

Key Stage 1 and 2 PE Curriculum Overview September 2021

| Term | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| 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 | Tennis and Athletics Weeks to be shared | Tennis and Athletics Weeks to be shared | Tennis and Athletics Weeks to be shared |

Key Stage 1 PE Curriculum September 2021

| Y1 | HT | Autumn | Spring | Summer |
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| | 1 | <p>Ball Skills and invasion</p> <p>Domains of Knowledge:</p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p>Prior Learning</p> <p>To be able to combine different movements with ease and fluency (EYFS)</p> <p>End Points</p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - begin to throw a ball to hit a target. - to stop a rolling ball. -develop co-ordination and technique when throwing and catching. -develop control and co-ordination when dribbling a ball with your hands <p>Key concepts</p> <ul style="list-style-type: none"> Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation <p>Objectives</p> <ul style="list-style-type: none"> 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>Gymnastics</p> <p>Domains of Knowledge:</p> <p>Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p>Prior Learning</p> <p>To develop overall body-strength, balance, co-ordination and agility (EYFS)</p> <p>End Points</p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -travel safely in space <p>Perform gymnastic shapes</p> <p>Improve stability</p> <ul style="list-style-type: none"> -perform barrel, straight and forward roll <p>Link more than one gymnastic action in a short sequence</p> <p>Key Concepts</p> <ul style="list-style-type: none"> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation <p>Objectives</p> <ul style="list-style-type: none"> 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 | <p>Striking and Fielding</p> <p>Team Games 1 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p>Prior Learning</p> <p>To develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming</p> <p>End Points</p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -throw underarm and catch -Develop overarm throwing -Strike with hand and bat -Retrieve a ball when fielding -Understand what “out” means -Use scoring for small games. <p>Key Concepts</p> <ul style="list-style-type: none"> Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination <p>Objectives</p> <ul style="list-style-type: none"> 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 |

With support, To be able to identify a good performance

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| | <p><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Prior Learning</u> To progress towards a more fluent style of moving, with developing control and grace (EYFS)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - travel and use counts of 8 to move in time with the music. -remember and repeat actions -copy and repeat actions to a theme <p>Use expression Use a pathway -change level, expression and shape</p> <p><u>Key concepts</u> 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</p> | <p><u>Sending and Receiving</u> <u>Domains of Knowledge:</u></p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Prior Learning</u></p> <p>To be able to combine different movements with ease and fluency (EYFS)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Roll and throw a ball towards a target - Receive a rolling ball - Send and receive a ball using stick and feet - Throw and catch over a short distance - Develop over a longer distance - Play simple sending and receiving games. <p><u>Key concepts</u> Movement (object) Agility Coordination Speed Rules Competition</p> <p>Objectives</p> <p>To be able to move and stop safely To be able to stop a ball</p> | <p><u>Net and Wall and Athletics</u></p> <p><u>Domains of Knowledge:</u> Athletics – Children will also receive simple tennis sessions</p> <p><u>Prior Learning</u></p> <p>To be able to refine the fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping, climbing (EYFS)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> - Hold a racket correctly - Hit a ball with a racket - Send a ball with a racket - Start to hit over a net <p><u>Athletics</u></p> <ul style="list-style-type: none"> - Move a different speeds - -be balanced and stable - Develop agility and co-ordination - Hop, jump and leap over a distance - Throw over different distances - Develop accuracy of throw. <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Competition Healthy Determination</p> |
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| | <p>To be able dance with some control and coordination</p> <p>To be able to perform dances using simple movement patterns</p> <p>With support, To be able to identify a good performance</p> | <p>Objectives</p> <p>To be able to move by running and jumping with control and care</p> <p>To be able to explore throwing and catching using a range of techniques</p> |
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| Y2 | HT | Autumn | Spring | Summer |
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| 1 | 1 | <p>Ball Skills and invasion</p> <p><u>Domains of Knowledge:</u></p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Prior Learning</u></p> <p>To be able to move and stop safely (Year 1) To be able to throw in different ways (Year 1) To be able to stop a ball (Year 1)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - throw a ball to hit a target. - to stop a rolling ball. -develop co-ordination and technique when throwing and catching. -develop control and co-ordination when dribbling a ball with your hands <p><u>Key concepts</u></p> <p>Co-ordination</p> | <p><u>Gymnastics</u></p> <p><u>Domains of Knowledge:</u></p> <p>Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><u>Prior Learning</u></p> <p>To be able to make my body curled, tense, stretched and relaxed (Year 1) To be able to control my body when travelling and balancing in different ways (Year 1)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -link gymnastic shapes together -create balances -travel in different ways -balance and travel on apparatus <p>Perform different jumps -improve rolls from Year 1 Perform sequence on apparatus</p> <p><u>Key Concepts</u></p> | <p><u>Striking and Fielding</u></p> <p><u>Domains of Knowledge:</u></p> <p>Team games 1</p> <p><u>Prior Learning</u></p> <p>To be able to move and stop safely (Year 1) To be able to throw underarm (Year 1) To begin to catch more consistently (Year 1) To be able to strike with a racket or bat (Year 1)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Use throwing and catching in small sided games - -throw overarm - Strike with hand or bat - Retrieve ball and throw when fielding - Know how to get a batter out - Score games with points. <p><u>Key Concepts</u></p> <p>Movement (object control) Balance Coordination</p> |

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| | <p>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>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>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> |
| 2 | <p><u>Dance and movement</u> (movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Prior Learning</u> To be able to perform dance moves (Year 1) To progress towards a more fluent style of moving, with developing control and grace (EYFS)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: <ul style="list-style-type: none"> - linking and repeating actions - create and copy actions - use facial expression - perform in unison with a partner - mirror a partner - understand dynamics in dance - change speed during a dance. </p> <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation</p> <p><u>Objectives</u></p> | <p><u>Sending and Receiving</u> <u>Domain of knowledge</u> Team Games 2</p> <p><u>Prior Learning</u> To be able to move and stop safely (Year 1) To be able to throw and kick in different ways (Year 1) To be able to stop a ball (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: <ul style="list-style-type: none"> - Send and receive a ball using stick - Throw and catch over a short distance - Develop over a longer distance - Play simple sending and receiving games. </p> <p><u>Key concepts</u> Movement (object) Agility Coordination Speed Rules Competition Technique</p> <p><u>Objectives</u></p> | <p><u>Net and Wall and Athletics</u> <u>Domains of Knowledge – Athletics</u> <u>Prior Learning</u> To be able to throw underarm (Year 1) To begin to catch more consistently (Year 1) To be able to strike with a racket or bat (Year 1)</p> <p>To be able to move by running and jumping with control and care (Year 1) To be able to explore throwing and catching using a range of techniques (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Net and wall</u> -hold a racket with confidence -use the ready position -Return a ball with hands -Develop returning ball with racket -Understand how to win a point</p> <p><u>Athletics</u> <ul style="list-style-type: none"> - Learn to sprint - Jump over distance </p> |

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| | <p>To be able to change rhythm, speed, level and direction in my dance</p> <p>To be able dance with some control and coordination</p> <p>To be able to perform dances using simple movement patterns</p> | <p>To be able to send and receive</p> <p>To be able to decide the best space to be in during a game</p> <p>To be able to follow rules</p> <p>To use hand-eye coordination to control a ball</p> <p>To be able to catch a variety of objects</p> | <ul style="list-style-type: none"> - Jump to a height - Throw over a distance - Throw with accuracy <p><u>Key concepts</u></p> <p>Movement (self + object)</p> <p>Balance</p> <p>Agility</p> <p>Rules</p> <p>Competition</p> <p>Healthy</p> <p>Determination</p> <p><u>Objectives</u></p> <p>To master basic throwing and catching.</p> <p>To master basic running and jumping</p> |
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Key Stage 2 PE Curriculum September 2021

| Y3 | <u>H</u> <u>I</u> | Autumn | Spring | Summer |
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| | 1 | <p><u>Basketball</u></p> <p><u>Domains of Knowledge:</u></p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Prior Learning</u></p> <p>To be able to throw in different ways (Year 1)</p> <p>To be able to send and receive (Year 2)</p> <p>To be able to decide the best space to be in during a game (Year 2)</p> <p>To be able to follow rules (Year 2)</p> <p>To use hand-eye coordination to control a ball (Year 2)</p> <p>To be able to catch a variety of objects (Year 2)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>-improve dribbling when attacking</p> | <p><u>Gymnastics</u></p> <p><u>Domains of Knowledge:</u></p> <p>Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><u>Prior Learning</u></p> <p>To be able to plan and perform a sequence of coordinated movements including a balance (Year 2)</p> <p>To be able to use balance, agility and coordination in a range of activities (Year 2)</p> <p>To be able to control my body when travelling and balancing in different ways (Year 1)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>-create interesting balances</p> <p>-perform controlled shape jumps</p> <p>-perform straight, barrel and forward roll</p> <p>-Move smoothly between balances</p> | <p><u>Cricket + OAA</u></p> <p><u>Domains of Knowledge:</u></p> <p>Team games 1</p> <p><u>Prior Learning</u></p> <p>To be able to send and receive (Year 2)</p> <p>To be able to follow rules (Year 2)</p> <p>To use hand-eye coordination to control a ball (Year 2)</p> <p>To be able to catch a variety of objects (Year 2)</p> <p>OAA - None</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Cricket</p> <ul style="list-style-type: none"> - Throw overarm and catch - Bowl underarm - Grip a bat and stance correctly - Use a short barrier and two handed pick up to field a ball - Develop overarm bowling |

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| | <p>- begin to protect the ball when dribbling -be able to perform chest and bounce pass and know when they are best used -to begin to track in defence -develop the method of performing a set shot -apply rules and tactics in different scenarios</p> <p>Key concepts Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Cooperation Tactics, Rules Attacking and defending</p> <p>Objectives 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>-Create a s simple sequence -Create a partner sequence on apparatus</p> <p>Key Concepts Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p>Objectives 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 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>- Play mini games of cricket</p> <p>OAA</p> <ul style="list-style-type: none"> - Teamwork and co-operation - Trust - Improved Listening skills - Identify objects on a map - Draw a route using directions - Orientate a map. <p>Key Concepts Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Communication Cooperation</p> <p>Objectives</p> <p>To be able to throw and catch with control To know and use rules fairly</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> |
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| 2 | <p><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Prior Learning</u> To be able to change rhythm, speed, level and direction in my dance (Year 2) To be able to dance with some control and coordination (Year 2) To be able to perform dances using simple movement patterns (Year 2)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - create actions and move in unison with a partner - move in contact with partner - understand the effect of dynamics - relate an idea through dance - perform a dance with different phrases - perform formations - move in and out of shapes <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication</p> <p><u>Objectives</u> 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><u>Hockey</u></p> <p><u>Domain of knowledge</u> Team Games 2</p> <p><u>Prior Learning</u> To be able to decide the best space to be in during a game (Year 2) To be able to use tactics in a game when attacking and defending (Year 2) To be able to follow rules (Year 2)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - sending a push pass - receiving the ball - begin dribbling with reverse stick - move into space after passing - tackle with open stick - begin to apply simple tactics in attack and defence <p><u>Key concepts</u> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Technique</p> <p><u>Objectives</u> 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 style="text-align: center;"><u>Tennis and Athletics</u></p> <p><u>Domains of Knowledge – Team Games 3, Athletics</u></p> <p><u>Prior Learning</u> To be able to throw underarm (Year ½) To begin to catch more consistently (Year ½) To be able to strike with a racket or bat (Year ½)</p> <p>To master basic throwing and catching. (Year 2) To master basic running and jumping (Year 2)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Tennis</p> <ul style="list-style-type: none"> - control a ball with a racket - use a forehand shot - hold a short rally using a forehand - develop a 2 handed backhand - know how to score in a simple game. <p>Athletics</p> <ul style="list-style-type: none"> - improve sprinting technique - develop relay baton change - jump from a range of take off positions - begin throwing for distance and accuracy <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination</p> <p><u>Objectives</u> To be able to throw and catch with control To be able to serve underarm</p> |
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| | | | | <p>To be able to build up a rally</p> <p>To show control, accuracy and coordination within running and jumping movements at different speeds</p> <p>To be able to take part in a relay, remembering when to run and how to work within a team</p> |
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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

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| | 1 | <p>Basketball</p> <p>Prior Learning To be able to send and receive (Year 2) To be able to decide the best space to be in during a game (Year 2) To be able to follow rules (Year 2) To use hand-eye coordination to control a ball (Year 2) To be able to catch a variety of objects (Year 2)</p> <p>To be aware of space and use it to support team-mates and to cause problems for the opposition (Year 3) To know and use rules fairly (Year 3)</p> <p>Domains of Knowledge:</p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -improve dribbling when attacking - begin to protect the ball when dribbling -confidently perform chest and bounce pass and know when they are best used -to track in defence -perform a set shot | <p>Gymnastics</p> <p>Domains of Knowledge:</p> <p>Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p>Prior Learning</p> <p>To be able to adapt sequences to suit different types of apparatus and criteria (Year 3) To be able to explain how strength and suppleness affect performance(Year 3) To be able to compare and contrast gymnastic sequences (Year 3) To be able to compare my performances with previous ones, explaining differences and effectiveness (Year 3)</p> <p>To be able to plan and perform a sequence of coordinated movements including a balance (Year 2)</p> <p>End Points</p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - perform individual and partner balances - perform rotating jumps - perform straight, barrel, forward and straddle roll - perform inverted movements - create a sequence with a partner on apparatus <p>Key Concepts Movement (Self)</p> | <p>Cricket + OAA</p> <p>Domains of Knowledge: Team games 1, OAA</p> <p>Prior Learning To be able to throw and catch with control (Year 3) To know and use rules fairly (Year 3)</p> <p>To be able to follow a map in a familiar context (Year 3) To be able to use clues to follow a route safely (Year 3)</p> <p>End Points</p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Cricket</p> <ul style="list-style-type: none"> - Throw overarm and catch - Bowl underarm - Grip a bat and stance correctly - Use a short barrier and two handed pick up to field a ball - Develop overarm bowling - Play mini games of cricket <p>OAA</p> <ul style="list-style-type: none"> - Teamwork and co-operation - Trust - Improved Listening skills - Identify objects on a map - Draw a route using directions - Orientate a map. <p>Key Concepts</p> |

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| | <p>-apply rules and tactics in small games scenarios</p> <p>Key concepts Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Communication Tactics, Rules Attacking and defending</p> <p>Objectives</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>Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p>Objectives</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>Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Health and fitness Communication</p> <p>Objectives</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><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p>Prior Learning To be able to improvise freely and translate ideas from a stimulus into movement (Year 3) To be able to share and create phrases with a partner and small group (Year 3) To be able to repeat, remember and perform phrases (Year 3) To be able to compare my performances with previous ones, explaining differences and effectiveness (Year 3)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: -adapt actions using changes in space</p> | <p><u>Hockey</u></p> <p>Domain of knowledge Team Games 2</p> <p>Prior Learning To be aware of space and use it to support team-mates and to cause problems for the opposition (Year 3) To know and use rules fairly (Year 3)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - sending a push pass - receiving the ball - dribbling with reverse stick - move into space after passing - tackle with open stick - apply simple tactics in attack and defence <p>Key concepts</p> | <p style="text-align: center;"><u>Tennis and Athletics</u></p> <p><u>Domains of Knowledge – Team Games 3, Athletics</u></p> <p>Prior Learning To be able to throw and catch with control (Year 3) To be able to serve underarm (Year 3) To be able to build up a rally (Year 3)</p> <p>To show control, accuracy and coordination within running and jumping movements at different speeds (Year 3) To be able to take part in a relay, remembering when to run and how to work within a team (Year 3)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Tennis</p> <ul style="list-style-type: none"> - hit and return using a forehand - develop backhand and when to use it |

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| | <p>-choose appropriate actions to a theme -use actions, dynamics, spacing and timing -remember and repeat actions -choreograph simple ideas</p> <p>Key concepts Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p>Objectives To be able to confidently evaluate my own performance and discuss improvements To be able to use dance to communicate an idea through a range of movements and patterns</p> | <p>Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p>Objectives 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> | <ul style="list-style-type: none"> - hold a ally - use simple tactics in short games - be honest and fair. <p>Athletics</p> <ul style="list-style-type: none"> - develop stamina to run further - develop sprinting technique - jump over a distance - throw over distance <p>Key concepts Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Health and fitness</p> <p>Objectives 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>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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Year 5

Autumn

Basketball

Domains of Knowledge:

Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)

Prior Learning

- To be able to pass, throw and catch accurately with control (Year 4)
- To be able to keep possession of the ball (Year 4)
- To be able to vary my tactics and adapt my skills depending on what is happening in a game (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Protective dribbling
- Using space to support teammate
- Choose when to pass and dribble
- Track opponents in defense
- Perform a jump shot and set shot
- Apply rules and tactics in games

Key concepts

Movement(object + self)
Co-ordination
Balance
Agility
Speed
Spatial awareness
Competition, cooperation
Health and fitness
Communication
Tactics, Rules
Attacking and defending

Objectives

- 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

To be able to confidently referee a game applying my knowledge of the rules effectively

Spring

Gymnastics

Domains of Knowledge:

Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)

Prior Learning

- To be able to confidently evaluate my own performance and discuss improvements (Year 4)
- To be able to include change of speed and direction with control (Year 4)
- To be able to include a range of shapes in a sequence (Year 4)
- To be able to work with a partner to create, repeat and improve a sequence with at least three phases (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Perform symmetrical and asymmetrical balances
- Perform straight, forward and straddle roll and develop backward roll
- Use different form of travelling
- Perform progressions of inverted movements
- Match and mirror on floor and apparatus
- Create a partner sequence

Key Concepts

Movement (Self)
Balance
Coordination
Spatial awareness
Performance
Technique
Physical literacy
Evaluation
Health and fitness
Determination

Objectives

To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written)

Summer

Cricket + OAA

Domains of Knowledge:

Team games 1, OAA

Prior Learning

- To be able to catch with one hand (Year 4)
- To be able to hit, bowl, throw and catch with increasing accuracy (Year 4)
- To be able to vary my tactics and adapt my skills depending on what is happening in a game (Year 4)

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 (Year 4)
To be able to follow a route within a time limit (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

Cricket

- throw accurately and catch
- Strike a ball in a given direction
- catch in different ways (close, deep)
- Improve overarm bowling
- Use a variety of fielding techniques
- Develop long and short barriers when fielding

OAA

- build communication and trust
- Solve problems in groups
- Use tactics to solve problems
- Share ideas as a team
- Read maps and navigate
- Use a key to identify objects and locations

Key Concepts

Movement (object control)
Balance
Coordination
Agility
Speed
Spatial awareness
Technique

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| | <p>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 make complex extended sequences To combine action, balance and shape To perform consistently to different audiences</p> | <p>Determination Rules Competition Health and fitness Communication</p> <p><u>Objectives</u></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>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 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><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Prior Learning</u> To be able to confidently evaluate my own performance and discuss improvements (Year 4) To be able to use dance to communicate an idea through a range of movements and patterns (Year 4)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: -create a dance with random structure -understand how to change dynamics -change performance through use of space -work with a group -choreograph as a group Copy and repeat movements Keep in time to music Work collaboratively</p> <p><u>Key concepts</u></p> | <p><u>Hockey</u></p> <p><u>Domain of knowledge</u> Team Games 2</p> <p><u>Prior Learning</u> To be able to pass, throw and catch accurately with control (Year 4) To be able to keep possession of the ball (Year 4) To be able to vary my tactics and adapt my skills depending on what is happening in a game (Year 4)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Begin to dribble to beat a defender - Send a ball with a push pass - Receive a ball under control - Move into space to support teammates - Develop a block and jab tackle - Begin to apply skills to small games</p> <p><u>Key concepts</u> Movement (object)</p> | <p><u>Tennis and Athletics</u></p> <p><u>Domains of Knowledge – Team Games 3, Athletics</u></p> <p><u>Prior Learning</u> To be able to play a variety of shots (Year 4) To demonstrate and use the correct grip on a racket (Year 4) To develop greater accuracy of strokes (Year 4)</p> <p>To be able to run over a long distance and sprint a short distance (Year 4) To be able to throw in different ways and hit a target (Year 4) To be able to jump in different ways (Year 4)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Tennis</u></p> <ul style="list-style-type: none"> - Return using a forehand and backhand - Work with a partner to hold a continuous rally |

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| | <p>Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p><u>Objectives</u></p> <p>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>Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p><u>Objectives</u></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>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> | <ul style="list-style-type: none"> - Serve underarm - Begin to volley <p>Athletics</p> <p>Vary speed of running to distance</p> <ul style="list-style-type: none"> -perform a relay baton change -develop a triple jump technique <p>Throw over longer distances with correct technique</p> <p><u>Key concepts</u></p> <p>Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Health and fitness</p> <p><u>Objectives</u></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>To develop techniques for ground strokes and volleys To develop a backhand technique and use it in a game To be able to serve overarm</p> <p>To be able to control my body when taking off and landing To be able to throw with accuracy</p> |
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| <u>Year 6</u> | Autumn | Spring | Summer |
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| | <p><u>Basketball</u></p> <p><u>Domains of Knowledge:</u></p> <p>Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)</p> <p><u>Prior Learning</u></p> <p>To be able to gain possession by working as part of a team (Year 5) To be able to pass in different ways (Year 5) To be able to choose a tactic for defending and attacking (Year 5) To be able to use a number of techniques to pass, dribble and shoot (Year 5)</p> <p>To be able to confidently referee a game applying my knowledge of the rules effectively (Year 5)</p> | <p><u>Gymnastics</u></p> <p><u>Domains of Knowledge:</u></p> <p>Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)</p> <p><u>Prior Learning</u></p> <p>To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) (Year 5)</p> <p>To be able to make complex extended sequences (Year 5) To combine action, balance and shape (Year 5) To perform consistently to different audiences (Year 5)</p> | <p><u>Cricket + OAA</u></p> <p><u>Domains of Knowledge:</u> Team games 1, OAA</p> <p><u>Prior Learning</u></p> <p>To be able to confidently referee a game applying my knowledge of the rules effectively (Year 5) To be able to give tactical instructions to affect a game situation (Year 5) To be able to lead an effective warm up for a group (Year 5)</p> <p>To be able to use a range of techniques when fielding (Year 5) To be able to hit, throw, bowl and catch accurately and with control (Year 5)</p> <p>To confidently orientate myself and others to solve problems in unfamiliar environments (Year 5) To be able to follow a map into an unknown location (Year 5)</p> |

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| | <p>To be able to give tactical instructions to affect a game situation (Year 5) To be able to lead an effective warm up for a group (Year 5)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Protective dribbling - Using space to support teammate - Choose when to pass and dribble under greater control - Track opponents in defence - Perform a jump shot and set shot - Apply rules and tactics in games collaboratively <p>Key concepts Movement(object + self) Co-ordination Balance Agility Speed Spatial awareness Competition, cooperation Health and fitness Communication Tactics, Rules Attacking and defending</p> <p>Objectives 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 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>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Perform forward, backward, straddle rolls - Perform counter balances and counter tension - Perform inverted movements - Perform the progressions of a cartwheel and headstand - Travel over apparatus from hands - Create a group sequences <p>Key Concepts Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p>Objectives I confidently evaluate my own and other's performances discussing improvements to deliver a better performance (personal best) 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>To be able to use clues and a compass to navigate a route (Year 5)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Cricket -throw accurately and catch -Strike a ball in a given direction -catch in different ways (close, deep) -Bowl overarm -Use a variety of fielding techniques -Develop long and short barriers when fielding</p> <p>OAA -build communication and trust Solve problems in groups Use tactics to solve problems Share ideas as a team Read maps and navigate Use a key to identify objects and locations</p> <p>Key Concepts Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination Rules Competition Health and fitness Communication</p> <p>Objectives 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</p> |
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| | | | both individually and in a team |
| | <p><u>Dance and movement</u></p> <p>(movement, sequences, communicating ideas, rhythm, performance)</p> <p><u>Prior Learning</u> To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written) (Year 5)</p> <p>To be able to compose my own dances in a creative ways (Year 5) To be able to perform to an accompaniment (Year 5) To be able to perform a dance which shows clarity, fluency, accuracy and consistency (Year 5)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -copy and repeat set phrases -use changes of level and speed Use a prop in a dance Use choreography skills to improve a dance Convey emotions through dance Communicate a story through dance | <p><u>Hockey</u></p> <p><u>Domain of knowledge</u> Team Games 2</p> <p><u>Prior Learning</u> To be able to confidently referee a game applying my knowledge of the rules effectively (Year 5) To be able to give tactical instructions to affect a game situation (Year 5) To be able to lead an effective warm up for a group (Year 5)</p> <p>To be able to gain possession by working as part of a team (Year 5) To be able to pass in different ways (Year 5) To be able to choose a tactic for defending and attacking (Year 5) To be able to use a number of techniques to pass, dribble and shoot (Year 5)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - dribble to beat a defender | <p style="text-align: center;"><u>Tennis and Athletics</u></p> <p><u>Domains of Knowledge – Team Games 3, Athletics</u></p> <p><u>Prior Learning</u> To be able to confidently referee a game applying my knowledge of the rules effectively (Year 5) To be able to give tactical instructions to affect a game situation (Year 5) To be able to lead an effective warm up for a group (Year 5)</p> <p>To develop techniques for ground strokes and volleys (Year 5) To develop a backhand technique and use it in a game (Year 5) To be able to serve overarm (Year 5)</p> <p>To be able to control my body when taking off and landing (Year 5) To be able to throw with accuracy (Year 5)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Tennis</u></p> <ul style="list-style-type: none"> - Use backhand, forehand and volley at appropriate times with accuracy - Use underarm serve within a game - Play a game of doubles |

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| | <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p><u>Objectives</u></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 To be able to choose my own music and style To be able to perform dances using simple movement patterns</p> | <ul style="list-style-type: none"> - Send a ball accurately with a push pass - Receive a ball under control - Move into space to support teammates - Develop a block and jab tackle - Apply skills to small games <p><u>Key concepts</u> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p><u>Objectives</u></p> <p>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 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>Athletics</p> <ul style="list-style-type: none"> -measure, time and record -run at a steady pace over a longer distance <p>Use good sprinting technique</p> <p>Correctly perform the stages of triple jump</p> <p>Throw over a long distance</p> <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Health and fitness</p> <p><u>Objectives</u></p> <p>To know where a shot should be aimed and show increasing accuracy To use good hand/eye co-ordination when playing and serving 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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