

## Key Stage 1 and 2 PE Curriculum Overview September 2021

Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Ball Skills and invasion (Basketball)	Ball Skills and invasion (Basketball)	Basketball	Basketball	Basketball	Basketball
Autumn 2	Dance	Dance	Dance	Dance	Dance	Dance
Spring 1	Gym	Gym	Gym	Gym	Gym	Gym
Spring 2	Sending and Receiving	Sending and Receiving	Hockey	Hockey	Hockey	Hockey
Summer 1	Striking and Fielding Team Building (Weeks to be shared)	Striking and Fielding Team Building (Weeks to be shared)	Cricket and OAA (Weeks to be shared)	Cricket and OAA (Weeks to be shared)	Cricket and OAA (Weeks to be shared)	Cricket and OAA (Weeks to be shared)
Summer 2	Net and Wall  Athletics (Weeks to be shared)	Net and Wall  Athletics (Weeks to be shared)	Tennis and Athletics Weeks to be shared			

## Key Stage 1 PE Curriculum September 2021

Y1	HT	Autumn	Spring	Summer
	1	<p><b>Ball Skills and invasion</b></p> <p><u>Domains of Knowledge:</u></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key concepts</u> Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation</p> <p><u>Objectives</u> To be able to move and stop safely To be able to throw and kick in different ways To be able to stop a ball</p>	<p><u>Gymnastics</u></p> <p><u>Domains of Knowledge:</u></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key Concepts</u> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><u>Objectives</u> To be able to make my body curled, tense, stretched and relaxed To be able to control my body when travelling and balancing in different ways With support, To be able to identify a good performance</p>	<p><u>Striking and Fielding</u></p> <p><u>Team Games 1</u>(competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key Concepts</u> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination</p> <p><u>Objectives</u> To be able to move and stop safely To be able to throw underarm To begin to catch more consistently To be able to strike with a racket or bat</p>

	2	<p><b><u>Dance and movement</u></b></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self) Balance Agility Coordination Spatial awareness Evaluation</p> <p>Objectives</p> <p>To be able to perform dance moves To be able to change rhythm, speed, level and direction in my dance To be able dance with some control and coordination To be able to perform dances using simple movement patterns With support, To be able to identify a good performance</p>	<p><b><u>Sending and Receiving</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (object) Agility Coordination Speed Rules Competition</p> <p>Objectives To be able to move and stop safely To be able to stop a ball</p>	<p><b><u>Net and Wall and Athletics</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Athletics</b></p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self + object) Balance Agility Rules Competition Healthy Determination</p> <p><b><u>Objectives</u></b> To be able to move by running and jumping with control and care  To be able to explore throwing and catching using a range of techniques</p>

<b>Y2</b>	<b>HT</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<b>1</b>	<p><b>Ball Skills and invasion</b></p> <p><u>Domains of Knowledge:</u></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key concepts</u> Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation Tactics Attacking and defending</p> <p><u>Objectives</u> To be able to send and receive To be able to decide the best space to be in during a game To be able to follow rules To use hand-eye coordination to control a ball To be able to catch a variety of objects</p>	<p><u>Gymnastics</u></p> <p><u>Domains of Knowledge:</u></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key Concepts</u> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><u>Objectives</u> To be able to plan and perform a sequence of coordinated movements including a balance To be able to use balance, agility and coordination in a range of activities</p>	<p><u>Striking and Fielding</u></p> <p><u>Domains of Knowledge:</u> Team games 1</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><u>Key Concepts</u> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination</p> <p><u>Objectives</u> To be able to send and receive To be able to follow rules To use hand-eye coordination to control a ball To be able to catch a variety of objects</p>
	<b>2</b>	<p><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Desired outcomes</u></p>	<p><u>Sending and Receiving</u></p> <p><u>Domain of knowledge</u> Team Games 2</p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will complete</p>	<p><u>Net and Wall and Athletics</u></p> <p><u>Domains of Knowledge – Athletics</u></p> <p><u>Desired outcomes</u> Following Get Set 4 PE units, children will</p>

	<p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>  Movement (self)  Balance  Agility  Coordination  Spatial awareness  Evaluation</p> <p><b><u>Objectives</u></b>  To be able to change rhythm, speed, level and direction in my dance  To be able dance with some control and coordination  To be able to perform dances using simple movement patterns</p>	<p>a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>  Movement (object)  Agility  Coordination  Speed  Rules  Competition  Technique</p> <p><b><u>Objectives</u></b>  To be able to send and receive  To be able to decide the best space to be in during a game  To be able to follow rules  To use hand-eye coordination to control a ball  To be able to catch a variety of objects</p>	<p>complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>  Movement (self + object)  Balance  Agility  Rules  Competition  Healthy  Determination</p> <p><b><u>Objectives</u></b></p>
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## Key Stage 2 PE Curriculum September 2021

<b>Y3</b>	<b>H T</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<b>1</b>	<p><b><u>Basketball</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Cooperation Tactics, Rules Attacking and defending</p> <p><b><u>Objectives</u></b></p>	<p><b><u>Gymnastics</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><b><u>Objectives</u></b> To be able to adapt sequences to suit different types of apparatus and criteria To be able to explain how strength and suppleness affect performance</p>	<p><b><u>Cricket + OAA</u></b></p> <p><b><u>Domains of Knowledge:</u></b> Team games 1</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Communication Cooperation</p> <p><b><u>Objectives</u></b> To be able to throw and catch with control To know and use rules fairly</p>

		<p>To be aware of space and use it to support team-mates and to cause problems for the opposition To know and use rules fairly</p>	<p>To be able to compare and contrast gymnastic sequences To be able to compare my performances with previous ones, explaining differences and effectiveness</p>	<p>To be able to follow a map in a familiar context To be able to use clues to follow a route safely</p>
2		<p><b><u>Dance and movement</u></b>  (movement, sequences, communicating ideas, rhythm, performance)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication</p> <p><b><u>Objectives</u></b>  To be able to improvise freely and translate ideas from a stimulus into movement To be able to share and create phrases with a partner and small group To be able to repeat, remember and perform phrases To be able to compare my performances with previous ones, explaining differences and effectiveness</p>	<p><b><u>Hockey</u></b></p> <p><b><u>Domain of knowledge</u></b> Team Games 2</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Technique</p> <p><b><u>Objectives</u></b>  To be aware of space and use it to support team-mates and to cause problems for the opposition To know and use rules fairly</p>	<p><b><u>Tennis and Athletics</u></b></p> <p><b><u>Domains of Knowledge – Team Games 3, Athletics</u></b></p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination</p> <p><b><u>Objectives</u></b>  To be able to throw and catch with control To be able to serve underarm To be able to build up a rally</p> <p>To show control, accuracy and coordination within running and jumping movements at different speeds To be able to take part in a relay, remembering when to run and how to work within a team</p>

# Y4

## Year 4 - Swimming -

To be able to use a range of strokes effectively

To perform safe self-rescue in different water based situations

To swim competently, confidently and proficiently over a distance of at least 25m

<u>Y</u> <u>4</u>	<u>H</u> <u>T</u>	Autumn	Spring	Summer
1		<p><b><u>Basketball</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><b><u>Desired outcomes</u></b></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b></p> <p>Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness</p>	<p><b><u>Gymnastics</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><b><u>Desired outcomes</u></b></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b></p> <p>Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p>	<p><b><u>Cricket + OAA</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p>Team games 1, OAA</p> <p><b><u>Desired outcomes</u></b></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b></p> <p>Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Health and fitness Communication</p> <p><b><u>Objectives</u></b></p>

	<p>Communication Tactics, Rules Attacking and defending</p> <p><b><u>Objectives</u></b></p> <p>To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game</p>	<p><b><u>Objectives</u></b></p> <p>To be able to confidently evaluate my own performance and discuss improvements To be able to include change of speed and direction with control To be able to include a range of shapes in a sequence To be able to work with a partner to create, repeat and improve a sequence with at least three phases</p>	<p>To be able to catch with one hand To be able to hit, bowl, throw and catch with increasing accuracy To be able to vary my tactics and adapt my skills depending on what is happening in a game</p> <p>To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others To be able to follow a route within a time limit</p>
2	<p><b><u>Dance and movement</u></b></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p><b><u>Objectives</u></b> To be able to confidently evaluate my</p>	<p><b><u>Hockey</u></b></p> <p><b><u>Domain of knowledge</u></b> Team Games 2</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p><b><u>Objectives</u></b> To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game</p>	<p><b><u>Tennis and Athletics</u></b></p> <p><b><u>Domains of Knowledge – Team Games 3, Athletics</u></b></p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Health and fitness</p> <p><b><u>Objectives</u></b> To be able to play a variety of shots To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes</p>

	<p>own performance and discuss improvements To be able to use dance to communicate an idea through a range of movements and patterns</p>		<p>To be able to run over a long distance and sprint a short distance To be able to throw in different ways and hit a target To be able to jump in different ways</p>
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<b>Year 5</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<p><b><u>Basketball</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Communication Tactics, Rules Attacking and defending</p> <p><b><u>Objectives</u></b> To be able to gain possession by working as part of a team To be able to pass in different ways To be able to choose a tactic for defending and attacking To be able to use a number of techniques to pass, dribble and shoot</p> <p>To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p>	<p><b><u>Gymnastics</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p><b><u>Objectives</u></b> To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>To be able to make complex extended sequences To combine action, balance and shape To perform consistently to different audiences</p>	<p><b><u>Cricket + OAA</u></b></p> <p><b><u>Domains of Knowledge:</u></b> Team games 1, OAA</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Health and fitness Communication</p> <p><b><u>Objectives</u></b> To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>To be able to use a range of techniques when fielding To be able to hit, throw, bowl and catch accurately and with control</p> <p>To confidently orientate myself and others to solve problems in unfamiliar environments</p>

			<p>To be able to follow a map into an unknown location To be able to use clues and a compass to navigate a route</p>
	<p><b><u>Dance and movement</u></b>  (movement, sequences, communicating ideas, rhythm, performance)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p><b><u>Objectives</u></b>  To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)</p> <p>To be able to compose my own dances in a creative ways To be able to perform to an accompaniment To be able to perform a dance which shows clarity, fluency, accuracy and consistency</p>	<p><b><u>Hockey</u></b></p> <p><b><u>Domain of knowledge</u></b> Team Games 2</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p><b><u>Objectives</u></b>  To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>To be able to gain possession by working as part of a team To be able to pass in different ways To be able to choose a tactic for defending and attacking</p>	<p><b><u>Tennis and Athletics</u></b></p> <p><b><u>Domains of Knowledge – Team Games 3, Athletics</u></b></p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Health and fitness</p> <p><b><u>Objectives</u></b>  To be able to confidently referee a game applying my knowledge of the rules effectively To be able to give tactical instructions to affect a game situation To be able to lead an effective warm up for a group</p> <p>To develop techniques for ground strokes and volleys</p>

		To be able to use a number of techniques to pass, dribble and shoot	To develop a backhand technique and use it in a game To be able to serve overarm  To be able to control my body when taking off and landing To be able to throw with accuracy
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<b>Year 6</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<p><b><u>Basketball</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Team Games 2</b> (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b> Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Communication Tactics, Rules Attacking and defending</p> <p><b><u>Objectives</u></b> To be able to play competitive games to agreed rules To be able to explain rules to others To be able to communicate a plan to my team To be able to use a number of techniques to pass, dribble and shoot with control and accuracy To be able to apply basic principles suitable for attacking and defending</p> <p>To be able to confidently referee a game applying</p>	<p><b><u>Gymnastics</u></b></p> <p><b><u>Domains of Knowledge:</u></b></p> <p><b>Gymnastics</b> (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p><b><u>Objectives</u></b> I confidently evaluate my own and other's performances discussing improvements to deliver a better performance (personal best)</p> <p>To develop technical sequences in a specific style To be able to demonstrate flexibility, strength, control and balance in a sequence of movements</p>	<p><b><u>Cricket + OAA</u></b></p> <p><b><u>Domains of Knowledge:</u></b> Team games 1, OAA</p> <p><b><u>Desired outcomes</u></b> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key Concepts</u></b> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Health and fitness Communication</p> <p><b><u>Objectives</u></b> To be able to play competitive games to agreed rules To be able to explain rules to others To be able to communicate a plan to my team To be able to use a range of techniques with confidence and skill in a game situation</p> <p>To be able to plan route and a series of clues for someone else To be able to take part in outdoor and adventurous activity challenges both individually and in a team</p>

	<p>their knowledge of the rules effectively          To be able to give tactical instructions to affect a game situation          To be able to lead an effective warm up for a group</p>		
	<p><b><u>Dance and movement</u></b></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><b><u>Desired outcomes</u></b>          Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>          Movement (self)          Balance          Agility          Coordination          Spatial awareness          Evaluation          Cooperation          Communication          Health and fitness</p>	<p><b><u>Hockey</u></b></p> <p><b><u>Domain of knowledge</u></b>          Team Games 2</p> <p><b><u>Desired outcomes</u></b>          Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>          Movement (object)          Agility          Coordination          Speed          Attacking and defending          Rules          Competition          Communication          Cooperation          Technique          Health and fitness</p> <p><b><u>Objectives</u></b></p>	<p><b><u>Tennis and Athletics</u></b></p> <p><b><u>Domains of Knowledge – Team Games 3, Athletics</u></b></p> <p><b><u>Desired outcomes</u></b>          Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following objectives</p> <p><b><u>Key concepts</u></b>          Movement (self + object)          Balance          Agility          Rules          Tactics          Cooperation          Competition          Healthy          Determination          Health and fitness</p> <p><b><u>Objectives</u></b></p>

	<p><b>Objectives</b></p> <p>I confidently evaluate my own and other's performances discussing improvements to deliver a better performance (personal best)</p> <p>To be able to develop sequences in a specific style</p> <p>To be able to choose my own music and style</p> <p>To be able to perform dances using simple movement patterns</p>	<p>To be able to play competitive games to agreed rules</p> <p>To be able to explain rules to others</p> <p>To be able to communicate a plan to my team</p> <p>To be able to use a number of techniques to pass, dribble and shoot with control and accuracy</p> <p>To be able to apply basic principles suitable for attacking and defending</p> <p>To be able to confidently referee a game applying their knowledge of the rules effectively</p> <p>To be able to give tactical instructions to affect a game situation</p> <p>To be able to lead an effective warm up for a group</p>	<p>To know where a shot should be aimed and show increasing accuracy</p> <p>To use good hand/eye co-ordination when playing and serving</p> <p>To use different shots in a game situation to outwit an opponent</p> <p>To be able to combine a range of running, jumping, throwing and catching techniques with control.</p>
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