

PE YEAR A

THEMES	Motor Competence	Rules, Strategies and Tactics	Healthy Participation
KS1	<p>Fundamental Movements Multi Skills Attacking & Defending Invasion Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics Fundamentals</p>	<p>Multi Skills Attacking & Defending Invasion Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Fundamentals</p>	<p>Fundamental Movements Multi Skills Attacking & Defending Invasion Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Fundamentals</p>
LKS2	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics</p>	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Outdoor and Adventurous Activities</p>	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Outdoor and Adventurous Activities</p>
UKS2	<p>Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics</p>	<p>Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Outdoor and Adventurous Activities</p>	<p>Attacking & Defending Invasion Games Modified Team Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Outdoor and Adventurous Activities</p>

PE YEAR B

KS1	<p>Fundamental Movements Multi Skills Attacking & Defending Invasion Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics Fundamentals</p>	<p>Multi Skills Attacking & Defending Invasion Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Fundamentals</p>	<p>Fundamental Movements Multi Skills Attacking & Defending Invasion Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Fundamentals</p>
LKS2	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics</p>	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Problem Solving & Team Challenges</p>	<p>Multi Skills Attacking & Defending Invasion Games Modified Team Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Problem Solving & Team Challenges</p>
UKS2	<p>Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games Gymnastics Striking & Fielding Athletics</p>	<p>Attacking & Defending Invasion Games Modified Team Games</p> <p>Net & Wall Games</p> <p>Striking & Fielding Athletics Problem Solving & Team Challenges</p>	<p>Attacking & Defending Invasion Games Modified Team Games Dance Net & Wall Games Gymnastics Striking & Fielding Athletics Problem Solving & Team Challenges</p>

PE TIER 3 VOCABULARY

Year 1 – Year 2	Year 3 – Year 4	Year 5 – Year 6
<p style="text-align: center;">Fundamental Movements Accelerate, evade, reflect</p> <p style="text-align: center;">Multi Skills Agility, acceleration, adjust, aim, evade, focus, intensity, reflect, strike.</p> <p style="text-align: center;">Attacking & Defending Invasion Games invade, block, intercept, pressure, positioning.</p> <p style="text-align: center;">Net & Wall Games target, defending, attacking, placement, vision, position.</p> <p style="text-align: center;">Gymnastics Sequence, strength, power, observe, perform.</p> <p style="text-align: center;">Dance Sequence perform, observe, stimulus, improvise.</p> <p style="text-align: center;">Striking & Fielding Angle, centre of gravity, distance, force, fielding, overarm, pendulum, underarm, positioning.</p> <p style="text-align: center;">Athletics Fundamentals Accelerate, agility, momentum, overtake, pacing, technique.</p>	<p style="text-align: center;">Multi Skills Spatial awareness, dodge, pivot, weave, guard, defend, possession, attacker, defender</p> <p style="text-align: center;">Attacking & Defending Invasion Games Attack, defend, awareness, compactness, depth, invasion, momentum, manipulation, overloads, positioning, support, create space, intercept.</p> <p style="text-align: center;">Modified Team Games Games Agility, acceleration, analysis, disguise, evade, intercept, reflect, strategies, tactics</p> <p style="text-align: center;">Net & Wall Games Court, striking, ,defending, control, placement, shuttlecock, vision, spike, set, serve, smash, positioning, forehand, backhand.</p> <p style="text-align: center;">Striking Fielding Angle, centre of gravity, fielding, overarm, pendulum, pointing, positioning, peripheral vision, strike, underarm, weaknesses, placement, long barrier.</p> <p style="text-align: center;">Athletics Accelerate, agility, disguise, dip, explode, pacing, power, relay, undertake, vision, officiating</p> <p style="text-align: center;">Outdoor and Adventurous Activities orienteering, leadership</p> <p style="text-align: center;">Dance Sequence, improvise, interpret, motif</p> <p style="text-align: center;">Gymnastics apparatus, sequence, dismount, pike, bridge</p>	<p style="text-align: center;">Attacking & Defending Invasion Games compactness, invasion, momentum, manipulation, overloads, deny, intercept, combination play.</p> <p style="text-align: center;">Modified Team Games Agility, analysis, evade, intercept, strategies, tactics, combination play.</p> <p style="text-align: center;">Net & Wall Games anticipation, placement, positioning, footwork</p> <p style="text-align: center;">Striking and fielding centre of gravity, pendulum, peripheral vision, ready position,, long barrier.</p> <p style="text-align: center;">Athletics agility, momentum, pacing, officiating, tunnel vision, drive.</p> <p style="text-align: center;">Outdoor and Adventurous Activities collaboration, communication, resilience, leadership</p> <p style="text-align: center;">Dance sequence perform, stimulus, improvise, canon,, dynamics, unison</p> <p style="text-align: center;">Gymnastics compose, symmetrical, asymmetrical, forces, counter balance, contrasting</p>

PE PROGRESSION + TIER 2 VOCABULARY

Category of Knowledge	Key Stage	Content
Fundamental Movements	KS1	<ul style="list-style-type: none"> • Balancing on one foot • Under arm throw • Catching of a large ball • Sprint run • Skip • Hop • Gallop • Over arm throw • Catch medium/ small balls • Jump for height and distance • Use agility to move and change direction • Discover different ways to throw accurately. • To be able to catch with confidence. • Use a range of different passes to pass to teammates. • Dribble a ball with hands and feet. • Use hand eye coordination to be able to strike an object with accuracy.
	LKS2	<ul style="list-style-type: none"> • Use agility to move and change direction at speed to avoid others and opponents • Discover different ways to throw accurately. • To be able to catch under pressure. • Use a range of different passes to pass and move as a team. • Dribble a ball with hands and feet. • Use hand eye coordination to be able to strike an object with accuracy. • Fundamental movement knowledge from the previous phase will be taught applied throughout all units of learning.
	UKS2	<ul style="list-style-type: none"> • Fundamental movement knowledge from previous phase will be taught applied throughout all units of learning
Invasion and Team Games	KS1	<ul style="list-style-type: none"> • Can travel in a variety of ways including running and jumping. • Receives a ball with basic control • Beginning to develop hand-eye coordination • Participates in simple games • Confident to send the ball to others in a range of ways. • Beginning to apply and combine a variety of skills (to a game situation) • Develop strong spatial awareness. • Understand the importance of rules in games.

		<ul style="list-style-type: none"> • Show an understanding of simple tactics and use them appropriately. • Begin to develop an understanding of attacking/ defending
	LKS2	<ul style="list-style-type: none"> • Understands tactics and composition by starting to vary how they respond. • Vary skills, actions and ideas and link these in ways that suit the activity of the game. • Beginning to communicate with others during game situations. • Develops own rules for new games. • Beginning to understand how to compete with each other in a controlled manner. • Beginning to select resources independently to carry out different skills. • Shows confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking • Uses skills with coordination, control and fluency. • Takes part in competitive games with a strong understanding of tactics and composition. • Works well in a group to develop various games. • Compares and comments on skills to adapt games. • Can make suggestions as to what resources can be used to differentiate a game. • Apply basic skills for attacking and defending. • Uses running, jumping, throwing and catching in isolation and combination.
	UKS2	<ul style="list-style-type: none"> • Vary skills, actions and ideas and link these in ways that suit the activity of the game. • Shows confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking • Keeps possession of balls during game situations. • Consistently uses skills with coordination, control and fluency. • Takes part in competitive games with a strong understanding of tactics and composition. • Compares and comments on skills to modify competitive games. • Can make suggestions as to what resources can be used to differentiate a game. • Continue to develop their knowledge of skills for attacking and defending. • Continue to develop running, jumping, throwing and catching skills in isolation and in combination.

Striking and Fielding	KS1	<ul style="list-style-type: none"> • Complete underarm throw and underarm roll with accuracy • Understanding rules of games • Collaborating/ cooperating with 1- 2 team mates. • Adapt body position to suit technique e.g. (bending to roll a ball) • Compete in small groups and display sportsmanship • Receive and throw a small to medium ball with confidence • Kick or strike a static object (e.g. a ball from a cone) • Use an underarm throw to pass ball to peers • Understanding basic scoring rules • Stop a ball in motion • Use a range of sending and receiving, such as overarm throw • Changing body position to stop a ball in motion • Understanding the importance of rules
-----------------------	-----	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	LKS2	<ul style="list-style-type: none"> • Accurately strike an object with a piece of equipment with appropriate force • Recognise best practice individually • Use a range of sending and striking techniques to hit a target with precision • Gain an appreciation for rules • Strike a static object with accuracy and intent • Begin to communicate as a group to coordinate stopping a ball in motion • Respond to changes in rules that affect scoring • Develop tactical decisions when striking a ball • Begin to develop simple tactics to compete • Continue to develop communication to return a ball • Use a range of sending, receiving and fielding techniques in good time
	UKS2	<ul style="list-style-type: none"> • Work cooperatively to put strategies and solutions into actions. • Change the rules to increase challenge • Recognise best practice in themselves and others • Give in-game feedback to improve performance • Strike a moving object with intent into space • Communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play • Develop an understanding of a range of scoring techniques • Plan, assess and evaluate the effectiveness of a formation/tactic
Net and Wall Games	KS1	<ul style="list-style-type: none"> • Use the correct technique for holding equipment e.g. Tennis Racket • Independently control equipment to perform e.g. Tennis Racket • Use underarm and two-handed sending and receiving techniques • Develop hand-eye coordination • Predict how a ball bounces/reacts • Use a range of different ball types • Change technique of strike/send to match ball e.g. a dodgeball • Adapt body shape to send/receive objects using a variety of techniques
	LKS2	<ul style="list-style-type: none"> • Increase confidence and competence in using underarm strike in a range of contexts • Keep an active foot position to move swiftly around the court • Develop spatial awareness and positioning • Explore the use of over-arm strikes
	UKS2	<ul style="list-style-type: none"> • Develop spatial awareness when competing with a partner • Change play type based on positioning of an opponent • Use the over-arm strike in a range of shot types e.g. overhead clear and smash • Use a range of shots to use the entire playing area and move the opponent • Communicate efficiently with peers using a clear set of instructions

Outdoor and Adventurous Activities and Problem-solving	LKS2	<ul style="list-style-type: none"> • Develop understanding for how a map is orientated (facing north) • Give, receive and follow written and verbal instructions • Read a basic legend • Problem solve collaboratively and independently • Identify start and end points on a map • Complete start and loop maps • Exploring different methods of communication • Completing tasks quickly within certain restrictions/instructions
	UKS2	<ul style="list-style-type: none"> • Orientate themselves within a map using known locations • Give, receive and follow complex written and verbal instructions • Read a detailed legend highlighting points of interest • Develop own confidence and encourage others to try tasks outside of their comfort zone • Complete start and loop maps • Applying different methods of communication to work in teams to decide different approaches to meet a challenge. • Ensuring interactions within teams are positive to overcome challenges. • Take part in further outdoor and adventurous activities

Gymnastics	KS1	<ul style="list-style-type: none"> • Perform different shapes with my body, having different points touching the floor (star, straight, tuck shapes) with good technique • Perform a minimum of 3 shapes with good technique • Observe a partner and give accurate feedback • Perform travelling movements on my feet and with weight on my hands, following different pathways (zig-zag, L shape etc.) • Jump using a skipping rope • Create and perform a sequence of movements including rotation
	LKS2	<ul style="list-style-type: none"> • Successfully perform 2 different types of rolls safely (pencil roll, tuck roll) • Link and develop two different jumps • Observe a partner and give accurate feedback, saying what went well and what could be better • Perform all gymnastics shapes on different body parts/levels • Use a wide range of gymnastic actions • Make judgements about quality of jumps, elevation, style and control • Create and perform a sequence in a pathway
	UKS2	<ul style="list-style-type: none"> • Recognise and perform all gymnastics shapes, including partner assisted shapes • Demonstrate the correct jumping, leaping and landing techniques in five jump classifications (Jump, hop, leap, Assemblé, Sissonne) • Create and perform a sequence • Demonstrate and safely execute a wide range of gymnastic actions
Dance	KS1	<ul style="list-style-type: none"> • Learn basic movements relating to feelings • Show that they have a clear starting and finishing position • Respond to different music showing a range of emotions • Perform dance movements and simple routines using simple movement patterns

		<ul style="list-style-type: none"> • Evaluate and improve a dance performance through peer assessment • Use a range of vocabulary to describe moods and how dances make them feel • Remember and repeat simple dance phrases
	LKS2	<ul style="list-style-type: none"> • Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement • Keep up an activity over a period of time and know what they need to warm up and cool down for dance • Explore and create characters and narratives in response to a range of stimuli • Describe, interpret and evaluate their own and others' dances, taking account of character and narrative
	UKS2	<ul style="list-style-type: none"> • Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group • Show an understanding of why warm up and cool down is important • Explore, improvise and combine movement ideas fluently and effectively • Understand how a dance is formed and performed • To evaluate, refine and develop their own and others' work • To demonstrate an understanding of dance-related vocabulary (e.g. canon, improvisation, stimulus, dynamics, unison, call and response and repetition)
Athletics	KS1	<ul style="list-style-type: none"> • Take off in different ways and land in coordinated ways (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.) • Jump forwards and sideways on two feet, then hop on one foot • Throw a ball into a target (buckets, hoop, wall targets, boxes etc) using overarm (javelin) and push (shot put) techniques • Walk and run with good posture and balance (head straight, back straight, keep on your toes) • Jump: <ul style="list-style-type: none"> - 2 feet to 2 feet - 1 foot to 2 feet - 2 feet to 1 foot - 1 foot to 1 foot • Observe a partner and give accurate feedback
	LKS2	<ul style="list-style-type: none"> • Run with a tall body on balls of the feet, picking feet up high, head held high • Jump: <ul style="list-style-type: none"> -2 feet to 2 feet -1 foot to 2 feet -2 feet to 1 foot -1 foot to 1 foot -Left to right • Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand • Say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance • Observe a partner and give accurate feedback, saying what went well and what could be better • Maintain a good running technique when sprinting and running over obstacles • Use a short run to jump from one to two feet

UKS2

- Demonstrate the ability to **accelerate** from a variety of **static** positions
- Perform triple jump **combination sequences** with **balance** and **control**
- **Sustain** jogging and running at a **consistent pace** for over a minute
- Observe a partner and give **accurate feedback, evaluating** steps for improvement
- Develop their one handed push throw and a pull throw with accuracy towards a target from my dominant hand
- Identify the preferred throwing technique to match an athletics event