



PE

Highlight by topic

Year A Autumn - Tudors

Year A Spring – Around The World

Year A Summer – Think Local, Act Global

Highlight by topic

Year B Autumn – Ancient Egypt

Year B Spring - Splash

Year B Summer – They're Coming...

Year 3

Knowledge, Skills and Understanding breakdown for PE

| Swimming | Acquiring and Developing Skills | Applying Skills and Using Tactics | Evaluating and Improving Performance |
|--|---|---|--|
| <p>Demonstrate increased technique for specific strokes to include head above water breast-stroke, backstroke and front crawl over a distance of 25m. Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p> <p>Challenge: Explore front crawl underwater breathing technique. Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p> | <p><u>Invasion Games:</u> Developing movement skills including sending and receiving, dribbling with hands and feet whilst abiding by the rules whilst under some pressure. Challenge: Share ideas and work with others to manage the game.</p> <p><u>Net and Wall Games:</u> Explore returning a ball using focus shots such as the forehand and backhand. Explore serving from an underarm serve. Explore rallying with a forehand. Challenge: Share ideas and work with others fairly.</p> <p><u>Striking and Fielding:</u> Begin to strike a bowled ball using different equipment. Explore bowling and fielding skills to include a two handed pick up and long and short barriers. Use overarm and underarm throwing in game situations. Catch with some consistency in game situations. Challenge: Share ideas and work with others to manage our game.</p> <p><u>Gymnastics:</u> Explore matching and contrasting shapes. Explore point and patch balances and transition smoothly into and out of them. Develop the straight, barrel and forward roll. Develop stepping into shape jumps with control. Challenge: Use a greater number of my own ideas for movements in response to a task.</p> <p><u>Dance:</u> Create actions in response to a stimulus individually and in groups. Use dynamics effectively to express an idea. Use directions to transition between formations. Develop an understanding of formations. Challenge: Create short dance phrases that communicate an idea.</p> | <p><u>Invasion Games:</u> Develop an understanding on how to lose a defender and explore shooting options. Track opponents to limit their scoring opportunities. Challenge: Learning the rules of the game and begin to use them to play honestly and fairly.</p> <p><u>Net and Wall Games:</u> Consistently use and return to the ready position in between shots. Challenge: Learning the rules of the game and beginning to use them to play honestly and fairly.</p> <p><u>Striking and Fielding:</u> Begin to identify when to use an underarm and overarm throwing technique. Challenge: Communicate with my teammates to apply simple tactics.</p> <p><u>Gymnastics:</u> Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Challenge: Adapt sequences to suit different types of apparatus.</p> <p><u>Dance:</u> Perform short, self choreographed phrases showing an awareness of timing. Challenge: Use counts to keep in time with a partner and group.</p> | <p><u>Invasion Games:</u> Provide feedback using key words. Understand the aim of the game and this is shown in their performance. Challenge: Provide feedback on using key terminology and understand what I need to do to improve.</p> <p><u>Net & Wall Games:</u> Provide feedback using key words. Understand the aim of the game and this is shown in their performance. Challenge: Provide feedback using key terminology and understand what to do to improve.</p> <p><u>Striking & Fielding:</u> Children can provide feedback using key words. They can persevere when learning new skills. Understand the aim of the game and this is shown in their performance. Challenge: Provide feedback using key terminology and understand what to do to improve.</p> <p><u>Gymnastics:</u> Children develop their confidence to perform, considering the quality and control of their actions. Challenge: Recognise how performances could be improved.</p> <p><u>Dance:</u> Children can provide feedback using key words. Challenge: Recognise how performances could be improved.</p> |



PE

Highlight by topic
 Year A Autumn - Tudors
 Year A Spring – Around The World
 Year A Summer – Think Local, Act Global

Highlight by topic
 Year B Autumn – Ancient Egypt
 Year B Spring - Splash
 Year B Summer – They’re Coming...

Year 4

Knowledge, Skills and Understanding breakdown for PE

| Acquiring and Developing Skills | Applying Skills and Using Tactics | Evaluating and Improving Performance |
|---|---|--|
| <p><u>Invasion Games:</u> Develop controlled movement skills including passing to a teammate using a variety of techniques appropriate to the game. Controlled dribbling whilst under pressure. Challenge: Communicate with others and move into space to keep possession and score.</p> <p><u>Net and Wall Games:</u> Demonstrate increased technique when using shots both cooperatively and competitively. Develop technique in serving underarm with increased consistency. Develop rallying using both forehand and backhand with increased technique. Challenge: Work cooperatively with others to manage a game.</p> <p><u>Striking and Fielding:</u> Develop batting technique consistent with the rules of the game. Develop bowling with some consistency, abiding by the rules of the game. Use overarm and underarm throwing with increased consistency in game situations. Begin to catch with one and two hands with some consistency in game situations. Challenge: Work collaboratively with others to score.</p> <p><u>Gymnastics:</u> Develop the range of shapes they use in their sequences. Develop strength in bridge and shoulder stand. Develop control and fluency in individual and partner balances. Develop the straight, barrel, forward and straddle roll and perform with increased control. Develop control in performing and landing rotation jumps. Challenge: Identify some muscle groups used in gymnastic activities.</p> <p><u>Dance:</u> Respond imaginatively to a range of stimuli related to character and narrative. Change dynamics confidently within a performance to express changes in character. Confidently use changes in level, direction and pathway. Use action and reaction to represent an idea. Challenge: Use changes in timing and spacing to develop a dance.</p> | <p><u>Invasion Games:</u> Develop decision making around when to pass and when to shoot, develop defending one on one and know when to win the ball. Move into space to help their team keep possession and score goals. Challenge: Understand the rules of the game and apply them honestly most of the time.</p> <p><u>Net and Wall Games:</u> Begin to use appropriate footwork patterns to move around court. Communicate with teammates to apply simple tactics. Challenge: Understand the rules of the game and apply them honestly most of the time.</p> <p><u>Striking and Fielding:</u> Begin to develop how and where to place the ball when batting. Communicate with teammates to apply simple tactics. Challenge: Work co-operatively with others to manage the game.</p> <p><u>Gymnastics:</u> Children work independently and in collaboration with a partner to create and develop sequences. Challenge: Understand how body tension can improve the control and quality of movements.</p> <p><u>Dance:</u> Perform complex dances that communicate narrative and character well, performing clearly and fluently. Challenge: Use counts to keep in time with others and the music.</p> | <p><u>Invasion Games:</u> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. Challenge: Identify when a performance was successful and what needs to be done to improve.</p> <p><u>Net & Wall Games:</u> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. Challenge: Use feedback provided to improve work.</p> <p><u>Striking & Fielding:</u> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. Challenge: Use feedback provided to improve work.</p> <p><u>Gymnastics:</u> Children are given opportunities to receive and provide feedback in order to make improvements on their performances. They develop performance skills considering the quality and control of their actions. Challenge: Watch, describe and suggest possible improvements to others’ performances and my own.</p> <p><u>Dance:</u> Children can provide feedback using appropriate language related to the lesson. Challenge: Watch, describe and suggest possible improvements to others’ performances and my own.</p> |



PE

Highlight by topic
 Year A Autumn - The Blitz
 Year A Spring – Out Of This World
 Year A Summer – Bristol

Highlight by topic
 Year B Autumn – Eureka!
 Year B Spring - On the Latin Side
 Year B Summer – British Greats

Year 5

Knowledge, Skills and Understanding breakdown for PE

| Acquiring and Developing Skills | Applying Skills and Using Tactics | Evaluating and Improving Performance |
|---|---|--|
| <p><u>Invasion Games:</u> Develop control with sending and receiving under pressure. Select and apply a variety of dribbling techniques to game situations. Challenge: Work in collaboration with others so that games run smoothly.</p> <p><u>Net and Wall games:</u> Develop the range of shots used in the games they play. Develop their range of serving techniques appropriate to the game they are playing. Use a variety of shots to keep a continuous rally. Challenge: Work in collaboration with others so that games run smoothly.</p> <p><u>Striking and Fielding:</u> Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation. Demonstrate clear technique when using a variety of throws under pressure. Challenge: Work collaboratively with others to score and to get batters out.</p> <p><u>Gymnastics:</u> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. Explore progressions of a cartwheel and a handstand. Explore symmetrical and asymmetrical balances. Develop control and fluency in the straight, barrel, forward, straddle and backward roll. Select a range of jumps to include in sequence work. Challenge: Use strength and flexibility to improve the quality of a performance.</p> <p><u>Dance:</u> Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. Confidently use dynamics to express different styles. Use direction and patterning to express different dance styles. Confidently use formations, canon and unison to express a dance idea. Challenge: Refine the way actions, dynamics, relationships and space are used in a dance in response to a stimulus.</p> | <p><u>Invasion Games:</u> Explore creating attacking tactics with others and applying them to game situations. Develop tracking and marking with a variety of techniques and increased success. Move to create space for themselves and others in their team. Challenge: Use the rules of the game honestly and consistently.</p> <p><u>Net and Wall Games:</u> Demonstrate effective footwork patterns to move around the court. Understand there are different skills for different situations and begin to apply this. Challenge: Use the rules of the game consistently to play fairly and honestly.</p> <p><u>Striking and Fielding:</u> Explore defensive and driving hitting techniques and directional batting. Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. Understand the need for tactics and can identify when to use them in different situations. Challenge: Work in collaboration with others so that games run smoothly.</p> <p><u>Gymnastics:</u> Children create longer sequences individually, with a partner and a small group. Challenge: Lead a partner through short warm-up routines.</p> <p><u>Dance:</u> Perform dances expressively, using a range of performance skills, showing accuracy and fluency. Challenge: Use counts when choreographing to stay in time with others and the music.</p> | <p><u>Invasion Games:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. Challenge: Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Net & Wall Games:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. Challenge: Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Striking & Fielding:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. Challenge: Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Gymnastics:</u> They are given opportunities to receive and provide feedback in order to make improvements on their performances. Children develop their performance skills considering the quality and control of their actions. Challenge: Use set criteria to make simple judgements about performances and suggest ways they could be improved.</p> <p><u>Dance:</u> Children can suggest ways to improve my own and other people's work using key terminology. They can use feedback provided to improve the quality of their work. Challenge: Use set criteria to make simple judgements about performances and suggest ways they could be improved.</p> |



PE

Highlight by topic

Year A Autumn - The Blitz

Year A Spring – Out Of This World

Year A Summer – Bristol

Highlight by topic

Year B Autumn – Eureka!

Year B Spring - On the Latin Side

Year B Summer – British Greats

Year 6

Knowledge, Skills and Understanding breakdown for PE

| Swimming | Acquiring and Developing Skills | Applying Skills and Using Tactics | Evaluating and Improving Performance |
|---|--|---|---|
| <p>Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p> <p>Challenge: Can select and apply the appropriate survival technique for the situation.</p> | <p>Invasion Games: Develop making quick decisions about when, how and who to pass to. Dribble consistently using a range of techniques with increasing control under pressure. Challenge: Help others develop their knowledge and skills through leadership opportunities.</p> <p>Net and Wall Games: Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation. Serve consistently and accurately. Successfully apply a variety of shots to keep a continuous rally. Challenge: Help others develop their knowledge and skills through leadership opportunities.</p> <p>Striking and Fielding: Strike a bowled ball with increasing accuracy and consistency. Consistently demonstrate good technique in catching skills under pressure. Challenge: Help others develop their knowledge and skills through leadership opportunities.</p> <p>Gymnastics: Combine and perform gymnastics shapes more fluently and effectively. Develop control in progressions of a cartwheel and a handstand. Explore counter balances and counter tension balances. Develop fluency and consistency in the straddle, forward and backward roll. Combine and perform a range of gymnastic jumps more fluently and effectively. Challenge: Combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>Dance: Show controlled movements which express emotion and feeling. Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group. Challenge: Refine the way actions, dynamics and relationships are used to represent ideas, emotions, feelings and characters.</p> | <p>Invasion Games: Explore creating attacking tactics with others in response to the game. Explore creating and applying defending tactics with others in response to the game. Move to the correct space when transitioning from attack to defence. Challenge: Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p>Net and Wall Games: Begin to apply tactics to their serve. Demonstrate a variety of footwork patterns relevant to the game they are playing. Select the appropriate action for the situation and make this decision quickly. Challenge: Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p>Striking and Fielding: Consistently select and apply the appropriate fielding action for the situation. Consistently make good decisions on who and when to pass to in order to get batters out. Understand and apply some tactics in the game as a batter, bowler and fielder. Challenge: Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p>Gymnastics: Children use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus when developing sequences. Challenge: Lead a small group through short warm-up routines. Dance: Use a variety of basic compositional principles when creating their own dances. Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performances. Challenge: Use counts when choreographing to improve the quality of their work.</p> | <p>Invasion Games: Recognise their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. Challenge: Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p>Net & Wall Games: Children will be able to recognise their own their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. Challenge: Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p>Striking & Fielding: Children will be able to recognise their own their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. Challenge: Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p>Gymnastics: Children are given opportunities to receive and provide feedback in order to make improvements on performances. Challenge: Use appropriate language to evaluate and refine own and others' work.</p> <p>Dance: Use feedback provided to improve the quality of their work. Challenge: Children can use appropriate language to evaluate and refine my own and others' work.</p> |