PE Knowledge and Skills

Year 1

Term 1 – Throwing & Catching

Pupils will:

- track a ball as it rolls to help receive it
- roll a ball in the right direction and stop it rolling with their hands
- run backwards, forwards and sideways
- bounce a ball on the floor and catch it
- aim and bounce a ball at a target
- run fast, jog and walk
- catch a ball they have thrown
- throw a ball so someone else can catch it
- catch a ball someone has thrown to them
- throw high and low to someone else
- throw an object underarm and overarm, deciding which one is the most suitable
- hit an object when throwing overarm

Term 2 – Invasion Games

Pupils will:

- travel backwards, keeping their balance
- travel sideways using a sidestep
- change direction when travelling
- use their feet to travel with a ball
- bounce a ball while travelling
- keep control of a ball as they follow a path
- turn corners while travelling with a ball
- use their hands and feet to change direction when travelling with a ball
- use their hands and feet to pass the ball to a target
- travel with and pass the ball to try to score points in a game

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Term 3 – Gymnastics

Pupils will:

- follow instructions and lift apparatus safely
- carry apparatus safely in a group
- complete three types of roll: log roll, egg roll and teddy bear roll
- roll from one roll into another

- make a shape and hold it to give their movements a clear finish
- rock forwards and backwards with strong body tension
- forward roll from a crouch position, standing up to finish
- perform a straight jump
- hurdle step on to a springboard
- balance in a long thin shape on their own and with a partner
- make a forwards and backwards bridge shape
- balance and move in their bridge shape
- travel along equipment with their hands and feet at different levels
- share their weight across different points of contact
- complete a movement that takes the weight off both feet
- support another in attempting a handstand
- compose their own movement sequence
- perform their movement sequence to the class
- evaluate their own and others' performance
- improve on their movements

Term 3 – Attacking & Defending

Pupils will:

- attack and defend in a team game
- Identify and move into useful space when taking part in a team game
- defend a goal safely by staying close to an attacker, moving the same way
- choose the best space to defend
- stop players from passing the ball by intercepting in the space
- look for and pass to players in a space
- get into useful spaces to receive the ball
- make eye contact with other players to check they are ready to receive the ball
- move side to side to dodge a defender
- change direction quickly
- look for space to get past a defender

Term 4 – Dance

Pupils will:

- move in different shapes with light and heavy movements
- move smoothly from one shape to another
- change shape quickly and slowly
- dance on their own, with a partner and in a group

- pretend to dance with an object
- pretend to be an object and dance with a partner
- act and react with a partner
- stand still while their partner dances around them
- describe their partner's movements and say what they liked about them
- clap to a beat
- beat out a rhythm with different part of their body
- move different parts of their body to a rhythm at the same time
- speed up and slow down at specific points
- march in time to a beat while remaining in single file
- fold a formation as they march and ensure they march in time with others

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Term 4 – Bat & Ball

Pupils will:

- hold a tennis racket correctly
- balance a beanbag on their racket while travelling in different ways
- throw a beanbag from their racket and catch it again
- use their racket to hit a beanbag into a target
- hit a ball into the air with control
- follow rules to play a game
- watch a partner and give appropriate feedback
- hold a cricket bat correctly
- use their cricket bat to push a ball along the ground
- hit a ball along the ground towards a target
- hit a ball that has been rolled to them
- take on different roles within a scoring game
- roll a ball accurately and stop a rolled ball
- cooperative with others to play a small-side game

Term 5 - Dance

Pupils will:

- create different shapes with their body
- put actions together to create a motif
- move their body with control
- watch and describe a performance
- keep in time with a steady beat
- improvise independently and work cooperatively with a partner

- perform movements in unison and canon
- mirror the movements on a partner
- evaluate the work of others and give feedback
- vary the shape and speed of their movements

Term 5 – Running & Jumping

Pupils will:

- show and explain how to sprint and jog
- describe how their body feels whilst moving at different speeds
- walk and run in different pathways
- change directions whilst walking and running
- change the speed at which they move and find a space to move into
- use the correct technique to jump and land safely
- use their arms for distance and balance when jumping
- take off from one or two feet when jumping
- land on one or two feet when jumping
- jump in different ways, performing a sequence of jumps to others

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Term 6 – Gymnastics

Pupils will:

- follow instructions and lift apparatus safely
- carry apparatus safely in a group
- jump from two feet to two feet
- jump safely on and on to the equipment
- travel in different directions and in different ways
- match the type of movement they use to the speed they are travelling at
- travel high and low
- jump into a thin and wide shape
- jump into a small curled shape
- travel in a stretched, curled and wide shape
- add a movement to their own sequence to add flow
- copy a movement sequence they have watched
- repeat and improve a movement sequence
- creative, improve and perform their own movement sequence

PE Knowledge and Skills

Term 6 – The Olympics

Pupils will:

- describe the values of friendship and respect
- use their legs and arms to jump up high
- show the values of friendship and respect in a jumping activity
- describe the value of excellence
- use an underarm throw to throw accurately
- describe the value of determination

PE Knowledge and Skills

Aletheia Academies Trust

St Botolph's C of E Primary School

Year 2

Term 1 – Target Games

Pupils will:

- vary the speed of the ball when rolling
- roll a ball accurately, aiming for a target
- take part in games that involve rolling, including team games
- know how to carry out an underarm throw
- throw an object accurately, aiming for a stationary target
- design a game that involves throwing underarm
- throwing an object underarm, aiming for a moving target
- avoid being hit by a ball using different techniques, including dodging, swerving and jumping
- play a game that involves aiming at moving targets
- throw an object overarm for more distance
- choose whether to throw overarm or underarm depending on the situation
- know the correct technique to kick a ball accurately
- kick a ball accurately, aiming for a target
- play a team game that involves kicking at targets
- know what a tactic is and use them in a game
- use teamwork in a game
- evaluate their own performance after a game

Term 1 -Dodgeball

Pupils will:

- aim at a moving target using a dodgeball
- know the basics of dodgeball rules
- use jumping and ducking to dodge the ball
- use a sidestep or leap to dodge the ball
- catch a ball aimed at their knees and lower legs
- know how to block a ball in dodgeball
- know about the rules and skills of blocking and catching in dodgeball
- recognise the different areas and boundary lines on a dodgeball court
- know where to position themselves on a dodgeball court when attacking and defending

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PE Knowledge and Skills

Term 2- Dance

Pupils will:

- use a movement and gesture to communicate ideas and feelings
- change their movements to show contrasting emotions
- act and react with a partner and a group
- work with others to tell the story of the gunpowder plot
- remember and repeat simple movement phrases and put them together to make a dance
- move in canon with a group
- refine their movements to add fluency
- move fluently between different formations
- work in a group to express the feelings of a group
- repeat and practise their movements to improve them
- move to a steady rhythm (Remember, Remember)
- use different parts of their body to make a rhythm
- speed up and slow down and maintain a rhythm

Term 2- Invasion Games

Pupils will:

- kick a ball whilst moving
- dodge a moving object
- look up whilst moving with the ball to dodge a moving object
- find and move into space to receive a pass
- pass and receive a football in a game
- pass to a player on their team who is in space
- use an overhead pass and underarm throw to pass a ball
- choose the best pass to use in a game
- understand the role of the attacker and the attacking team
- understand the role of the defender and the defending team
- create space by dodging and swerving
- deny space by marking an opponent
- shoot at a target when attacking
- intercept or stop an object to protect a target when defending
- understand how to attach and defend in a competitive game
- understand the importance of rules in a game

PE Knowledge and Skills

Aletheia Academies Trust

St Botolph's C of E Primary School

Term 3 - Gymnastics

Pupils will:

- explain the correct form for each jump (star, straight, pike, straddle)
- shape their body correctly for different jumps
- take off and land safely
- use their core and arm strength to perform rolls (forward and backwards roll) with control
- begin and end in the correct position
- round their back and tuck in their chin to roll safely
- hurdle step onto a springboard correctly
- rebound off the springboard to create height
- use body strength and control to move over equipment in a controlled way
- hump off the vaulting box neatly and safely
- perform a handstand and cartwheel using correct techniques
- correctly perform a chassis step, straight jump half turn and cat leap to link movements
- choose appropriate linking actions to form a sequence
- work collaboratively with a partner
- perform a gymnastics sequence with a partner

Term 3 – Attacking & Defending

Pupils will:

- know the difference between attacking and defending
- move with a player to mark them
- use spaces to move away from a defender who is marking them
- find spaces that are useful for intercepting, to help defend in a game
- intercept a ball as it is passed between attackers
- talk about how they feel after exercise
- change direction quickly, to dodge and get past a defender
- change their speed to get past a defender
- think of tactics to use, to help them in a game
- make eye-contact with other players, to communicate with them
- find open spaces, so that is easier for them to receive a pass
- look for players in open space who they can pass to
- aim carefully at a target, focusing on passing accurately so that the ball reaches the target
- use attacking skills to score points in a game

PE Knowledge and Skills

- use defending skills to stop the other team scoring points
- identify the skills they are good at and what they need to improve on

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Term 4 – Dance

Pupils will:

- create movements inspired by preparing a garden for planting
- work cooperatively with a partner
- perform movements in canon and unison
- remember and repeat actions when creating a motif
- watch and describe the work of others and use this to improve their own performance
- move their body in different ways to show the growth of a plant
- create different shapes with their body to show the parts of a plant
- vary the speed and level of their actions
- create suitable movements to represent different types of seeds
- perform in time to music
- change the size, speed and level of their movements
- talk about their own performance

Term 4 – Bat & Ball

Pupils will:

- hold a tennis racket correctly
- use their racket to hit a ball to a target
- cooperate with others to play a team game
- throw a ball underarm for their partner to hit
- hit a ball that has been thrown to them
- recognise ways to be successful when playing a team game
- understand what a tactic is and apply tactics to a game scenario
- hold a cricket bat correctly and hit a ball to a target
- roll and throw a ball towards a target
- watch and evaluate the performance of a partner

Term 5 - Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres

- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 5 - Gymnastics

Pupils will:

- create different shapes with their body and hold them still
- evaluate the work of others and give appropriate feedback
- understand how to improve the quality of their balances
- compose and perform a sequence on apparatus
- work cooperatively with a partner
- perform balances on a range of body parts, using different apparatus
- perform a variety of different rolls, controlling their body
- understand that rolls can used to link movements together in a sequence
- show control when landing their jumps
- show clear body shapes when they jump
- explore and remember movements to create a sequence
- link their movements together to help their sequence flow

Term 6- Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 6- The Olympics

Pupils will:

- describe the value of courage
- change direction when running
- show the value of courage in a running activity
- describe the value of equality
- jump as far as they can using a learnt technique
- describe the value of inspiration
- plan their own athletics events

PE Knowledge and Skills

Year 3

Term 1 – OAA

(Cross-curricular links to Forest School, geography, and mathematics)

Pupils will:

- listen to and cooperate with others
- use clear and concise verbal communication
- use non-verbal methods of communication
- successfully complete tasks as part of a team
- listen carefully to the instructions
- process what they need to do
- carry out each instruction step by step
- identify the problem and understand what to do
- come up with a plan to solve a problem (a solution)
- work collaboratively to solve the problem
- understand and use directional language
- follow directions
- give directions using appropriate language.
- understand the concept of a map and use one to position objects correctly
- orientate a map, moving and changing position.
- understand what orienteering involves
- know the meaning of some common map symbols
- work collaboratively to match basic orienteering symbols with their meaning

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Term 1 - Netball

Pupils will:

- practise the techniques for different passes such as chest pass, shoulder pass, bounce pass and overhead pass
- know how to catch a netball with one and two hands
- select the appropriate netball pass to use in different scenarios
- land in different ways after both feet have left the ground
- pivot using the correct footwork
- understand the footwork rule in netball
- move at a range of speeds and in different directions

- use different movement skills to evade a defender
- apply a range of attacking movement skills in a game
- know how to mark their opposition with or without possession of the ball
- know the rules for defending a netball
- use an effective technique when aiming for a target
- play as part of a team when following the rules of High 5 Netball
- evaluate their performance and that of others and suggest ways to improve

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Term 2 - Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 2 – Gymnastics

(Cross-curricular links to mathematics)

Pupils will:

- stay still and controlled in each body position
- perform each body shape clearly and safely
- name the different body shapes they have attempted
- perform body positions clearly in the air, making sure they land safely
- apply fundamental throwing, catching and rolling skills
- perform basic gymnastics moves and body shapes whilst manipulating the hand apparatus
- control and use the hand apparatus in a variety of ways
- work with a partner to create and perform a routine
- know what symmetry is and perform symmetrical shapes individually and as part of a group
- use apparatus to create symmetrical shapes
- evaluate their own and others' performance

PE Knowledge and Skills

Aletheia Academies Trust

St Botolph's C of E Primary School

Term 3 - Football

Pupils will:

- carry out different ball control skills
- use the correct technique when dribbling with a football
- stop the ball after dribbling it
- pass the ball accurately using the side of their foot
- use the correct technique to receive the ball with control
- combine dribbling and passing
- understand the importance of space and movement in football
- use the skills of dodging and swerving to get free from a defender
- support teammates by moving into a space to receive a pass
- understand the job of the defender and defending team in football
- mark an opponent by denying them space
- know the technique for a block tackle in football
- demonstrate defensive skills in a game
- know how to shoot with accuracy and with power
- know about the different elements of fitness that are needed for football
- take part in a football fitness circuit
- demonstrate improvement to achieve their personal best

Term 3 – Dance

(Cross-curricular links to geography and music)

Pupils will:

- create movements to fit with the stages of a volcanic eruption
- work cooperatively with a partner
- link and combine movements to create a dance phrase
- create different movements to represent sounds made by different percussion instruments
- link and combine movements to tell a narrative based on an image
- evaluate their own performance and suggest ways to improve it
- work cooperatively to create a dance motif to show the journey of a tsunami
- include an interesting jumping and turning movement in their dance motif
- include movements performed at different speeds in their dance motif
- create considered movements to represent the different properties of a tornado
- describe what makes a good dance motif
- use their body to create movements linked to different emotions

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PE Knowledge and Skills

Term 4 - Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 4 - Gymnastics

Pupils will:

- take off and land showing good control
- perform a variety of jumps accurately
- hurdle step onto a springboard correctly
- rebound off the springboard to create height
- use body strength and control to move over equipment in a controlled way
- jump off the vaulting box neatly and safely
- begin and end a handstand and cartwheel in a controlled and safe manner
- create the correct body position and shape needed to perform a handstand and a cartwheel
- perform different jumps to link actions to form a sequence
- work collaboratively with a partner to create their own performance

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Term 5 – Net and Wall Games

Pupils will:

- know what net and wall games are and what they involve
- use light and quick footwork to move in different directions and change direction
- understand the importance of good footwork and positioning
- throw a ball underarm at a target
- use throwing and catching skills in games involving precision and accuracy
- use a range of basic racket skills, such as balancing and bouncing, to control a ball
- hit a ball along the ground with accuracy using a racket
- hold the racket correctly for a forehand, knowing the correct technique to use when hitting a ball at a target

- hit a ball using a backhand technique, including using the correct racket grip
- keep a rally going with a partner, showing control and accuracy
- understand and explain what to do in defence and attack in different scenarios in net and wall games
- understand the importance of positioning to be able to return the ball
- use a range of skills to play a competitive net and wall-based game

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Term 5 – Dance

(Cross-curricular links with geography)

Pupils will:

- create a short dance, inspired by the layers of the rainforest, using different levels
- improvise movements inspired by different types of weather
- create short movement phrases, inspired by rainforest weather patterns
- adapt their movement phrases to vary the length of their dance
- combine movement phrases of different speeds, to create a dance that is inspired by rainforest animals
- create a short dance inspired by deforestations, evaluating their performance using key dance vocabulary such as sequence and movement phrase
- evaluate their performance, finding ways to improve

Term 6 – Athletics

Pupils will:

- select a suitable running pace for a required distance
- know the importance of having a good arm and leg action for sprinting
- identify, practise and give feedback on the best running technique for sprinting
- understand the terms lead leg and trail leg
- focus on their stride pattern and length when learning to hurdle
- run with coordination and rhythm over obstacles
- identify and use the correct technique for the standing long jump
- jump as far as possible using a learnt technique
- throw underarm with control and accuracy
- throw overarm for distance and with control
- identify and describe how to perform a two-handed and one-handed push throw

PE Knowledge and Skills

Term 6 – Striking and Fielding

Pupils will:

- create a 'cup' shape with their hand to catch a ball
- put their body behind and keep their eyes on the ball to catch it
- stand sideways, looking at the target, with their throwing arm behind their head
- swing their throwing arm forward and release the ball with their chest facing forward
- swing their throwing arm over their body, behind their opposite hip
- stand sideways, with their knees bent and shoulder width apart, looking at the ball while holding a bat
- lift the bat behind their body to hip height
- swing the bat in front, twisting at their waist, and move the weight from their back leg onto their front leg
- communicate with their team and select the most appropriate throw when fielding
- demonstrate successful striking skills by striking a ball in an intended direction
- catch and stop balls traveling from different heights and speeds
- adapt to the rules of different games
- design their own game that uses striking and fielding skills, selecting appropriate equipment

PE Knowledge and Skills

Year 4

Term 1 – Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 1 - Basketball

Pupils will:

- use the correct dribbling technique for basketball
- look up while dribbling with the ball
  move in different directions and at different speeds with the ball
- dribble with control and fluency
- pass the ball with accuracy and control
- pass the ball over a range of distances
- use light and quick footwork to move around the court
- stop in different ways and know when and how to pivot
- use strategies to shield the ball from a defender while dribbling and while stationary
- perform the crossover, switching the ball from one hand to the other while dribbling
- mark an opposition player who has possession and without possession of the ball
- use a quick change of speed or direction to get free
- apply attacking and defending skills and tactics they have learnt in a game
- work as part of a team

Term 2 – Tag-Rugby

Pupils will:

- know how to hold a rugby ball
- use the correct technique to catch and throw a rugby ball
- use technique and positioning to successfully throw and catch a ball in rugby while moving
- use the sidestep to move into space with the ball, avoiding defenders
- work as part of a team to move the ball towards the try line

- explain and demonstrate the rules of tagging when playing as a defenders and as an attacker
- know when to pass the ball to a teammate after being tagged
- avoid being tagged by using the space effectively
- position themselves between the players with the ball and a supporting players to help intercept
- look for and attack space when attacking
- make tactical decisions to help their team win possession and keep the ball

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Term 2 – Dance

(Cross-curricular links to history)

Pupils will:

- Perform actions with expression, combining different actions to create a longer dance
- Communicate an idea through a movement phrase
- Link movement phrases smoothly, thinking about the most suitable way to move from one phrase to another
- Dance in unison or in canon with a group
- Rehearse, evaluate and improve movement phrases
- Use correct dance vocabulary, such as canon, unison, link, precision, to describe and evaluate performances

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Term 3 – Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 3 - Gymnastics

Pupils will:

- take off and land showing good control
- perform a straight jump full turn and cat leap half turn accurately
- use their core, leg and arm strength to perform a log roll, teddy bear roll, forward roll and backward roll with control

- perform the straddle shape correctly during the movement
- begin and end in the correct position
- hurdle step onto and rebound off the springboard to create height
- use their body strength to shape and control their movements
- land in a straddle position on the vaulting box
- perform a jump off the vaulting box and land safely
- begin and end their cartwheel in a lunge position
- choose appropriate linking actions to form a sequence
- create a sequence of moves with a theme

Term 4 - Hockey

Pupils will:

- hold a hockey stick correctly for pushing and stopping the ball
- push the ball accurately towards a target and stop it by keeping control
- use the correct body position to travel with the ball safely
- stay in control of the ball whilst moving and changing direction
- use the correct grip and body position for dribbling
- attempt to dribble past an opponent
- use the correct technique to tackle safely, knowing the rules of tackling to try and win the ball back
- hit the ball at pace whilst aiming for a target
- work as a team to attack and defend
- know the basic rules of hockey, evaluating their performance at the end of a game

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Term 4 - Gymnastics

Pupils will:

- demonstrate the correct form for a stag jump and split leap
- perform a pike forward roll safely with control
- perform a backward roll to standing pike using the correct form
- perfect their hurdle step onto a springboard

- take-off successfully from a springboard
- show body strength and control to move over equipment in a controlled way
- use their core and arm strength to control their movements
- perform a short sequence of movements including a round-off
- use jumps, pivots and other linking movements to create flow in their sequence
- work with a partner or group to plan their own gymnastics routine
- perform in time to music, adapting their movements to reflect the music's style or theme

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Term 5 - Badminton

Pupils will:

- use a forehand and backhand grip with a badminton racket to control a balloon
- use a badminton racket to strike a shuttlecock
- use different grips to hold a badminton racket
- alter how they strike a shuttlecock to control the accuracy and depth of travel
- move across a space using a running step or chasse step
- know what a ready position is and can adopt it when needed
- move back to a centre point
- serve a shuttlecock and maintain a rally with a partner
- perform a smash shot to earn a point, and play a block shot to defend against a smash shot
- use defensive and attacking shots in a badminton match
- evaluate their performance in the match

Term 5 – Dance

(Cross-curricular links with geography and science)

Pupils will:

- perform dance moves in unison, canon and using call and response
- perform a short motif inspired by water, using a range of different skills

- use the technique of isolation when creating a movement phrase
- explain the difference between locomotor and non-locomotor movements
- use different body parts in a movement phrase to help communicate different messages to their audience
- develop a motif by changing the speed at which they perform
- change the dynamics of their performance to represent different types of cloud
- use the technique of repetition to add effect
- develop a dance motif by performing it using the retrograde technique
- perform dance moves based on a trigger from the music
- incorporate solo performances into the group movement phrase

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Term 6 - Athletics

Pupils will:

- perform basic running, jumping and throwing skills in games
- identify and practise an effective running technique for sprinting and a sprint finish
- know how to pass and receive the relay baton for a smooth changeover
- combine a variety of jumps to perform a triple jump, trying to jump as far as possible
- jump and measure the standing triple jump effectively
- work as part of a team, using communication to improve chances of success
- identify and describe how to perform a pull throw
- develop their ability to throw for distance and accuracy
- apply a variety of techniques learnt to a competition scenario
- adjust their performance in order to improve

Term 6 - Cricket

Pupils will:

- position themselves correctly to receive a catch
- adapt their hand, arm and body positions to make different types of catches
- keep sight of the ball at all times when attempting to catch
- throw for distance, using the correct overarm technique
- throw towards a target with accuracy and control

PE Knowledge and Skills

- stop a rolling ball using the correct technique
- hold and grip a cricket bat correctly
- adopt the correct stance and back-lift for batting in cricket, standing sideways with their knees bent and shoulder-width apart, looking at the ball
- use the correct defensive batting technique to protect the stumps from a ball
- begin to strike a ball in an intended direction, using an attacking hitting stroke
- identify when to play attacked and defending strokes in cricket
- demonstrate an effective overarm bowling technique, using the correct bowling grip
- bowl with a straight arm, making the ball bounce with their delivery
- play in a Kwik Cricket match, playing by the rules and showing good sportsmanship
- use a range of skills to play a competitive striking and fielding game
- understand the importance of teamwork and communication in a striking and fielding game

PE Knowledge and Skills

Year 5

Term 1 – OAA

(Cross-curricular links with forest school, geography and maths)

Pupils will:

- work as part of a team effectively to complete a range of challenges.
- use a range of different methods to communicate effectively.
- know what orienteering is and understand why agility and endurance are important for this.
- understand what a compass is and how it works.
- locate where north is using a compass and use this information to find other directions.
- know the eight different directions on a compass.
- follow directional instructions, including clockwise and anti-clockwise, as well as 90 ˚, 180 ˚, 270 ˚ and 360˚ turns.
- know and understand the different features of a map, including symbols, key, scale and compass directions.
- follow a map to give clear, concise directions.
- complete the missing information on a map.
- use a map to navigate around the school grounds.
- know the meaning of orienteering symbols.
- mark and find control points on a map.
- set up an orienteering course for others to complete.

Term 1 – Tag Rugby

Pupils will:

- use the correct technique to catch and throw a rugby ball
- use technique and positioning to successfully throw and catch a ball in rugby while moving
- use the sidestep to move into space with the ball, avoiding defenders
- work as part of a team to move the ball towards the try line
- explain and demonstrate the rules of tagging when playing as a defenders and as an attacker
- know when to pass the ball to a teammate after being tagged
- avoid being tagged by using the space effectively
- position themselves between the players with the ball and a supporting players to help intercept
- look for and attack space when attacking

PE Knowledge and Skills

Make tactical decisions to help their team win possession and keep the balTerm 2- Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 2- Gymnastics

(Cross-curricular links with history)

Pupils will:

- create a range of shapes with their body to represent ancient Egyptian icons
- hold balances on different parts of their body, including 3 and 4-point balances
- evaluate their own and others' performances and identify ways to improve
- demonstrate strength and flexibility to depict hieroglyphic shapes with their body
- work cooperatively to create a gymnastic partner routine that contains a good range of linking actions and movements
- perform a gymnastics routine using good technique and control
- link movements, shapes and balances to create a gymnastics routine which tells a story
- use a forward roll to link their movements in a routine
- create a counterbalance with a partner
- create ideas to reflect the music and a theme

Term 3 - Basketball

Pupils will:

- use the correct dribbling technique for basketball
- look up while dribbling with the ball
- move in different directions and at different speeds with the ball
- dribble with control and fluency
- pass the ball with accuracy and control
- pass the ball over a range of distances
- use light and quick footwork to move around the court
- stop in different ways and know when and how to pivot

- use strategies to shield the ball from a defender while dribbling and while stationary
- perform the crossover, switching the ball from one hand to the other while dribbling
- mark an opposition player who has possession and without possession of the ball
- use a quick change of speed or direction to get free
- apply attacking and defending skills and tactics they have learnt in a game
- work as part of a team

Term 3 – Gymnastics

(Cross-curricular links with science)

Pupils will:

- create a range of shapes with their body and a gymnastics ribbon
- use shape and movement to communicate ideas about the Earth, Sun and Moon
- evaluate their own and others' performances and identify ways to improve
- hold balances on two, three and four-points of their body
- vary the speed, shape, levels and dynamics of their movements to represent a journey
- link movements and balances

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 4 - Dance

(Cross-curricular links with music)

Pupils will:

- identify music and dance styles popular in the UK in the 1960s, 70s, 80s, 90s and 00s
- perform some key 19060s dance moves that are inspired by the Twist
- perform key and characteristic dance moves, such as twisting the hips and flicking the heels and feet outwards
- perform dance moves that are inspired by disco, such as side-to-side hip movements and step patterns
- perform dances moves that are inspired by hip-hop, such as popping, locking and breakdancing
- perform key 1990s dance moves inspired by girl groups and boy bands, such as dancing in unison and matching actions to lyrics
- perform some 2000s dance moves that are inspired by previous decades, such as the cha cha slide and ketchup song

- work with a group to develop a dance that incorporates elements from other decades and resembles a 2000s dance craze style

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Term 5 - Tennis

Pupils will:

- grip a tennis racket using correct form and technique
- catch and control a ball using a racket
- move around a space while maintaining control of a ball on a racket
- grip and hold the tennis racket correctly when hitting a forehand
- know how and when to use the ready position
- use the forehand technique to successfully land a ball in the oppositions side of the court
- know the advantages and disadvantages of the different types of backhand stroke
- strike a ball using the correct technique for a backhand groundstroke
- hit a backhand accurately at a targeted area
- use the correct technique to perform a toss suitable for serving
- strike a tossed ball using an overhead service stroke
- aim a serve accurately at a target area
- strike a tennis ball before it bounces, using the volley technique
- use their racket and technique to play a valley, with varying degrees of power
- show an understanding of the rules and the scoring system in tennis
- take part in a rally in a tennis mini game, by playing a groundstroke or volley
- evaluate their own performance

Term 5 – Dance

(Cross-curricular links with geography)

Pupils will:

- use the transfer of weight to create smooth transitions between movements
- perform a group dance in canon
- use different levels to communicate ideas effectively
- use their body in the space around them to represent their ideas
- develop a series of movements to create an ongoing motif
- use a stimulus to inspire variations in timing for a dance
- demonstrate strong, clear lines and shapes with their body
- use lines and shapes to express moods and ideas in a dance
- combine movements fluently and perform a cohesive, extended dance

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PE Knowledge and Skills

Term 6 - Athletics

Pupils will:

- perform basic running, jumping and throwing skills
- use and combine the skills of running, jumping and throwing in a game
- test and practise their reaction times
- perform, compare and evaluate their sprint start from a variety of starting positions
- pace themselves when running for continuous periods
- control the pace they run to suit the activity, demonstrating an understanding of stamina
- use a learnt technique to jump as high as possible
- demonstrate power in the take off and an effective flight phase
- identify and describe how perform a fling throw
- use the correct technique for a fling throw, throwing for distance and accuracy
- measure and record their own throwing distance

Term 6 - Rounders

Pupils will:

- hold a rounders bat correctly, adopting the correct stance for batting
- bowl underarm to reach a target, controlling the heigh, speed and distance
- position themselves correctly to receive a catch
- adapt their body, hand and arm positions to make different types of catches
- throw overarm using the correct technique
- explain where different fielders should stand out and what they need to do
- judge who they need to throw the ball to when fielding to try and stop the opposing team from scoring
- throw and catch a ball quickly and accurately while under pressure
- explain where the deep fielders should stand and what they need to do
- stop a moving ball using the appropriate technique
- employ a range of tactics and strategies to help drive the success of their team
- demonstrate awareness of the game to make decisions which positively affect gameplay
- play strategically as part of a team
- play a rounders match according to the rules and show good sportsmanship

PE Knowledge and Skills

Year 6

Term 1 – Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 1 - Hockey

Pupils will:

- hold a hockey stick correctly for pushing and stopping the ball
- push the ball accurately towards a target and stop it by keeping control
- use the correct body position to travel with the ball safely
- stay in control of the ball whilst moving and changing direction
- use the correct grip and body position for dribbling
- attempt to dribble past an opponent
- use the correct technique to tackle safely, knowing the rules of tackling to try and win the ball back
- hit the ball at pace whilst aiming for a target
- work as a team to attack and defend
- know the basic rules of hockey, evaluating their performance at the end of a game

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Term 2 - Netball

Pupils will:

- practise the techniques for different passes such as chest pass, shoulder pass, bounce pass and overhead pass
- know how to catch a netball with one and two hands
- select the appropriate netball pass to use in different scenarios
- land in different ways after both feet have left the ground
- pivot using the correct footwork
- understand the footwork rule in netball
- move at a range of speeds and in different directions
- use different movement skills to evade a defender
- apply a range of attacking movement skills in a game
- know how to mark their opposition with or without possession of the ball
- know the rules for defending a netball

- use an effective technique when aiming for a target
- play as part of a team when following the rules of High 5 Netball
- evaluate their performance and that of others and suggest ways to improve

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Term 2 – Dance

(Cross-curricular links with history)

Pupils will:

- describe and perform traditional Charleston dance steps
- dance in unison with a partner, ensuring they are in time to music
- reflect the appropriate style and mood of the Lambeth Walk song when dancing
- choreograph some of their own dance steps for the Lambeth Walk
- describe and perform some Lindy Hop dance steps
- name and describe some different types of swing dances
- create a dance sequence with a partner
- improvise some dance steps during a breakaway section
- create a dance motif to represent a WWII event or theme
- perform their dance with appropriate expression and emotion
- identify areas to improve their own dance
- say what dances were popular during WWII
- perform confidently in front of an audience

Term 3 - Swimming

Pupils will:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Term 3 - Dance

(Cross-curricular links with science)

Pupils will:

- create movements to represent different forms of electricity
- work cooperatively with a group
- demonstrate three dance techniques within one performance

- adapt and change their performance to represent a selected electrical component
- assess and make suggestions for improvements of others' work
- explain what is meant by the term stimuli
- create different movements in response to different sounds
- explain why dancers need to learn the skill of responding to different stimuli
- link a series of movements to a dance phrase
- combine at least two stimuli to create a dance
- transition from one dance motif to another to complete a dance phrase

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Term 4 - Football

Pupils will:

- carry out different ball control skills
- use the correct technique when dribbling with a football
- stop the ball after dribbling it
- pass the ball accurately using the side of their foot
- use the correct technique to receive the ball with control
- combine dribbling and passing
- understand the importance of space and movement in football
- use the skills of dodging and swerving to get free from a defender
- support teammates by moving into a space to receive a pass
- understand the job of the defender and defending team in football
- mark an opponent by denying them space
- know the technique for a block tackle in football
- demonstrate defensive skills in a game
- know how to shoot with accuracy and with power
- know about the different elements of fitness that are needed for football
- take part in a football fitness circuit
- demonstrate improvement to achieve their personal best

Term 4 - Gymnastics

Pupils will:

- take off and land showing good control
- describe and perform a range of jumps
- perform a cat leap full turn and stag leap accurately

- use their core and arm strength to perform rolls with control
- support and guide their dive forward roll using their arms, core and correct body positioning
- maintain the pike shape correctly during the pike backward roll
- begin and end in the correct position
- rebound off the springboard to create height
- perform a wide straddle in the air, landing safely to end
- perform a long, low hurdle step into a lunge position before tumbling
- choose appropriate linking actions to form a sequence
- perform a series of rolls, cartwheels and round offs in quick succession
- perform in time to music
- link and perform a range of movements in canon and unison

Term 5 - Volleyball

Pupils will:

- position themselves correctly on a volleyball court using the ready position
- move around a space using side-to-side step
- carry out a pass using the dig shot
- understand the different positions on a volleyball court
- control a ball using their arm or fist to make contact when striking it
- develop a replicate an underarm serve
- hit an underarm serve and aim towards a target area
- use the correct technique to perform a set shot
- aim towards a target area with accuracy
- use dig and set shots to control and pass the ball
- use the correct technique to perform a spike shot and aim at a target area
- use the correct footwork when attacking a volleyball
- use a block technique to deflect the ball from coming over the net
- play a Newcomb ball match according to the rules and show good sportsmanship
- understand the importance of teamwork and communication in a net and wall game

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Term 5 - Gymnastics

(Cross-curricular links with geography)

Pupils will:

- create a range of shapes with their body and gymnastics ribbon

- use shape and movements to represent the changing course of a river and specific river features
- evaluate their own and others' performances and identify ways to improve
- hold point balances on one, two, three and four-points of their body
- create a range of point balances to represent mountains
- work with a partner to make combined balances that emphasis different levels and shapes
- move smoothly into and out of a balance or shape
- perform counterbalances with a partner
- link shape, balance and movement to perform a sequences as part of a group
- use apparatus creatively and sensibly

Term 6 - Athletics

Pupils will:

- use an effective sprinting technique
- know how to pass and receive a baton effectively
- sustain their running pace over middle and longer distances
- change running pace during different parts of the run
- demonstrate coordination and rhythm when hurdling
- run with speed and fluency over the obstacles
- use their preferred leg to 'lead' over the obstacles
- jump as far or high as possible using a learned technique
- throw for distance using the overhead heave throw technique
- evaluate their own and others' performance

Term 6 – Striking and Fielding

Pupils will:

- keep and eye on the ball at all times when catching
- use their body to adapt and respond to balls thrown at different heights and angles
- communicate effectively with their team
- increase the power they throw the ball, aiming to throw a ball at least 10m
- hit a bowled ball, ensuring they move their feet to angle a shot into space
- practise an overarm bowling technique, making the ball bounce with their delivery
- aim and hit a specific target with their overarm bowl
- apply the long barrier technique to field grounded balls
- apply their skills of hand-eye coordination to hit a ball