a variety of different objects.
- Jump with control.
- Run with the correct arm technique.
- Run in races.
- Compete against others.
- Follow the rules.

Vocabulary

Develop	Combination	Accelerate
Experiment	Balance	Technique
Distance	Co-ordination	

Year 3 Net/wall – Knowledge Summer 1

In Cricket, the children will learn to:

- Identify what you need to practise to improve your performance.
- Understand the link between heart rate and breathing when exercising.
- Devise suitable warm up activities for upcoming activities.
- Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.
- Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique.
- Intercept and stop the ball consistently.
- Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.

Skills:

- Throw a ball with increasing accuracy and distance.
- Catch a ball with increasing consistency.
- Successfully hit a ball from a tee.
- Hit a ball with the correct technique.
- Choose fielding skills to make it difficult for an opponent.
- Work well as part of a team.

Vocabulary

Feeder	Communication	Long barrier
Fielder	Bowler	Position
Wickets	Wicket keeper	Technique

In Volleyball, the children will learn to:

- Employ simple tactics in game situations and explain why they have used the tactics.
- Learn how to evaluate and recognise their own success. Identify what they need to practise to improve their performance.
- Describe how their bodies feel when exercising and understand the link between heart rate and breathing when exercising.
- Perform the basic skills needed for the games with control and accuracy.
- Throw/send the ball using a variety of techniques. Choose the appropriate throwing technique to meet the demands of the task.
- Send a ball into space at different speeds and heights to make it difficult for the opponent.
- Take up space / positions that make it difficult for the opponents. Intercept and stop the ball consistently.

Skills:

- Watch the ball as it travels.
- Move quickly changing direction.
- Throw a ball in different ways.
- Strike the volleyball with some control.
- Develop the dig technique.
- Send a ball at different speeds in games.

Vocabulary

Dig	Tactics	Successful
Steady position	Accuracy	Wide
Support	Power	Set

Year 3 Net/wall – Knowledge Summer 2

In Tennis, the children will learn to:

- Compete with others – keeping and following the rules of the game.
- Identify what you do well and what you find difficult.
- Understand the link between heart rate and breathing when exercising.
- Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action.
- Throw/send a ball using a variety of techniques.
- Take up space/ positions that make it difficult for opponents.
- Keep a rally going.

Skills:

- Can watch, track, and catch a tennis ball successfully.
- Move changing direction and speed.
- Balance a tennis ball on a racket.
- Hit the tennis ball with some control.
- Perform a forehand serve using the correct grip.
- Hit a ball into space (at different speeds and heights) to try beat an opponent.

Vocabulary

Swing	Accuracy	Free space
Cooperative	Control	Partner
Court Target	Power	Bounce

In Rounders, the children will learn to:

- Identify what you need to practise to improve your performance.
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.
- Employ simple tactics in games.
- Devise suitable warm up activities for upcoming activities.
- Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.
- Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique.
- Intercept and stop the ball consistently.
- Work well as part of a team, e.g. when fielding to make it harder for the batter.

Skills:

- Throw a ball with increasing accuracy and distance.
- Catch a ball with increasing consistency.
- Successfully hit a ball from a tee.
- Hit a ball with correct technique.
- Choose fielding skills to make it difficult for an opponent.
- Work well as part of a team.

Vocabulary

Aiming	Accuracy	Long barrier
Communication	Technique	Get in line
Targets	Power	Score

Year 4 Invasion games – Knowledge Autumn 1

In Tag-Rugby, the children will learn to:

- To begin to understand the rules of tag rugby.
- Move in different directions learning to move away from your opponent and keep control of the ball when running.
- Learn how to pass in rugby, catching successfully and improving skills whilst on the move.
- Move forward to attack as part of a team – running in a line.
- To work as part of a team when defending, keeping in a line, and spreading out.
- Successfully score a try.
- Develop physical characteristics needed for the game, e.g. speed, fitness, agility.

Skills:

- Pass and catch on the move.
- Keep in a horizontal line with others when running.
- Pass a ball backwards.
- Apply simple attacking tactics.
- Apply simple defending tactics.
- Play games against others working as a team.

Vocabulary

Avoid	Cover	Pocket Pass
Mark	Share	Lift
Attack	Agility	Defend

In Hockey, the children will learn to:

- Explain simple tactics in game situations.
- Recognise what you do well and what you find difficult.
- Understand the link between heart rate and breathing when exercising.
- Devise suitable warm up activities for the upcoming activity.
- Move the ball, keeping it under control whilst changing direction.
- Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success.
- Apply basic attacking and defending principles, collaborating with others, and using tactics to keep possession.

Skills:

- Collaborate with others in team games.
- Use a push pass accurately.
- Get in a low position when dribbling and/or passing.
- Dribble a ball whilst changing direction.
- Use a slap pass.
- Employ simple tactics in games.

Vocabulary

Communicate	Support	Avoiding
Cooperation	Recover	Strike
Possession	Opposition	React

Year 4 Gymnastics & Invasion games – Knowledge Autumn 2

In Gymnastics, the children will learn to:

- Recognise and explain a good performance.
- Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.
- Show control, accuracy and fluency of movement when performing actions on your own and with a partner.
- Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.
- Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape.
- Collaborate with others.

Skills:

- Perform 9 key shapes with good body tension.
- Use travel to link actions.
- Travel on different levels at different speeds.
- Create longer sequences of movements, shapes, balances, and rolls.
- Work with others mirroring and cannoning.
- Perform in front of others.

Vocabulary

Transition	Sequence	Routine
Experiment	Linking	Straddle/Pike
Communicate	Combine	Arabesque

In Football, the children will learn to:

- Employ and explain simple tactics in game situations.
- Learn to recognise your own success.
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.
- Move the ball keeping it under control whilst changing direction.
- Apply basic attacking and defending principles such as finding and using space in game situations.
- Pass, shoot and receive a ball with increasing accuracy, control and success.
- Challenge a player in possession of the ball.

Skills:

- Stop the ball with my feet.
- Pass the ball in different ways with increased accuracy.
- Dribble the ball using my feet, both if possible.
- Tackle safely and effectively.
- Shoot a football with success.
- Use tactics in games.

Vocabulary

Trick	Power	Experiment
Tactics	Position	Strike
Target	Possession	Teamwork

Year 4 Invasion games & Net/wall – Knowledge Spring 1

In Basketball, the children will learn to:

- Explain and apply basic attacking and defending principles.
- Identify what you need to practice to improve your performance.
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.
- Move the ball keeping it under control whilst changing direction.
- Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow.
- Find and use space in game situations and work well as part of a team.
- Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations.

Skills:

- Pass/send a ball in different ways and speeds.
- Move with the ball keeping it under control whilst changing direction.
- Work well as part of a team.
- Find and use space well to keep possession.
- Shoot and score with some success.
- Participate in games, recognising good performance.

Vocabulary

Shoot	Possession	Double Dribble
Improve	Chest/ Bounce pass	Set Shot
Foul/ Hold	Technique	Possession

In Tennis, the children will learn to:

- Recognise and explain good performances and learn how to recognise and evaluate your own success.
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.
- Recognise and explain good performances and learn how to recognise and evaluate your own success.
- Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.
- Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy.
- Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.
- Begin to apply basic movements in a range of activities and in combination.
- Apply basic principles for attacking including finding and using space in game situations.
- Keep a rally going using a range of shots.

Skills:

- Can watch, track, and catch a tennis ball successfully.
- Move effectively to get in a good position.
- Perform a basic forehand action with increasing accuracy.
- Perform a basic backhand shot with increasing accuracy.
- Hit a tennis ball into space (at different speeds and heights) to try beat an opponent.
- Keep a rally going using a range of shots.

Vocabulary

Partner	Free Space	Court Target
Direction	Control	Racket
Accuracy	In Line	Position

Year 4 Dance & Invasion games – Knowledge Spring 2

In Dance, the children will learn to:

- Be able to describe your own dance, taking characters into account as well as Identifying what they need to practice to improve their dance.
- Understand the link between heart rate and breathing when exercising.
- Explore and create characters and narratives in response to a range of stimuli.
- Perform dances using a range of movement patterns – accurately, fluently, consistently and with control.
- Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction.
- Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.
- Work well as part of a team.

Skills:

- Move using a range of patterns.
- Link movement patterns together showing consistency.
- Work on your own, with a partner and in a group.
- Create, practise, and perform more complex dances.
- Experiment with speed, tension and continuity.
- Perform actions with clarity of movement.

Vocabulary

Routine	Timing	Health and Fitness
Expressions	Choreography	Phase
Unison	Canon	Rhythm

In Dodgeball, the children will learn to:

- Describe how your body feels when you are warming up and playing games.
- Evaluate your own performance and describe skills you need to improve your play.
- Find and use space in game situations and explain the importance in this tactic.
- Get in good positions to throw and receive the ball.
- Send a ball with accuracy, control, and consistency, whilst moving at different speeds.
- Practice and improve the underarm throw and side shot throw.
- Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.

Skills:

- Move the ball quickly.
- Develop side shot throw.
- Move in different ways – at speed.
- Use body positioning and control to help when catching.
- Discuss and apply tactics needed in dodgeball games.
- Participate in dodgeball games using skills learnt.

Vocabulary

Heart Rate	Position	Overarm
Strike	Communicate	React
Dodge	Explore	Side Shot

Year 4 Athletics & Invasion games – Knowledge Summer 1

In Athletics, the children will learn to:

- Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.
- Learn how to evaluate and recognise their own success.
- Devise suitable warm-up activities for the upcoming activities.
- Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.
- Combine basic jump actions to form a jump combination, using a controlled jumping technique.
- Perform a throwing technique with control, coordination, and consistency.
- Perform competitively with others.

Skills:

- Throw an object using both a pushing and pulling technique.
- Combine different types of jumping.
- Run for distance.
- Run in races of varied distances.
- Take part in athletic events.
- Perform competitively with others.

Vocabulary

Develop	Personal Best	Triple Jump
Coordination	Pace	Timing
Accelerate	Exchange	Distance

In Netball, the children will learn to:

- Develop understanding of the importance of speed when playing invasion games.
- Understand the link between heart rate and breathing during different activities.
- Identify and describe the skills needed to improve your game.
- Get into good positions to pass, receive, and shoot the ball.
- Pass the ball using different techniques.
- Shoot and score with increasing accuracy.
- Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score.

Skills:

- Pass/ send a ball with increasing accuracy and appropriate pace.
- Choose the right pass for the situation.
- Demonstrate a correct bounce pass.
- Find and use space well to keep possession.
- Know simple tactics to help achieve success.
- Play in small-sided games, employing simple tactics.

Vocabulary

Bounce Pass	Direction	Technique
Chest Pass	Score	Power
Mark	Accuracy	Control

Year 4 Net/wall & Outdoor Adventurous Activities – Knowledge Summer 2

In Rounders, the children will learn to:

- Recognise what you do well and what you find difficult and explain good performances.
- Explain the tactics you have used in games.
- Show control, coordination and consistency when throwing and catching a ball.
- Hit a ball with increasing control, accurately towards a target.
- Take up spaces/positions that make it difficult for the opposition.
- Communicate, collaborate and compete with others, following the rules of the game.
- Choose fielding skills, which make it difficult for your opponent.

Skills:

- Run, jump and catch in combination.
- Catch a ball with good control.
- Understand the rules of rounders.
- Hit a ball towards a target.
- Use space when fielding to make it difficult for opponents.
- Participate in modified competitive games, showing good teamwork.

Vocabulary

Throwing	Batting	Technique
Fielding	Long Barrier	Score
Get In Line	Targets	Aiming

In Orienteering, the children will learn to:

- Have knowledge of safety rules and procedures for taking part in orienteering events.
- Work as a team to plan and decide what approach to use to meet the challenges.
- Explain how you could improve your performance.
- Develop a basic understanding of map reading/making and apply these skills and techniques in games.
- Work cooperatively and successfully as part of a team, improving communication skills.
- Recognise where you are on a map.
- Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.

Skills:

- Work cooperatively as part of a team.
- Make a map with symbols.
- Participate in team games, solving problems with others.
- Understand the compass points.
- Use thumbing and folding techniques.
- Take part in an orienteering event.

Vocabulary

Picture Orienteering	Control Plotting	Problem Solving
Communication	Indoor Mapping	
Map Skills	Teamwork	

Year 5 Invasion Games – Knowledge Autumn 1

In Dodgeball, the children will learn to:

- Understand the importance of quick reactions in dodgeball.
- Develop an understanding of how to improve when playing games.
- Understand how the muscles work.
- Participate in games fairly, following the rules. Show good teamwork.
- Apply appropriate skills and tactics in game situations.
- Move quickly (dodge) with good control. Improve control when moving at speed.
- Increase accuracy and consistency of throws, including a side shot throw, towards a moving target.

Skills:

- Throw a ball at a moving target.
- Increase the pace of a side shot.
- Play catching games.
- Move quickly with control.
- Participate in games fairly.
- Use peer evaluation to discuss strategies and tactics and apply these to your own game.

Vocabulary

Agility	Attack	Defend
Balance	Accelerate	React
Side Shot	Accurate	

In Football, the children will learn to:

- Evaluate and recognise success.
- Understand how physical activity can contribute to a healthy lifestyle.
- Choose different formations to suit the needs of the game.
- Apply basic principles for defending - defend by marking, covering and tracking opponents as appropriate.
- Participate in competitive games, modified where appropriate.
- Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.
- Keep possession of the ball when faced with opponents.
- Apply basic principle for attacking – use a variety of tactics to keep possession of the ball.

Skills:

- Confidently pass accurately.
- Choose when to dribble, when to pass and when to shoot.
- Defend in a team.
- Compete in small-sided games.
- Mark a player to stop them getting the ball.
- Decide on ways to defend in games.

Vocabulary

Marking	Support	Tackle
Tactics	Referee	Defence
Patience	Opposition	Possession

Year 5 Invasion Games & Gymnastics – Knowledge Autumn 2

In Tag-Rugby, the children will learn to:

- Begin to understand the importance of lines in tag-rugby – both for attack and defence.
- Use simple tactics in games to achieve success as a team.
- Understand the defensive duties in tag rugby and the process of tagging.
- Increase accuracy and control when passing and catching, whilst moving at speed.
- Participate in competitive games, following the rules and playing fair.
- Continue to improve different ways to pass – fast, slow, high, low.

Skills:

- Travel and dodge at speed with the ball.
- Mark and tackle in game situations.
- Attack in opposed situations.
- Understand the rules of a rugby game.
- Move forward to attack as a team.
- Defend in a line as a team.

Vocabulary

Ready Position	Speed	Agility
Tag	Attack	Mark
Stance	Defend	Dodge

In Gymnastics, the children will learn to:

- Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles.
- Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.
- Perform movements accurately with a sense of rhythm.
- Explore, improvise and combine movement ideas fluently and effectively.
- Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.
- Develop flexibility, strength, control, technique, and balance.

Skills:

- Travel with confidence choosing different pathways.
- Travel fluently on the floor and on/off apparatus.
- Show rhythm and creativity when working with others.
- Create longer sequences.
- Show flexibility and technique when performing gymnastic elements.
- Perform in front of an audience.

Vocabulary

Front Support	Evaluate	Fluency
Back Support	Pose	Flow
Creativity	Observe	Flight

Year 5 Fitness & Net/wall – Knowledge Spring 1

In Fitness, the children will learn to:

- Understand and explain the importance of good upper body strength.
- Recognise the physical and mental benefits of increased activity, and develop an appreciation of physical activity as a lifelong habit.
- Select an area of physical activity that you want to improve.
- Develop lower body and core strength, fitness, speed and aerobic endurance.
- Apply and link learned fundamental movement skills.
- Show determination to complete tasks using the correct techniques.
- Demonstrate stamina.

Skills:

- Perform squats with correct technique.
- Sustain physical improvements for periods of time.
- Perform a press up.
- Hold a plank position still.
- Skip using a rope for increased periods.
- Work to improve performance.

Vocabulary

Develop	Circuit	Determination
Combine	Core Strength	Benefit
Endurance	Lifelong appreciation	Stamina

In Tennis, the children will learn to:

- Identify spaces and understand the tactic of hitting into gaps.
- Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.
- Hit the ball with purpose.
- Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.
- Participate in competitive games, modified where appropriate.
- Use good footwork that allows the ball to be hit with good technique.
- Adopt a good ready position and show good position on court.

Skills:

- Demonstrate a good ready position and fast paced movements.
- Vary shot selection – speed, height, direction.
- Play shots on the forehand and backhand side of the body.
- Use a variety of different shots and serves, hitting with increasing consistency.
- Employ some tactics in games.
- Participate in a successful rally.

Vocabulary

Rally	Respond	Court Target
Service	Doubles	Feedback
Follow through	Backhand	Decision making

Year 5 Dance & Net/wall – Knowledge Spring 2

In Dance, the children will learn to:

- Identify which aspects were performed consistently, accurately, fluently and clearly and be able to provide feedback.
- Work effectively as part of a team.
- Explain how their bodies react and feel when taking part in different activities and undertaking different roles.
- Continue to develop a broader range of skills and movement patterns, exploring and practising movement ideas inspired by a stimulus.
- Use basic compositional principles when creating dances – combining movements fluently and effectively.
- Perform a range of movements accurately with a sense of rhythm.
- Create and structure dance motifs, phrases and sections of dances, developing expressive qualities.

Skills:

- Be inspired by music and different stimuli.
- Move showing expressive qualities.
- Dance using a range of movement patterns.
- Create and structure sections of dance.
- Work as part of a team.
- Perform to an audience.

Vocabulary

Emotions	Tutting	Canon
Expressions	Question and answer	Unison
Rehearse	Choreography	Routine

In Cricket, the children will learn to:

- Choose skills and tactics to meet the needs of the situation. (e.g. to outwit opponents when fielding).
- Watch and evaluate the success of games and good performance.
- Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.
- Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.

- Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations.
- Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.
- Work as part of a team, adapting games and activities making sure everyone has a role to play.

Skills:

- Throw and bowl in different ways.
- Play a drive shot successfully.
- Play a block shot when appropriate.
- Stop a ball when fielding.
- Choose effective positions when fielding.
- Participate in team games against others.

Vocabulary

Crease	Forward defence	Skill
Outfield	Tactics	Positions
Awareness	Fast Bowl	Technique

Year 5 Outdoor Adventurous Activities & Athletics – Knowledge Summer 1

In Orienteering, the children will learn to:

- Understand relevant techniques to navigate and from control points.
- Identify what they have done well and adapt plans for future challenges.
- Orientate themselves and map correctly, keeping track of their position with increasing accuracy.
- Work within a team, trusting and valuing each other.
- Develop communication skills and use these skills to achieve success.
- Make a map with symbols, and legend and begin to understand scale.
- Compete in orienteering events, problem solving with team members.

Skills:

- Problem solve in teams.
- Work within your team, communicating, trusting and valuing each other.
- Understand scaling.
- Understand the legend.
- Develop map-building skills.
- Complete a single control event.

Vocabulary

Teamwork	Picture Orienteering	Problem Solving
Map Skills	Control Plotting	
Indoor Mapping	Communication	

In Athletics, the children will learn to:

- Choose the appropriate speed to run at for the distance to be covered.
- Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.
- Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.
- Explain how their body reacts and feels when taking part in different activities, and undertaking different roles, understand how this effects the muscles.
- Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.
- Communicate, collaborate, and compete with others. Working effectively as part of a team.
- Demonstrate a range of throwing actions e.g. push, pull and sling using different equipment.

Skills:

- Combine running and jumping.
- Combine running and throwing.
- Compete in short distance races.
- Compete in long distance running.
- Practise to combine different types of jump.
- Throw in different ways with accuracy and control.

Vocabulary

Olympics	Record	Personal Best
Run Up	Discus	Pace
Timer	Push/ Pull	

Year 5 Invasion games & Net/wall – Knowledge Summer 2

In Basketball, the children will learn to:

- Explain how your body reacts and feels when taking part in different activities and undertaking different roles.
- Learn how to evaluate and recognise success, explain why a performance is good.
- Understand how physical activity can contribute to a healthy lifestyle.
- Perform skills (e.g. passing) with accuracy, confidence, control and increasing speed.
- Work effectively as part of a team and keep possession of the ball when faced with opponents.
- Apply basic principle for attacking – using skills to keep possession of the ball.
- Begin to apply defending principles in games; communicating well as a team to regain possession of the ball.

Skills:

- Confidently pass the ball with accuracy.
- Move with the ball at speed.
- Mark, track and cover when defending.
- Keep possession of the ball when faced with opponents.
- Work together as a team, showing good awareness of others.
- Apply some basic principles for attacking and defending in game situations.

Vocabulary

Mark	Double Dribble	Attack
Evaluate	Foul/hold	Defend
Tactics	Awareness	Principles

In Rounders, the children will learn to:

- Choose skills and tactics to meet the needs of the situation. (e.g. to outwit opponents when fielding).
- Watch and evaluate the success of games and good performance, and explain why a performance is good.
- Understand how physical activity can contribute to a healthy lifestyle, and explain how your body reacts and feels when taking part in physical activity.
- Develop control and technique whilst performing skills at speed.
- Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs.
- Show good awareness of others in game situations.
- Work as part of a team, communicating with others and adapting games and activities making sure everyone has a role to play.
- Begin to bowl at different speeds.

Skills:

- Throw and bowl in different ways.
- Hit a ball with some accuracy.
- Understand tactics needed in games.
- Stop a ball when fielding.
- Choose effective positions when fielding.
- Participate in team games against others.

Vocabulary

Stumped	Gap	Feedback
Infield	Stance	Technique
Outfield	Tournament	Tactics

Year 6 Invasion games & Fitness – Knowledge Autumn 1

In Tag-rugby, the children will learn to:

- Understand the rules of the game and participate in full games.
- Understand the importance of keeping in a line in both attacking and defending plays.
- Incorporate the rules of the game into small-sided games, like passing backwards.
- Pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.

- Carefully consider the best way to score a try and win the game, remembering to find and use space when running.
- Successfully remove tags in accordance with the rules.

Skills:

- Run and pass at speed.
- Dodge and fake passes when running with the ball
- Catch the ball whilst under pressure.
- Watch and evaluate the professional game.
- Decide on ways to attack when playing games.
- Decide on the best ways to defend in games.

Vocabulary

Communicate	Mark	Defend
Effective	Track	Tactics
Accuracy	Attack	Dummy

In Fitness, the children will learn to:

- Take responsibility for your own warm up, know the importance of warming up.
- Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult.
- Understand how physical activity and exercise can improve mental wellbeing.
- Understand why core strength is important.

Skills:

- Perform squat jumps with good technique.
- Perform lunge jumps with good technique.
- Compete against others.
- Compete against yourself to improve.
- Perform plank walls with control.
- Perform physical tasks for longer periods.

Vocabulary

Responsibility	Compare	Ability
Wellbeing	Performance	Recognise
Encourage	Position	Alternate

Year 6 Gymnastics & Invasion Games – Knowledge Autumn 2

In Gymnastics, the children will learn to:

- Work effectively as part of a team, recognising success and give constructive feedback.
- Create short warm up routines that follow basic principles.
- Explore, improvise and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm.
- Combine and perform gymnastic actions, shapes and balances more fluently and effectively.
- Use combinations of dynamics using the space effectively.
- Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles; varying direction, level and pathways to improve the look of a sequence.

Skills:

- Show flexibility and technique when performing gymnastic elements.
- Show different combinations and pathways when travelling.
- Use space creatively when travelling.
- Perform high quality jumps, rolls and group balances.
- Show rhythm and creativity when working with others.
- Explain why a performance is good and how it can be improved.

Vocabulary

Asymmetrical	Evaluate	Fluency
Body control	Symmetrical	Flow
Creativity	Observe	Flight

In Netball, the children will learn to:

- Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.
- Recognise and evaluate performances, providing constructive feedback. Understand how to improve in different physical activities and sport.
- Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.
- Work effectively as a team.
- Use a variety of tactics to keep possession of the ball, applying the principles of attacking.
- Use the defending principles in game situations, including marking, tracking and covering to gain possession.

Skills:

- Pass the ball in a variety of different ways, with confidence and control.
- Move with purpose when attacking.
- Choose when to mark a player and when to cover space.
- Apply basic principles for attacking.
- Apply basic principles when defending.
- Apply basic principles for attacking and defending in game situations.

Vocabulary

Positions	Decision making	Power
Heart rate	Opponent	Evaluate
Muscles	Technique	Accuracy

Year 6 Dance & Net/wall – Knowledge Spring 1

In Dance, the children will learn to:

- Share ideas in small groups, working together to create a routine incorporating different elements.
- Use imagination to develop dances to music and develop expressive qualities.
- Move in a way that reflects the music.
- Perform dances in both canon and unison, with clarity and confidence.
- Explore and practise movement ideas inspired by a stimulus.
- Explore, improvise, and combine movement ideas fluently and effectively.
- Perform movements to an audience with rhythm and confidence.

Skills:

- Move in a way that reflects the music.
- Show ideas through dance.
- Combine movements fluently.
- Apply basic compositional principles when creating dances.
- Share ideas in groups to create a routine
- Perform with rhythm and confidence.

Vocabulary

Imagination	Choreography	Pace
Emotion	Formation	Confidence
Expressive	Intensity	Rehearse

In Tennis, the children will learn to:

- Explain how your body reacts and feels when taking part in different activities and undertaking different roles.
- Evaluate your own success and areas of improvement, as well as others.
- Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.
- Hit the ball with purpose, varying speed, height and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.
- Apply the principles of attacking.
- Participate in competitive games, modified where appropriate.
- Adopt a good ready position and show good position on court.

Skills:

- Know and describe the correct grip and stance when holding a racket.
- Adopt a good ready position and move with purpose.
- Play shots overhead and on the forehand and backhand side of the body.
- Hit the ball accurately and with control whilst moving at a quick pace.
- Employ tactics in games.
- Participate in games following the rules and scoring correctly.

Vocabulary

Overhead	Evaluate	Service
Positioning	Strategy	Singles
Respond	Backswing	Selection

Year 6 Outdoor Adventurous Activities & Net/wall– Knowledge Spring 2

In Orienteering, the children will learn to:

- Understand elements and scaling confidently.
- Identify what they have done well and adapt plans for future challenges.
- Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.
- Build confidence during team activities.
- Takes part in orienteering events, such as picture orienteering and control orienteering, with success.
- Use a map to confidently orientate yourself around - use previous knowledge to navigate and design a route to the controls.
- Develop map reading and map building skills.
- Develop physical fitness and be able to describe its importance in orienteering.

Skills:

- Show confidence in group activities.
- Plan effectively.
- Understand a complex map.
- Scale a map effectively.
- Choose successful approaches to tasks.
- Complete an adapted control event.

Vocabulary

Teamwork	Picture Orienteering	Problem Solving
Map Skills	Control Plotting	
Indoor Mapping	Communication	

In Cricket, the children will learn to:

- Learn how to evaluate and recognise your own success and areas for improvement.
- Develop an understanding of how to improve in different physical activities and sports.
- Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.
- Bowl using an overarm technique, beginning to vary speed and length of delivery.
- Use skills and tactics to outwit opponents when fielding, bowling, and batting.
- Work as part of a team that covers the areas to make it hard for the batter to score runs.
- Use tactics that involve bowlers and fielders working together.

Skills:

- Retrieve, catch, intercept and stop a ball when fielding.
- Pay shots that allow the ball to be hit to different areas of the field into spaces
- Bowl overarm.
- Use skills and tactics to outwit opponents when fielding.
- Use skills and tactics to outwit opponents when batting.
- Participate in competitive games.

Vocabulary

Crease	Tournament	Block
Outfield	Straight drive	Tactics
Fast bowl	Bowled out	Quality

Year 6 Net/wall & Athletics – Knowledge Summer 1

In Rounders, the children will learn to:

- Develop an understanding of how to improve in different physical activities and sports.
- Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.
- Perform skills with accuracy, confidence, and control.
- Participate in competitive games, modified where appropriate.
- Retrieve, intercept and stop a ball when fielding.
- Use skills and tactics to outwit opponents when fielding and batting.
- Work as part of a team that covers the areas to make it hard for the batter to score runs.
Use tactics that involve bowlers and fielders working together.

Skills:

- Retrieve, catch, intercept and stop a ball when fielding.
- Play shots that allow the ball to be hit to different areas of the field into spaces.
- Bowl effectively.
- Use skills and tactics to outwit opponents when fielding.
- Use skills and tactics to outwit opponents when batting.
- Participate in competitive games.

Vocabulary

Umpire	Feedback	Technique
Stance	Outfield	Evaluate
Gap	Infield	Tactics

In Athletics, the children will learn to:

- Understand appropriate pace judgement for the running distance to be covered.
- Understand the appropriate throwing and jumping technique to achieve maximum distance and height.
- Share and discuss athletic techniques with others.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
- Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.
- Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.
- Work effectively as part of a team.
- Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.

Skills:

- Use a run up when jumping.
- Use the correct combination of jumps to complete the triple jump.
- Run with control and purpose over varied distances.
- Throw an object by overarm, underarm, pulling, pushing and slinging.
- Use a run up when throwing.
- Practise to improve throwing distance.

Vocabulary

Evaluate	Cooperate	Run up
Feedback	Fling	Compare
Power	Olympics	Personal best

Year 6 Invasion Games & Outdoor Adventurous Activities – Knowledge Summer 2

In Football, the children will learn to:

- Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.
- Identify and evaluate parts of your game where you are performing well, and parts that can be improved.
- Recognise exercise and activities that help strength, speed and stamina.
- Apply the attacking and defending principles in game situations.
- Use different skills to keep possession of a ball as part of a team.
- Develop control whilst performing skills at speed. Change speed and direction to get away from a defender.
- Adapt games and activities, making sure everyone has a role to play. Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.

Skills:

- Pass the ball to keep possession in game situations.
- Dribble the ball whilst under pressure.
- Apply defending principles in games.
- Compete in games.
- Apply attacking principles in games.
- Understand positions and roles of individuals in team games.

Vocabulary

Marking	Midfield	Cover
Consider	Possession	Closing down
Evaluate	Opposition	Support

In Golf, the children will learn to:

- Become familiar with golf phrases and the concept of golf.
- Compare and evaluate other performances.
- Develop an accurate putting technique, chipping for height technique, and driving for distance technique.
- Determine how much speed and power is required when working to a target.
- Compete with others in modified golf games.

Skills:

- Successfully hit the target when putting and chipping.
- Develop the drive technique.
- Develop the techniques of the different shots on more difficult courses.
- Compete against others, applying skills learnt.
- Discuss, watch and evaluate the professional game.
- Apply the correct techniques when competing.

Vocabulary

Drive	Green	Bunker
Swing	Imitate	Handicap
Par	Lean	Ability