



Curriculum Design:

Including Endpoints

P.E.

PE Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management	Manipulation and co-ordination	Co-operate and solve problems	Gymnastics	Dance	Speed, Ability, Travel
Year 1	Attack Defend Shoot Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 1	Attack, Defend, Shoot Unit 2	Hit, Catch, Run Unit 2	Send and Return Unit 2
	Gymnastics Unit 1	OAA	Run, Jump, Throw Unit 1	Gymnastics Unit 2	Dance (Space)	Run, Jump, Throw Unit 2
Year 2	Attack Defend Shoot Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 1	Attack, Defend, Shoot Unit 2	Hit, Catch, Run Unit 2	Send and Return Unit 2
	Gymnastics Unit 1	OAA	Run, Jump, Throw Unit 1	Dance Great Fire of London	Gymnastics Unit 2	Run, Jump, Throw Unit 2
Year 3	Tag Rugby	Volleyball	Handball	Tennis	Hockey	Rounders
	Basketball	OAA	Dance (Stone Age)	Gymnastics (Unit 1)	Cricket	Athletics
Year 4	Tag Rugby	OAA	Handball	Tennis	Hockey	Rounders
	Basketball	Volleyball	Dance (Romans)	Gymnastics (Unit 1)	Cricket	Athletics
Year 5	Tag Rugby	Volleyball	Handball	Tennis	Hockey	Rounders
	Basketball	Dance (Anglo-Saxons)	OAA	Gymnastics (Unit 1)	Cricket	Athletics
Year 6	Tag Rugby	Volleyball	Handball	Tennis	Cricket	Athletics
	OAA	Dance (WW2)	Basketball	Gymnastics (Unit 1)	Hockey	Rounders

EYFS

Gymnastics	Dance	Body Management
<ul style="list-style-type: none">• To develop basic movements such as jumping, changing direction, moving at different speed, balancing and rolls.• To replicate basic movements• To perform simple movement patterns and sequences.	<ul style="list-style-type: none">• To reproduce actions in time to music• To perform a wide variety of dance actions both similar and contrasting• Copy, repeat and perform simple movement patterns	<ul style="list-style-type: none">• To develop balance, flexibility and body management• To gain confidence in a variety of gross motor skills• To work with others
Co-operate and Solve Problems	Manipulation and co-ordination	Speed Agility Travel
<ul style="list-style-type: none">• To work and play co-operatively and take turns• To prepare for co-operative games• To develop co-operation and to solve problem skills	<ul style="list-style-type: none">• To develop speed and agility in travel and movement• To manipulate a variety of objects such as hoops, beanbags and balls	<ul style="list-style-type: none">• To develop speed and agility in travel and movement

Year 1

Athletics
PE
Skills: <ul style="list-style-type: none">Starting and stopping at speedArm movement in runningTaking off on two feetUse leading arm to direct a throwWork collaboratively to improveCompete in relay teams
Vocabulary: <ul style="list-style-type: none">Backwards, distance, far, fast. Forwards, furthest, high, link, fastest, run, hop, skip, step, sideways, throw, slow, skipping, power, track, relay, sprint
Knowledge: <ul style="list-style-type: none">Understand how to slow down and speed upAware of jumping and throwing techniquesKnow which skills to use for the situation

Dance
PE
Skills: <ul style="list-style-type: none">Use a theme to create a dance.Dance with start, middle and end.Perform with feeling.Show mirroring, following and repetition.Build simple movements and patterns from given actions.Perform a solo, with a partner and as a groupPerform in simple canon and rounds.
Vocabulary: <ul style="list-style-type: none">Level, speed, shape, direction, travelling, spatial, pairs, explore, big and slow, reflect, isolating, demonstrate, spinning, fast, feedback, stillness, mirror, evaluate
Knowledge: <ul style="list-style-type: none">Make decisions on how to improve dances.Understand how actions can demonstrate feelings.Know what is meant by a 'round'.Know what a formation is in dance.

Gymnastics

PE

Skills:

- Perform three 'like' actions linked together and repeat
- Show good body tension throughout a performance.
- Spin and turn on different body parts
- Perform simple movement in canon and unison
- Perform basic jumps on floor and apparatus
- Perform a sequence of movements from floor to equipment

Vocabulary:

- Balance, body tension, tensed, relaxed, stretched, curled, carry, control, extension, fast, hang, high, jump, link, sequence, rock, roll, shape, speed, spin, unison

Knowledge:

- To understand safety when landing.
- To explain what a 'like' action is.
- To understand why we hold a shape/balance for three seconds
- To understand difference between canon and unison

OAA

PE

Skills:

- Use thinking skills to follow multi-step instructions.
- Solve more challenging problems as an individual.
- Comprehend that one thing can represent another.
- Take part in activities with increasing challenge to build confidence.

Vocabulary:

- Sequence, problems, instructions, perform, symbol, pyramid, stacking, up stack, down stack, shape, map, repeat, pattern, individual, group.

Knowledge:

- Recognise that symbols can be used to represent something else.
- Understand what different symbols on a map mean.

Striking and Fielding (Hit, Catch, Run)
PE
<p>Skills:</p> <ul style="list-style-type: none"> • Use a range of throwing and bowling skills. • Track and return the ball back to base/zone • Catching • Work with other fielders to stop players scoring. • Feeding movement and body position • Moving to score • Fielding and hitting in teams
<p>Vocabulary:</p> <ul style="list-style-type: none"> • Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw, base, zone
<p>Knowledge:</p> <ul style="list-style-type: none"> • Be aware of the differences between rolling different types of balls. • Tactics to maximize retrieving and throwing skills. • Understand the importance of communication.

Net and Wall (Send and Return)
PE
<p>Skills:</p> <ul style="list-style-type: none"> • Feeding the ball over the net • Tracking • Developing core strength • Sending the ball from different positions • Develop simple tactics • Body position behind the ball
<p>Vocabulary:</p> <ul style="list-style-type: none"> • Feed, hit, net, pick up, roll, serve, stop, track, opposition umpire •
<p>Knowledge:</p> <ul style="list-style-type: none"> • Understand rules of a game. • Name games where you can hit the ball over the net.

Invasion Games (Attack, Defend, Shoot)
PE
<p>Skills:</p> <ul style="list-style-type: none"> • Use defensive body position to defend a target • Use sideways movements to defend • Use bouncing skills to score a goal • Use target skills in a game. • Work with a partner to attack and defend
<p>Vocabulary:</p> <ul style="list-style-type: none"> • Attack, catch, compete, defend, co-operate, over-arm, under-arm, rolling, receive, fluency, hear rate, outwit, physical activity, pitch
<p>Knowledge:</p> <ul style="list-style-type: none"> • Explain how exercise affects the body. • Understand different rules of games. • Know how to work as a team

Year 2

Athletics

PE

Skills:

- Awareness of others when in a running track
- Use Breathing techniques for running
- Creating power with legs
- Choose appropriate throws
- Static and dynamic balances
- Apply powerful throws in competitive games
- Co-operate as part of a team

Vocabulary:

Run, throw, handle, power, obstacle, control, stamina, static, dynamic, collect, lunges, strength, accuracy, agility, develop, lap

Knowledge:

- Understand static and dynamic balances
- Identify games for 'quick feet'
- Understand what it is like to be part of a team

Dance

PE

Skills:

- Master a variety of basic movement patterns – turning, rolling, jumping
- Develop balance, agility and co-ordination
- Perform 'freestyle' movements
- Perform dances using simple movement patterns
- Explore story telling through dance
- Perform a dance with a beginning middle and end

Vocabulary:

flicker, spark, meeting, parting, slow motion, contact, improvisation, still, pause, pattern, level, exploration, personal space, level, slow, quick, canon

Knowledge:

- To understand what is meant by 'freestyle' dancing
- To discuss words related to a fire.
- To know the story of the Great Fire of London
- To make decisions on how to improve dances

Gymnastics

PE

Skills:

- Travel over, under and through apparatus
- Perform shapes at different levels
- Perform travel movements at different speeds
- Use core strength to link gymnastic elements
- Can perform a 10-element sequence to music
- Perform powerful jumps without wobbling or falling over

Vocabulary:

Shapes, sequence, pattern, movement, timing, hand, timing, travel, transition, smooth, flexible

Knowledge:

- Name three elements of a sequence to be judged
- Understand how to land safely
- Understand the importance of body tension and control
- Understand what it means to be flexible

OAA

PE

Skills:

- Recognise some symbols
- Create a simple equipment map
- Improve accuracy through repetition
- Use verbal cues to guide a partner
- Copy and repeat simple patterns
- Work as part of a team to complete a task

Vocabulary:

Reach, search, find, explore, teamwork, speed, verbal, tactile, map, key, equipment, variety, cue

Knowledge:

- To explain what the word 'cue' means
- To understand what a symbol is
- To know what a key is used for
- To understand how map reading can help in activities outside of school

Striking and Fielding (Hit, Catch, Run)	Invasion Games (Attack, Defend, Shoot)	Net and Wall (Send and Return)
PE	PE	PE
<p>Skills:</p> <ul style="list-style-type: none"> • Hit a ball using paddle bats or cricket bats • Make decisions about where to hit the ball • Track and stop balls missed by batters • Play as a batter or fielder in a game • Work in a team to score runs 	<p>Skills:</p> <ul style="list-style-type: none"> • Use foot to track and stop and pass a ball • Use feet to control the ball when dribbling • Link bouncing and passing • Move towards a goal • Shoot at a target to score points • Move to a space after passing the ball • Intercept a ball • To play in a game using intercepting, passing and moving 	<p>Skills:</p> <ul style="list-style-type: none"> • Use tennis ready position • Move towards the ball • Hit a ball using hand or racquet • Use a self-feed to start a game • Move a ball around the court • Play a modified game to send and return a ball over a bench or net • To keep score of points
<p>Vocabulary:</p> <p>Hit, catch, run, throw, catch, fielder, batter, Outwit, bowler, strike, respond, stump, stumping, position, role</p>	<p>Vocabulary:</p> <p>Aim, attack, compete, controlling, cooperate, receive, control, intercept</p>	<p>Vocabulary:</p> <p>Serve, bounce, drop, tennis, volleyball, badminton, racquet, front, back, tactics, compete, score, wide, deep, rotate, point</p>
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand why it is important to run quickly to bases. • To understand why it is important to field a ball back to base quickly. • To know what the dominant hand is. • Understand why it is important to get behind the ball. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • Can explain what intercept means • Can explain rules to basic games • Explain why we make our bodies big when being a goalkeeper 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To know where to send the ball to beat your opponent • To know when a ball has landed 'in' and 'out' of the boundaries

Year 3

Athletics

PE

Skills:

- To run at fast, slow and medium pace
- To run at speed while jumping over hurdles
- Perform different types of skipping with a partner
- Throw for accuracy
- Throw for distance
- Work as a group to record points

Vocabulary:

Run, jump, throw, agility, power, speed, track, force, distance, curve, acceleration, hurdles, pull, record, pace, approach, combine

Knowledge:

- To understand the importance of changing pace.
- To choose the best scoring system.

Dance

PE

Skills:

- To use the 5 basic dance actions: Jump – Turn – Travel - Stillness – Gesture
- To improvise and explore different ways to move
- To choregraph a turning sequence
- To choregraph a sequence in unison
- To link sections of a dance using smooth transitions
- To perform and evaluate a dance to music.

Vocabulary:

gesture, jump, turn, stillness, travel, flexibility, improvisation, inhale, exhale, question and answer, improvisation, dynamics, rotation, choreographer, tableau, unison, canon, transition, transition, co-operatively, evaluation

Knowledge:

- To know about the three eras of the stone age.
- To know the five basic dance actions.
- To Understand what the role of a choregraph is.

Gymnastics

PE

Skills:

- To use jumping and bouncing in a sequence.
- To move in unison with a partner.
- To mirror and match actions with a partner
- To perform some of the following elements in a sequence linked with travelling actions.
Half lever, dish leg rises, Arch, Front support, Japana, box splits, right and left splits,
- To Show fluency in transition between one component and another.
- To describe how to improve their own and others work.

Vocabulary:

Sustained, explosive, power, control, group, similar, different, bounce, box splits, fluency, dynamic, static, half lever, extension

Knowledge:

- To explain what is meant by a range of flexibility
- To identify the primary muscles used for jumping
- To know what dynamic and static stretches are
- To know how to improve body tension

OAA

PE

Skills:

- To work cooperatively as part of a team
- To use symbols on maps
- To read a map
- To draw a basic map
- To lead and trust others to lead.

Vocabulary:

Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, plan, trust

Knowledge:

- To know what trust means
- To understand why it is useful to have symbols on maps
- To know why it is important to listen to others in a group

Invasion Games (Attack, Defend, Shoot)

Tag Rugby	Basketball	Hockey
<p>Skills:</p> <ul style="list-style-type: none"> • To run past defenders • To correctly handle a rugby ball • To evade tags by dodging • To understand the rules of tagging • To close down the attacker • To try and pass the ball backwards 	<p>Skills:</p> <ul style="list-style-type: none"> • To dribble- bounce the ball to waist height • To pass in pairs- moving forward to attack • To use defensive body position and running back • To Jump Ball • To use a basic two-handed shot • To run into space to receive ball 	<p>Skills:</p> <ul style="list-style-type: none"> • To stop the ball • To use defensive tackling position • To pass into a space • To use close control with the flat of the stick • To use agility in a game • To avoid foot contact with the ball
<p>Vocabulary: Space, accurately, mark, dodge, attack, defend, footwork, possession, evading, close down, sportsmanlike</p>	<p>Vocabulary: control, bounce, shoot, target, assist, jump, ball, attack, defend, shoot, offensive</p>	<p>Vocabulary: Shoot, defend, attack, block, run, control, receive, pass, teamwork, score, hockey, shaft, foot, space</p>
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand why we turn at the hip to pass backwards instead of turning around. • To understand what we need to do to defend the space. • To understand how to close down space for the attacker. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the importance of shooting • To understand and follow rules of the game • To know how the game begins 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the importance of close ball control • To know which part of the stick to control the ball • To understand why positioning as a defender is important.

Net and Wall (Send and Return)

Tennis	Volleyball	
Skills: <ul style="list-style-type: none">• To use the tennis ready position• To hit different targets• To perform an underarm serve• To move towards the ball• To return a fed ball using forehand and after one bounce.	Skills: <ul style="list-style-type: none">• To send a ball over a net• To receive and return high balls• To serve to different targets• To move forwards, backwards and sideways in a game• To co-operate as a team	
Vocabulary: Hit, return, court, forehand, bounce, points, score, net, tactics, underarm, overarm	Vocabulary: Hit, return, court, underarm, overarm serve, boundary, inclusive, seated, send, rally, score.	
Knowledge: <ul style="list-style-type: none">• To know what the role of an umpire is• To know how to score points• To know some rules of tennis	Knowledge: <ul style="list-style-type: none">• To know the names of shots in volleyball• To know what is needed to work as a team	

Striking and Fielding

Cricket	Rounders	
<p>Skills:</p> <ul style="list-style-type: none"> • To hit a bowled ball into space • To perform a long barrier to stop a ball • To throw over longer distances using overarm • To return the ball from the field to a wicketkeeper 	<p>Skills:</p> <ul style="list-style-type: none"> • To be ready to field a ball • To use underarm action to bowl • To hit a bowled ball • To perform a long barrier to stop a ball • To throw over longer distances using overarm 	
<p>Vocabulary: Batting, fielding, bowling, bat, wicket, stump, crease, boundary, run, batsman, bowler, wicketkeeper, innings, forward drive, long barrier, over.</p>	<p>Vocabulary: Batting, fielding, bowling, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the purpose of a long barrier • To understand how batters can support each other • To understand why the ball must be returned back to the bowler/wicketkeeper quickly 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand why the ball must be returned back to the bowler/bases quickly • To understand the role of a backstop 	

Year 4

Athletics	Dance
PE	PE
Skills: <ul style="list-style-type: none">• To jump and throw for distance• To jump for height• To accelerate over short distances• To take off from one foot, at a specified point, when running• To run and jump with speed and control• To throw using a sling technique• To perform a baton exchange	Skills: <ul style="list-style-type: none">• To develop four movements into a solo piece• To use formation, movements, levels and direction to create a small group sequence• To use turning, rolling and jumping to create narrative dance• To use movement to transition from one sequence to another.• To perform a focused dance using energy, intention and clarity of movements• To evaluate and improve a performance.
Vocabulary: <p>Track, force, distance, curve, accelerate, hurdles, foam, javelins, vortex, nerf, bounce, target, take off, sling, exchange, accuracy</p>	Vocabulary: <ul style="list-style-type: none">• Pathways, direction, high, low, dynamics, spatial patterns, narrative dance, transition, happy, dynamics, focus, clarity, intention
Knowledge: <ul style="list-style-type: none">• To understand how to use a stopwatch• To accurately measure using a measuring stick or wheel• To name different throwing techniques.	Knowledge: <ul style="list-style-type: none">• To know the difference between narrative dance and miming or acting.• To know how to remain focused when performing a dance.• To understand ways to improve a dance

Gymnastics

PE

Skills:

- To create and perform a sequence using 3 different ways of travel and 3 different balances.
- To use a weighted bunny hop
- To hold an arabesque balance for 3 seconds
- To attempt to roll over shoulders onto knees
- To perform controlled front and side supports
- To perform a shoulder stand
- To show flow in a sequence

Vocabulary:

Tension, travelling, steps, muscles, engage, core, stabilise, arabesque balance

Knowledge:

- To explain the importance of engaging the core.
- To understand which muscles to use for different balances and rolls
- To name different travelling actions and balance

OAA

PE

Skills:

- To recognise compass points
- To use a compass
- To follow a course
- To use common map symbols
- To use sprint orienteering

Vocabulary:

Challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points, success

Knowledge:

- To understand why it is useful to be able to remember and recall common map symbols.
- To understand that a compass can be used for direction, navigation and location.
- To know north, south, east and west are known as cardinal points or directions.

Invasion Games (Attack, Defend, Shoot)

Tag Rugby	Basketball	Hockey
<p>Skills:</p> <ul style="list-style-type: none"> To score tries To play using backward and sideward rule To run whilst using the 'W' grip To work as a team to keep possession of the ball To evade defenders by moving in a variety of ways. To use different speeds to create space. 	<p>Skills:</p> <ul style="list-style-type: none"> To apply pressure as a defender To attempt a crossover dribble To practice man-man marking To beat the defender using a bounce pass To attempt a jump shot To perform triple-threat position 	<p>Skills:</p> <ul style="list-style-type: none"> To push pass to another player and move towards the goal To dribble the ball into a space To make several passes in a team To attempt a slap pass To keep possession when turning
<p>Vocabulary: Passing, running, backwards, tag, straight, space, teamwork, try-area</p>	<p>Vocabulary: Turnover, double dribble, cross over ball, tip off, intercept, bounce pass, jump shot, opposed, violation</p>	<p>Vocabulary: Control, use space, defend, attack, dribble, pass, push, slap</p>
<p>Knowledge:</p> <ul style="list-style-type: none"> To understand how to use space to improve a game To explain the need for accurate passing To understand how length of passing helps our team 	<p>Knowledge:</p> <ul style="list-style-type: none"> To explain what pressure means. To explain what is meant by a double dribble. To explain what a 'dead ball' is 	<p>Knowledge:</p> <ul style="list-style-type: none"> To understand the basic rules of hockey To understand how to keep good control of the ball To understand how to produce more power

Net and Wall (Send and Return)

Tennis	Volleyball	
<p>Skills:</p> <ul style="list-style-type: none"> • To return to the middle of the court after returning the ball • To hit forehand to different targets • To begin to hit a backhand shot • To stay on toes and move forward to receive the ball. • To work with a partner to return balls 	<p>Skills:</p> <ul style="list-style-type: none"> • To send a ball over a net • To receive and return high balls • To serve to different targets • To move forwards, backwards and sideways in a game • To co-operate as a team 	
<p>Vocabulary: Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready</p>	<p>Vocabulary: Hit, return, court, underarm, overarm serve, boundary, inclusive, seated, send, rally, score.</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To know which side is the backhand and which side is the forehand. • To understand the key points of a forehand and backhand shot • To understand the importance of communication in doubles 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To know the names of shots in volleyball • To know what is needed to work as a team 	

Striking and Fielding (Hit, Catch, Run)

Cricket	Rounders	
<p>Skills:</p> <ul style="list-style-type: none"> • To direct the hit of a ball • To run with a partner between the wickets • To stop a moving ball with one hand • To attempt to hit the ball using a pull shot • To attempt overarm bowling technique 	<p>Skills:</p> <ul style="list-style-type: none"> • To direct the hit of a ball • To change running speed to make it back to base quicker • To stop a moving ball with one hand • To use underarm bowling technique • To play in backstop role 	
<p>Vocabulary: Zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles</p>	<p>Vocabulary: Zones, directing, speed, avoid, intercept, role, scoring system, gain, stumped</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the scoring system in cricket • To understand the key features of a pull shot • To understand the benefit of bowling over arm 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the rounders scoring system • To understand the rules of rounders • To understand how fielding with one hand can speed up the game. 	

Year 5

Athletics
PE
Skills: <ul style="list-style-type: none">• Run as part of a team for speed and distance.• Pass and receive a baton correctly in a relay race.• Run over longer distances, sustaining pace.• Jump for distance from standing and with a run up.• Use the push throw technique
Vocabulary: Bounce, relay baton, safety, rules, targets, record, set, takeover, pass, sustain, push, receive, hop-step-jump, dynamic, pace
<ul style="list-style-type: none">• Knowledge:• To know what the term 'pace' means• To understand the importance of pace over longer distances• Explain what is meant by the word 'dynamic'

Dance
PE
Skills: <ul style="list-style-type: none">• To use a variety of movements in isolation and combination• To develop flexibility, strength, technique, control and balance• To perform dances using a range of movement patterns• To compare and evaluate performances against previous ones• To demonstrate improvement to achieve personal targets
Vocabulary: <ul style="list-style-type: none">• Formations, shapes, levels, gestures, actions, exaggerate, jumps, turns, mirror, contrasting, complementary, relationships, travel, pathways, dynamics, shapes, motif, transition, feedback, performance, timing, focus, spacing
Knowledge: <ul style="list-style-type: none">• To know about Anglo-Saxons and how they lived• To understand the meaning of dynamics• To understand how to link sections of a dance

Gymnastics

PE

Skills:

- The key steps to perform a round off
- To create and perform a partner sequence using symmetry and asymmetry
- To perform a counter balance with a partner
- To perform smooth transitions between counterbalances using different levels
- To evaluate each other's work and suggest improvements

Vocabulary:

- Symmetry, sequences, combinations, direction, speed, partner, asymmetrical, elements, control, balance, strength, flexibility

Knowledge:

- To know what makes a performance aesthetically pleasing.
- To understand how to be a good partner.
- To understand the importance of communication when working with a partner or small group.

OAA

PE

Skills:

- To explore different ways of communicating
- To follow a designated route at maximum speed and complete a task safely
- To use memory methods to recall different objects whilst navigating
- To use clear communication to recreate a shape from memory
- To use imagination and creative thinking
- To send and interpret messages.

Vocabulary:

Maps, diagrams, remember, symbols, orienteering, challenges, problem solving, lead, plan, trust, solve, team, design, instructions, extend, orient, individual

Knowledge:

- To understand what the morse code signal is and why it is used.
- To understand what a control point is.
- To understand why memory and recall are important.

Invasion Games (Attack, Defend, Shoot)

Tag Rugby	Basketball	Hockey
<p>Skills:</p> <ul style="list-style-type: none"> To defend effectively within a team To pass while running To send and receive a pop pass To move the ball using the 'magic diamond' To take the meters not the time 	<p>Skills:</p> <ul style="list-style-type: none"> To attempt blocking in a game To show pivoting in a game To use a forward pass to the wing To combine footwork when passing To use the box out technique To use triple threat position 	<p>Skills:</p> <ul style="list-style-type: none"> To correctly position for a block tackle To pass accurately into the D To intercept the ball when marking To pass, receive and control the ball over longer distances To drag the ball away from a defender To perform a one-handed dribble
<p>Vocabulary: Contest, possession, pressure, support, pop pass, turn over, lose pass, W grip, offence, formation</p>	<p>Vocabulary: Blocking, pivot, forward, reverse, exploit, layoff, accurately, rebound, fake, feint</p>	<p>Vocabulary: Teamwork, score, shoot, positions, power, distance, perform, consistent, fair play</p>
<p>Knowledge:</p> <ul style="list-style-type: none"> To explain the role of a defender To know what it means to take the meters and not the pass. To understand when to use the magic diamond. 	<p>Knowledge:</p> <ul style="list-style-type: none"> To understand and know the need for different tactics. To understand what is meant by a personal foul. To explain what triple threat position is. 	<p>Knowledge:</p> <p>To understand the importance of positioning when marking.</p> <p>To understand the impact of sending balls over longer distances.</p> <p>To understand rules of hockey</p>

Net and Wall (Send and Return)

Tennis	Volleyball	
<p>Skills:</p> <ul style="list-style-type: none"> • To demonstrate a variety of shots in isolation • To play a variety of shots in a game • To approach the ball to return before the second bounce • To use agility to move around the court 	<p>Skills:</p> <ul style="list-style-type: none"> • To perform a rainbow pass with accuracy • To move to the net to receive the ball • To attempt a full underarm serve in isolation • To switch with partner during game play • Work as a team to build and attack 	
<p>Vocabulary: Hit, return, forehand, backhand, court, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles.</p>	<p>Vocabulary: Volleyball, pairs, net, serve, feed, receive, send, switch, court, sideline, height, rally, opposition</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand doubles rules • To recognise where to stand on the court when playing with others 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the service rules • To understand what a rainbow pass is 	

Striking and Fielding (Hit, Catch, Run)

Cricket	Rounders	
<p>Skills:</p> <ul style="list-style-type: none"> • To Throw for accuracy over short distances • To call for runs as partners • To follow the path of the ball, keeping wicket • To over-arm bowl with a run up • To play a forward defensive shot 	<p>Skills:</p> <ul style="list-style-type: none"> • To make a decision on how many bases to run to depending on distance/location of the hit • To increase accuracy when throwing over shorter distances • To track flight of ball to improve catching success • To show correct position to attempt to catch on stumps 	
<p>Vocabulary: Calling, accuracy, rise of the ball, anticipating, forward defensive shot, setting a field flexibility, Endurance, power</p>	<p>Vocabulary: Stance, bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half rounder, over, balls, shot, defensive, offensive</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To describe what it means to set a field • To understand some of the key differences between an attacking shot and a defensive shot. • To know what the wicket keeper need to look for when the bowler releases the ball. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand backwards hitting rules • To understand different tactics when in the field. 	

Year 6

Athletics
PE
Skills: <ul style="list-style-type: none">• To use power to improve the start of a short sprint.• To develop the three phases of triple jump• To use push, sling and pull throw.• To record data for different throws• To work in groups to set up activities using STEP principle• To work collaboratively to judge others and record data.
Vocabulary: Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, STEP
Knowledge: <ul style="list-style-type: none">• To understand why power is important in sprinting• To understand how crouching creates more power• To know what the word phase means in relation to the triple jump• To describe height trajectory and its importance to gain distance when throwing

OAA
PE
Skills: <ul style="list-style-type: none">• To work with a partner to successfully orient and follow a map.• To identify objects for a scavenger hunt quickly from a written description• To safely perform a pyramid balance• To work efficiently as part of a team to complete a range of tasks• To create a fun and challenging game for others
Vocabulary: Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, team, design, instructions, extend, knot, orient
Knowledge: <ul style="list-style-type: none">• To use knowledge of PE and physical activity to suggest design ideas and amend games.• To understand what a reef knot is and how it can be used.• To understand what the traits and characteristics of a good leader are.

Invasion Games (Attack, Defend, Shoot)

Tag Rugby	Basketball	Hockey
<p>Skills:</p> <ul style="list-style-type: none"> • To support the player with the ball. • To use set plays in attack to create space for the ball carrier. • To develop the three-step rule, comparing it to the 3 second pass option • To attack the space as a ball carrier • To change from an attacking to a defensive formation when losing possession • To observe and analyse our classmate's performance 	<p>Skills:</p> <ul style="list-style-type: none"> • To counterattack using the fast break. • To retreat dribble to maintain possession • To perform a free throw with consistency • To use speed and agility to perform a v-cut to get away from a defender. • To drive tot the basket using strength and coordination. • To play a three-point shot and know how different points are awarded. 	<p>Skills:</p> <ul style="list-style-type: none"> • To shoot under pressure from close range • To perform long corner routines as part of a team • To use goal-side marking to prevent an attacker from getting closer to the goal. • To use a banana run to force an oncoming attack out wide • To use a hit-out to successfully restart a game. • Indian dribble and to play competitively using new skill
<p>Vocabulary: Transition, principle, STEP, agility, turnover, support, observe, analyse</p>	<p>Vocabulary: Fast break, counterattack, retreat, maintain, pressure, free throw, L-cut, V-cut, pin down.</p>	<p>Vocabulary: Power, distance, perform, consistent, fair play, tackle, covering, supporting</p>
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand what the 3-step rule is. • To understand and learn set plays. • To understand how constructive feedback can help improve a classmates performance. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand how to support team members • To understand the importance of a v-cut and L-cut • To understand tactic which can be used to beat defenders 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the benefits of set play. • To understand what an Indian dribble is. • To understand what tactics to use when defending

Net and Wall (Send and Return)

Tennis	Volleyball	
<p>Skills:</p> <ul style="list-style-type: none"> • To communicate clearly with a partner to score points in doubles play • To attempt a two-handed backhand shot with control • To perform a lob shot to hit the ball over our opponent's head • To apply the correct rules and scoring system in games • To discuss and apply a range of tactics in doubles play to achieve success. 	<p>Skills:</p> <ul style="list-style-type: none"> • To perform a rainbow pass with accuracy • To move to the net to receive the ball • To attempt a full under arm serve in a game • To switch with partner during game play • To work as a team to build and attack 	
<p>Vocabulary: Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement</p>	<p>Vocabulary: Volleyball, pairs, net, serve, feed, receive, send, switch, court, sideline, height, rally, opposition</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> • To understanding scoring system • To understand the benefits of a lob shot • To understand how to apply tactics in doubles. 	<p>Knowledge:</p> <ul style="list-style-type: none"> • To understand the service rules • To understand what a rainbow pass is • To understand the scoring system 	

Striking and Fielding (Hit, Catch, Run)

Cricket	Rounders	
<p>Skills:</p> <ul style="list-style-type: none"> To create pressure on a batter by using ring field To track and catch a high ball consistently To perform a short-pitched bowl to get a batter to hit the ball in the air. To work in a pair to restrict runs scored when fielding To play an on-drive To set an attacking field 	<p>Skills:</p> <ul style="list-style-type: none"> To apply tactical bowling to make it more difficult for the batter to hit. To track and catch a high ball To use fast bowling to deceive your opponent To work in a pair in the field to restrict scoring To apply tactics when running around bases to avoid overtakes To apply attacking and defensive tactics in a competitive situation 	
<p>Vocabulary: Urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off side, on side, slip, short leg, silly point, innings, retires, attack</p>	<p>Vocabulary: Shot, defensive, offensive, predict, place, select, tactics, stance, tracking</p>	
<p>Knowledge:</p> <ul style="list-style-type: none"> To understand what an attacking field is. To understand the reasons for working in pairs to retrieve the long ball To understand the benefits of bowling the short ball. 	<p>Knowledge:</p> <ul style="list-style-type: none"> To understand the rules of rounders To understand how to improve as a team 	

