PHYSICAL EDUCATION

Subject Profile

Last updated 3.9.25

	Substantive Knowledge End Points **Includes:** Declarative knowledge ***To know (that)…*** Procedural knowledge ***To know how to…***	**Substantive Knowledge Strands** **Healthy participation** **Motor competence** **flexibility, strength & technique** **control and balance** **dance movement** **dance choreography** **outdoor and adventurous activities** **swimming / strokes** **self-rescue** **Rules and tactics** **competitive games** **attacking and defending**	**Disciplinary Knowledge (What an expert does)** **Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Reception			
Gross Motor Skills	*To know how to…* • negotiate space and obstacles safely, with consideration for themselves and others • demonstrate strength, balance and coordination when playing • safely use a range of large and small apparatus alone or in a group • start to use a range of ball skills including throwing, catching, kicking, passing, batting and aiming Swimming To know how to: • Enter the water safely • Move through water forwards, backwards and sideways for 5m • Move into a stretched floating position with aids and regain an upright position with aids.	**Healthy participation (taking part)** **running & jumping** **throwing & catching** **flexibility, strength & technique (being flexible and strong)** **control and balance** **dance movement** **dance choreography (putting moves together)** **Swimming / strokes**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Use equipment safely**

YEAR 1			
Ball skills (Sports Stars)	*To know how to…* • Have good balance when throwing • Throw using underarm and overarm over different distances and at a target • Throw, catch and roll a ball accurately	**Throwing and catching** **Competitive games** **Attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective**
Dance (Get set for PE) (The weather and Pirates)	*To know how to…* • To use counts of 8 to move in time. • To explore pathways, speed and actions. • To copy, repeat, create and perform. • To say what I liked about someone's performance.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Fitness (PE Planning)	*To know how to…* • Improve speed, agility and stamina. • Develop the jumping technique safely and while moving at speed. • Improve and develop coordination, control and balance, and negotiate space. • Take turns in teams. • Explore and practice a variety of different movements and fitness techniques.	**jumping** **flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement**
Gymnastics (Get set for PE) A set of progressive lessons on jumping, rolling and travelling.	*To know how to…* • Perform different rolls e.g. pencil, egg, forward • Perform different jumps and land safely e.g. pencil, tuck, • Travel in different ways over apparatus • Transition between different elements • Mirror in pairs skills learned • Create an individual routine and perform	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement**
Dance (Get set for PE) (The Lost Toy and On Safari)	*To know how to....* • To explore speed and actions. • To use expression and create actions. • To use a pathway when travelling, with and without a partner. • Observe class members and discuss what was successful and why.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Net/wall - focus on Tennis (Get Set 4 PE)	*To know how to…* • Hit a ball to a target. • Hold a racket with the correct grip. • Show control of a ball with basic actions. • Explore different ways to use and move with the ball. • Show basic control and accuracy when striking a ball. • Understand the concept of moving to get in line with a ball to receive it. • Apply skills and tactics in simple games.	**competitive games** **control and balance**	**Compare performances and demonstrate improvement**

Invasion games: focus on football (Sports Stars)	*To know how to…* • Dribble with control in a straight-line, jogging and running • Dribble with control in different directions using either foot • Pass the ball using the side of their foot under pressure • Combine passing and dribbling, walking, jogging • Dribble and shoot the ball into a goal over small distances and longer distances • Show composure to pass and dribble in a competitive situation	**competitive games** **attacking and defending** **control and balance**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**
Striking and fielding: focus on cricket (Sports Stars)	*To know how to…* • Apply skills and tactics in simple games, including recognising space and using it to their advantage. • Move fluently, changing direction and speed to gain maximum points • Successfully receive (catch/stop) a ball and strike a ball with a bat, into space • Show basic control of the ball, stopping the ball when moving and throwing with a high degree of accuracy • Understand and follow simple rules for games	**throwing & catching** **competitive games** **attacking and defending** **flexibility, strength & technique** **control and balance**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**
Swimming	*To know how to…* • Blow bubbles min. 3 times rhythmically with nose and mouth submerged • Regain upright position from back and front without support • Push and glide on front and back • Travel on front and back for 5m, aids may be used • Perform a rotation from the front to the back to gain an upright position	**swimming / strokes** **self-rescue**	**Compare performances and demonstrate improvement**
Athletics (Sports Stars) Prepare for sports day	*To know how to…* • Run over different distances • Jump for distance using two footed take offs and landings. • Throw different objects using under and over arm.	**running & jumping** **throwing & catching** **competitive games**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**

YEAR 2			
Dance – All around the world (Star Steppers)	*To know how to…* • Copy and explore basic movements • Vary levels and speed in sequences • Explore dance actions and still shapes • Move confidently and safely in their own space • To provide feedback to performers.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Ball skills (Sports Stars)	*To know how to…* • To throw and catch with a level of success towards a still or moving target. • To throw using underarm and overarm over a variety of distances. • Roll a ball confidently towards a stationary and moving target.	**Throwing and catching** **Competitive games** **Attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective**
Fitness (PE Planning)	*To know how to…* • 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 practice a variety of movements and fitness techniques. • Complete exercise with good technique and focus, and with good energy.	**jumping** **flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement**
Gymnastics Sports Stars – A set of progressive lessons on jumping, rolling and travelling.	*To know how to…* • Perform different rolls with control e.g. pencil, egg, forward • Perform different jumps with control e.g. pencil, tuck • Perform quarter turn for jumps • Travel in different ways over apparatus with control • Transition smoothly between different elements • Understand points and patches and how to balance on them • Create a routine with a partner and perform	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement**
Dance – Inventions (Star steppers)	*To know how to…* • Copy and explores movements with clear control. • Create short dance sequences using appropriate vocabulary e.g. canon and unison • To provide feedback to performers, what could be improved.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**

Invasion games: focus on hockey (Sports Stars)	*To know how to…* • Hold a hockey stick correctly • Move around with the hockey stick safely and correctly. • Dribble keeping control • Pass a ball, using a push pass. • Intercept and tackle. • Shoot using correct technique.	**throwing & catching** **competitive games** **attacking and defending** **flexibility, strength & technique** **control and balance**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**
Net/wall games: focus on tennis (PE planning)	*To know how to…* • Use and move with a tennis racket with control. Perform a variety of skills keeping the ball under control. • Send/Pass a ball with increasing accuracy and consistency. • Show good awareness of others when playing games. • Apply skills and tactics in simple games.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Striking and fielding (Sports Stars)	*To know how to…* • Understand simple tactics e.g., hitting the ball into space and where to hit the ball to help score points. • Become increasingly confident and competent, collecting a moving ball, catching and hitting a ball with increasing accuracy. • Intercept a ball and return with accuracy. • Understand how to prevent the opposition from scoring points.	**throwing & catching** **competitive games** **attacking and defending** **flexibility, strength & technique** **control and balance**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**
Swimming	*To know how to…* • Sink, push away from wall on side and maintain a streamlined position • Push and glide on front and back with arms extended and log roll onto back • Travel on front, tuck and rotate around the horizontal axis and return on back • Fully submerge to pick up an object • Answer correctly 3 questions on the Water Safety Code • Travel 10m on front and back	**swimming / strokes** **self-rescue**	**Compare performances and demonstrate improvement**
Athletics (Sports Stars) Prepare for sports day	*To know how to…* • Run over different distances showing correct technique • Jump from a standing position with accuracy • Perform a variety of throws with control and co-ordination.	**running & jumping** **throwing & catching** **flexibility, strength & technique**	**Compete as an individual to achieve an objective** **Compete as a team to achieve an objective**

YEAR 3			
Dance - All About Me (iMoves) – Mrs Line	*To know how to…* • Copy and repeat some movement skills to include travelling, turning, jumping, balance and different levels eg. Low, middle, high. • Move in time with the music • Create their own dance sequence using movement skills learnt	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Football (Sports Stars)	*To know how to…* • 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)	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tag Rugby (Sports Stars)	*To know how to…* • Hold the ball • Pass correctly • Choose the correct pass • How to shoot/score • Play small sided games • Work as a team	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Uni Hoc (Sports stars)	*To know how to…* • 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)	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement**

			Use equipment safely
Gymnastics (iMoves Year 3 gymnastics – a set of 10-12 progressive lessons on travelling, rolling, jumping, balancing & using equipment) – Mrs Line	*To know how to…* • Roll, travel, balance, create body shapes and jump in specific movements with increased control and precision • Mount, dismount and perform movements on equipment safely. • Create linking movements to express feelings or ideas that are suggested by the music • Work with a partner to create, repeat and improve a sequence. • Compare and contrast gymnastic sequences, commenting on similarities and differences	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement** **Use equipment safely**
Dance – The Bedrock Twitch & the Stone Age (Star Steppers)	*To know how to…* • Be able to copy and repeat choreography to music. • Work towards precision of movement and coordination • Move in time to the music confidently using various types of musical accompaniment	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Netball (Sports Stars)	*To know how to...* • Chest, bounce and long pass effectively • Pivot successfully once you receive the ball • Perform passing, and shooting in competitive games and drills • Score consistently with correct technique • Use your body to shield and keep possession of the ball • Demonstrate good decision making under pressure	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Athletics (LCP/iMoves) – Mrs Line	*To know how to…* • Run at fast, medium and slow speeds, changing speed and direction. • Link running and jumping activities with some fluency, control and consistency. • Take part in a relay activity, remembering when to run and what to do. • Throw a variety of objects, changing their action for accuracy and distance.	**running & jumping** **throwing & catching** **flexibility, strength & technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement**

			Use equipment safely
Cricket (Sports Stars)	*To know how to…* • Hold the ball • Position their body to bowl a ball • Bowl a ball • Throw the ball accurately • Hold the bat and hit the ball • Catch the ball • Play small sided cricket matches eg. diamond cricket. • Work as a team	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tri-Golf (Sports Stars)	*To know how to…* • Successfully contact a medium ball when putting sending it towards a target with accuracy and over various distances • Get the ball to go up in the air over different distances. • Successfully contact a medium ball when chipping sending it towards a target with some height and accuracy • Combine putting and chipping and understand when to use which club.	**competitive games** **control and balance** **technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tennis (Sports Stars)	*To know how to...* • Move to catch a ball • Control a ball on racket when moving • Hit a ball across the floor with forehand position • Hit a ball across the floor using back hand position • Hit a ball into a target (with one bounce)	**competitive games** **control and balance** **technique**	**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**

	• Move with balance and control to catch a ball with large cone or hand • Hit/bounce a ball on racket when moving • Hit a ball in forehand position with drop feed		
Orienteering (Outdoor Learning Cards – Outdoor Education Adviser's Panel) – Mrs Line	*To know how to…* • Set a map • Read and follow a simple map • Notice/identify control points • Solve a simple challenge • Begin to be aware of potential dangers • Work cooperatively in groups	**outdoor and adventurous activities** **competitive games**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Compare performances and demonstrate improvement** **Use equipment safely**
Swimming (Dip 'n Dive)	*To know how to…* • Swim 10m unaided in shallow water using one basic method. • Kick legs from the hip and identify when this needs improvements. • Put face in water and blow bubbles. • Enter and exit water safely and remain safe around water. • Explain what dangers to identify around water.	**swimming / strokes** **self-rescue**	**Compete as an individual to achieve an objective** **Use equipment safely**
YEAR 4			
Dance – Soccerjam (iMoves) – Mrs Line	*To know how to…* • Copy and repeat and develop more movement skills to include: travelling, turning, jumping, balance and different levels. • Move in time with the music, demonstrating an awareness of rhythm. • Express an idea in an original way. • Work co-operatively with a group to create a dance sequence including start and end positions and changing formations.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Football (Sports Stars)	*To know how to…* • Move the ball keeping it under control whilst changing direction.	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective**

	• 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.		**Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tag Rugby (Sports Stars)	*To know how to…* • 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.	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Aut 2 and Spring 2: Gymnastics (iMoves Year 4 gymnastics - a 10-12 progressive lessons on travelling, rolling, jumping, balancing & using equipment)	*To know how to…* • Roll, travel, balance, create body shapes and jump in specific movements with control and precision and changing speed and direction. • Mount, dismount and perform movements on equipment safely with increasing control and balance. • Create linking movement patterns and elements of stillness to express feelings or ideas that are suggested by the music. • Adapt sequences to suit different abilities within a partnership. • Make suggestions on how to improve performance.	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement** **Use equipment safely**

Dance – Tudors – The Reign of King Henry VIII (BBC School Radio) – Mrs Line	*To know how to…* • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose a dance that reflects the chosen dance style. • Confidently improvise with a partner or on their own. • Compose longer dance sequences in a small group. • Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Uni Hoc (Sports Stars)	*To know how to…* • 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)	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Netball – (Sports Stars)	*To know how to...* • Chest, bounce and long pass effectively • Pivot successfully once you receive the ball • Perform passing, and shooting in competitive games and drills • Score consistently with correct technique • Use your body to shield and keep possession of the ball • Demonstrate good decision making under pressure	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Athletics (LCP/iMoves) – Mrs Line	*To know how to…* • select and maintain a running pace for different distances.	**running & jumping** **throwing & catching** **flexibility, strength & technique**	**Compete as a team to achieve an objective**

	• practise throwing with increasing power and accuracy. • throw safely and with understanding • identify and apply techniques of relay running • demonstrate good running technique in a competitive situation. • explore different footwork patterns. • understand which technique is most effective when jumping for distance. • utilise all the skills learned in this unit in a competitive situation.		**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Cricket (Sports Stars)	*To know how to…* • use the correct techniques to throw catch a ball and hold a bat. • Position body accurately. • Decide whether to throw directly or to nearest team member or to run with the ball. • Use the bat to direct the ball to space/target. • to bowl on target	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tri-Golf (Sports Stars)	*To know how to...* • successfully contact a medium ball when putting sending it towards a target with accuracy and over various distances • get the ball to go up in the air over different distances • successfully contact a medium ball when chipping sending it towards a target with some height and accuracy • combine putting and chipping and understand when to use which club	**competitive games** **control and balance** **technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tennis (Sports Stars)	*To know how to...* • Move to catch a ball • Control a ball on racket when moving • Hit ball across the floor with forehand position	**competitive games** **control and balance** **technique**	**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep**

	• Hit the ball across the floor using back hand position • Hit a ball into a target (with one bounce) • Move with balance and control to catch a ball with large cone or hand • Hit/bounce ball on racket when moving • Hit ball in forehand position with drop feed		**Compare performances and demonstrate improvement** **Use equipment safely**
Orienteering (Outdoor Learning Cards – Outdoor Education Adviser's Panel) – Mrs Line	*To know how to…* • Follow a map in a more demanding familiar context. • Move from one location to another following a map. • Use clues to follow a route. • Follow a route accurately, safely and within a time limit. • Work well with others	**outdoor and adventurous activities** **competitive games**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Compare performances and demonstrate improvement** **Use equipment safely**
Swimming (Dip 'n Dive)	*To know how to…* • Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance. • Use floats to swim longer distances with a more controlled leg kick. • Join in all swimming activities confidently. • Put face under the water and blow bubbles (begin to do this whilst swimming). • Explore how to move in and under water. • Recognise how swimming affects breathing. • Identify and describe differences between different leg and arm actions. • Understand water can be dangerous and repeat what to do when in difficulty	**swimming / strokes** **self-rescue**	**Compete as an individual to achieve an objective** **Use equipment safely**

YEAR 5			
Dance – Street Dance (BBC School Radio) – Mrs Line	*To know how to…* • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Show a change of pace and timing in their movements. • Develop an awareness of their use of space.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Football (Sports Stars)	*To know how to…* • 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	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Rugby (Sports Stars)	*To know how to…* • To pass, dribble and shoot with control in games. • To identify and use tactics to help their team keep the ball and take it towards the opposition's goal. • To mark opponents and help each other in defence.	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Dance – Ancient Greek Olympics (LCP) – Mrs Line	*To know how to…* • Demonstrate imagination and creativity in the movements they devise in response to stimuli.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**

	• Use transitions to link motifs smoothly together. • Improvise with confidence, still demonstrating fluency across the sequence. • Ensure their actions fit the rhythm of the music. • Modify parts of a sequence as a result of self and peer evaluation. • Use more complex dance vocabulary to compare and improve work.		
Uni Hoc (Sports Stars)	*To know how to…* • Participate in competitive games, modified where appropriate. • Work effectively as part of a team. • Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique. • Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents. • Apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Aut 2 and Spring 2: Gymnastics (iMoves Year 5 gymnastics - 10-12 progressive lessons on travelling, rolling, jumping, balancing & using equipment)	*To know how to…* • Move accurately with clear and consistent control and improved balance, strength and flexibility. • Roll, travel, balance and jump in specific movements with control and precision and change speed and direction including a range of shapes • Mount, dismount and perform more complex movements on equipment safely with control and balance • Create more complex and extended sequences. • Work with a partner to create, repeat and improve a sequence with at least 3 phases. • Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology.	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement** **Use equipment safely**
Netball (Sports Stars)	*To know how to...*	**competitive games** **attacking and defending**	**Compete as a team to achieve an objective**

	• Pass and shoot at speed and accurately within 5 seconds • Be aware you cannot stand closer than 3 feet to opponent when defending • Understand the importance of space, width and different positioning • Work well and effectively in a team in various drills and games • Use your body to defend effectively and limit opportunities for the attacker • Combine all skills learned over the previous years to use effectively in game type situations	**control and balance**	**Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Athletics (LCP/iMoves) – Mrs Line	*To know how to…* • use correct technique to run at speed. • develop the ability to run for distance. • throw with accuracy and power. • identify and apply techniques of relay running. • explore different footwork patterns. • understand which technique is most effective when jumping for distance. • use skills to improve the distance of a pull throw. • demonstrate good techniques in a competitive situation.	**running & jumping** **throwing & catching** **flexibility, strength & technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Cricket (Sports Stars)	*To know how to…* • use a combination of skills while batting and bowling. • aim and effectively throw overarm to a bowler/teammate. • decide, adapt and use tactics as a team in a game. • field as an effective team member and identify where is best to field. • explain how fitness can be used and apply to cricket	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tri Golf (Sports Stars)	*To know how to…* • Putt a small ball over various larger distances and with great accuracy.	**competitive games** **control and balance** **technique**	**Compete as a team to achieve an objective**

	• Chip a small ball over larger distances and with great accuracy • Perform skills correctly in competitive drills and games. • Get a majority chips to go up in the air		**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tennis (Sports Stars)	*To know how to...* • Move to hit a ball with some control • Hit/ bounce a ball with control when moving • Moving into position to hit a ball with forehand in skills practice and game • Moving into position to hit a ball with backhand in skill practice and game • Pop serve diagonally with underarm/overarm throwing into target/game. • Begin to use with racket to pop serve with accuracy • Move in a variety of directions when hitting a ball • Hit/bounce ball to a partner with control • Move to hit a ball in game in forehand position • Move into position to hit a ball with backhand. Begin to choose which shot it best in a game. • Maintain a rally with a partner or in doubles that lasts more than 12-16 shots all working together • Serve diagonally under/overarm in a game of mini tennis	**competitive games** **control and balance** **technique**	**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Orienteering (Outdoor Learning Cards – Outdoor Education Adviser's Panel) – Mrs Line	*To know how to…* • Follow a map in an unknown location. • Change the route if there is a problem • Use clues and compass directions to navigate a route. • Change my plan if I get new information.	**outdoor and adventurous activities** **competitive games**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective**

	• Work well with others		**Compare performances and demonstrate improvement** **Use equipment safely**
Swimming (Dip 'n Dive)	*To know how to…* • Swim between 10m and 20m unaided in shallow water, using one stroke. • Begin to swim 10m-15m unaided using a second stroke. • Put face in water and breath correctly when swimming in one identifiable stroke. • Use a float to aid their swimming and confidence in deeper water. • Use a float to develop leg and arm techniques. • Begin to explain how to keep safe whilst in water and what dangers should be identified	**swimming / strokes** **self-rescue**	**Compete as an individual to achieve an objective** **Use equipment safely**
YEAR 6			
Dance – World War I (BBC Schools Radio) – Mrs Line	*To know how to…* • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose individual, partner and group dances that reflect the chosen dance style. • Use dramatic expression in dance movements and motifs. • Perform with confidence, using a range of movement patterns. • Demonstrate strong and controlled movements throughout a dance sequence. • Combine flexibility, techniques and movements to create a fluent sequence.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Football (Sports Stars)	*To know how to…* • 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.	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep**

	• 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.		**Compare performances and demonstrate improvement** **Use equipment safely**
Tag Rugby (Sports Stars)	*To know how to…* • To use different techniques for passing, controlling, dribbling and shooting the ball in games. • To apply basic principles of team play to keep possession of the ball. • To use marking, tackling and/or interception to improve their defence. • To play effectively as part of a team. • To know what position they are playing in and how to contribute when attacking and defending.	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Aut 2 and Spring 2: Gymnastics (iMoves Year 6 gymnastics 10-12 progressive lessons on travelling, rolling, jumping, balancing & using equipment) – Mrs Line	*To know how to…* • Move accurately and clearly in a consistently controlled way at varying speeds with improved balance, strength and flexibility. • Roll, travel, balance and jump in specific movements with control and precision. Change speed and direction and move seamlessly between action, balance and shapes. • Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance. • Link sequences and perform to specific timings • Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music alternating between different speeds in the music. • Combine own work with that of more than one person or team. • Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology	**flexibility, strength & technique** **control and balance**	**Compare performances and demonstrate improvement** **Use equipment safely**

Dance – Extreme Sports (BBC School Radio) – Mrs Line	*To know how to…* • Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. • Show a change of pace and timing in their movements. • Move rhythmically and accurately in dance sequences. • Improvise with confidence, still demonstrating fluency across their sequence. • Dance with fluency and control, linking all movements and ensuring that transitions flow. • Demonstrate consistent precision when performing dance sequences. • Modify some elements of a sequence as a result of self and peer evaluation. • Use complex dance vocabulary to compare and improve work.	**dance movement** **dance choreography** **control and balance**	**Compare performances and demonstrate improvement**
Uni Hoc (Sports Stars)	*To know how to…* • Develop control whilst performing skills at speed. • Apply the attacking and defending principles in game situations. • Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender. • Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Netball (Sports Stars)	*To know how to...* • Pass and shoot at speed and accurately within 5 seconds • Be aware you cannot stand closer than 3 feet to opponent when defending • Understand the importance of space, width and different positioning • Work well and effectively in a team in various drills and games	**competitive games** **attacking and defending** **control and balance**	**Compete as a team to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement**

	• Use your body to defend effectively and limit opportunities for the attacker • Combine all skills learned over the previous years to use effectively in game type situations		**Use equipment safely**
Athletics (LCP/iMoves) – Mrs Line	*To know how to…* • investigate running styles and changes of speed. • practise throwing with power and accuracy. • throw safely and with understanding. • demonstrate good running technique in a competitive situation. • explore different footwork patterns. • understand which technique is most effective when jumping for distance. • utilise all the skills learned in this unit in a competitive situation	**running & jumping** **throwing & catching** **flexibility, strength & technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Cricket (Sports Stars)	*To know how to…* • understand and use multiple cricket specific rules in games. • bowl over arm from a standing start with relative success. • try cricket specific shots both in practise and in game. • play these shots into identified space in the field. • field in a space that has been identified by the team as effective.	**throwing & catching** **competitive games** **attacking and defending**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Summer 2: Tri Golf (Sports Stars)	*To know how to…* • Putt a small ball over various larger distances and with great accuracy. • Chip a small ball over larger distances and with great accuracy • Perform skills correctly in competitive drills and games.	**competitive games** **control and balance** **technique**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective**

	• Get a majority chips to go up in the air		**Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Tennis (Sports Stars)	*To know how to...* • Move to hit a ball with some control • Hit/ bounce a ball with control when moving • Moving into position to hit a ball with forehand in skills practice and game • Moving into position to hit a ball with backhand in skill practice and game • Pop serve diagonally with underarm/overarm throwing into target/game. • Begin to use with racket to pop serve with accuracy • Move in a variety of directions when hitting a ball • Hit/bounce ball to a partner with control • Move to hit a ball in game in forehand position • Move into position to hit a ball with backhand. Begin to choose which shot it best in a game. • Maintain a rally with a partner or in doubles that lasts more than 12-16 shots all working together • Serve diagonally under/overarm in a game of mini tennis	**competitive games** **control and balance** **technique**	**Compete as an individual to achieve an objective** **Look at performance in a holistic sense including diet, sleep** **Compare performances and demonstrate improvement** **Use equipment safely**
Orienteering (Outdoor Learning Cards – Outdoor Education Adviser's Panel) – Mrs Line	*To know how to…* • Follow a map in an unknown location and plan a route. • Plan a route for someone else • Plan a series of clues for someone else • Plan with others taking account of safety and danger • Work well with others	**outdoor and adventurous activities** **competitive games**	**Compete as a team to achieve an objective** **Compete as an individual to achieve an objective** **Compare performances and demonstrate improvement** **Use equipment safely**

Swimming (Dip 'n Dive)	*To know how to…* • Swim 25m unaided in water using one basic method to achieve this distance. • Use two different strokes swimming on both front and back. • Control breathing. • Swim confidently and fluently both on the surface and under the water. • Explain how to remain safe in water and what do if you or someone nearby gets into difficulty	**swimming / strokes** **self-rescue**	**Compete as an individual to achieve an objective** **Use equipment safely**

Key Stage 1 National Curriculum Expectations	
The national curriculum for PE aims to ensure that all pupils: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations	Pupils should be taught to: • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns.
Key Stage 2 National Curriculum Expectations	
The national curriculum for PE aims to ensure that all pupils: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance. • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best