

Progression of **Skills and Knowledge** for SUBJECT:
PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	My world Let's Celebrate		Everyday superheroes	Growing and Changing	Our wonderful world	The Seaside
Knowledge and Skills	PE –Individual skills	PE- Dance	PE- Gymnastics	PE- Striking and Fielding	PE – Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Refine fundamental movement and travelling skills rolling, crawling, walking, jumping, running, hopping, skipping, climbing ○ Negotiate space and obstacles safely, with consideration for themselves and others. ○ Run and stop with control. ○ To find a space on their own without assistant. ○ Move a ball with feet. ○ Kick a ball at a target. 	<ul style="list-style-type: none"> ○ Join a range of different movements together. ○ Change the speed of their actions. ○ Change the style of their movements. ○ Create a short movement phrase, which demonstrates their own ideas. ○ Control body when performing a sequence of movements. 	<ul style="list-style-type: none"> ○ Create a short sequence of movements. ○ Roll in different ways with control. ○ Travel in different ways. ○ Stretch in different ways. ○ Jump in a range of ways from one space to another with control. ○ Begin to balance with control. ○ Move around, under, over, and through different objects and equipment. 	<ul style="list-style-type: none"> ○ Show increased control when throwing a ball. ○ Shows increasing control over an object pushing, passing, throwing and catching. ○ Moves freely with confidence with equipment. ○ Able to respond to simple instructions showing a good understanding of safety when using equipment. ○ Explore a variety of throws. ○ Learn how to hold equipment correctly. ○ Use equipment correctly to control a ball. 	<ul style="list-style-type: none"> ○ Combine different movements with ease and fluency in team games ○ Develop hand eye coordination skills. ○ Learn how to work correctly in a team situation. ○ To be able to throw balls in the direction of the equipment. ○ Explore correct control over a racquet and ball. ○ Develop an understanding of a range of balls and racquets of all types. ○ Develop underarm throw technique. ○ Throw an object at a target. ○ Catch equipment using two hands. 	<ul style="list-style-type: none"> ○ Describe how the body feels when still and when exercising. ○ Run in different ways for a variety of purposes. ○ Jump in a range of ways, landing safely. ○ Control their body when performing a sequence of movements. ○ Participate in simple games ○ Talk about what they have done and talk about what others have done. ○ Confidently and safely, use a range of large and small apparatus indoors, outside, and in a group.
Vocabulary	<ul style="list-style-type: none"> ○ Rolling ○ Striking ○ Overarm ○ throwing ○ Bouncing ○ Catching ○ Space 	<ul style="list-style-type: none"> ○ Movement ○ Speed ○ Direction ○ Shadow ○ Travel 	<ul style="list-style-type: none"> ○ Bunny hop ○ Standing balances ○ Curled side roll (egg roll) ○ Log roll (pencil roll) ○ Teddy bear roll ○ Straight jump ○ Tuck jump ○ Jumping Jack ○ Half turn jump 	<ul style="list-style-type: none"> ○ Catch ○ Pairs ○ Hit ○ Rules ○ Follow ○ Throw 	<ul style="list-style-type: none"> ○ Forward ○ Backward ○ Lead ○ Direction ○ Bounce ○ Push ○ Throw ○ Catch ○ Hit 	<ul style="list-style-type: none"> ○ Walk ○ Jog ○ Throw ○ Jump ○ Hop ○ Skip ○ Fast ○ Target

Year 1	Brilliant Birmingham		Frozen Worlds (Antarctica)		Going on safari (Africa)	
Knowledge and Skills	PE – Invasion games	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE- Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Develop simple attacking and defending techniques. ○ To be able to move fluidly, changing direction and speed easily, and avoiding collisions. ○ Follow simple rules to play games, including team games. ○ Use simple attacking skills to get past a defender. ○ Use simple defensive skills such as marking a player or defending a space ○ Work as part of a team. 	<ul style="list-style-type: none"> ○ Create and perform a movement sequence. ○ Copy actions and movement sequences with a beginning, middle and end ○ Link two actions to make a sequence. ○ Recognise and copy contrasting actions (small/tall, narrow/wide). ○ Travel in different ways, changing direction and speed. ○ Hold still shapes and simple balances. ○ Carry out simple stretches. ○ Carry out a range of simple jumps, landing safely. ○ Move around, under, over, and through different objects and equipment. ○ Begin to move with control and care. ○ Straight jump off springboard. 	<ul style="list-style-type: none"> ○ Copy and repeat actions. ○ Put a sequence of actions together to create a motif. ○ Vary the speed of their actions. ○ Use simple choreographic devices such as unison, canon and mirroring. ○ Begin to improvise independently to create a simple dance. ○ Perform using a range of actions and body parts with some coordination. ○ Begin to perform learnt skills with some control. 	<ul style="list-style-type: none"> ○ Pass and receive a ball in different ways with control and increased accuracy. ○ Perform fielding techniques with increased control and co-ordination. ○ Participate well in team games. ○ Confident and safe in the spaces used to play games. ○ Explore and use skills, actions and ideas individually and in combination to suit the game they are playing. ○ Pass and receive a ball in different ways with control and increased accuracy. ○ Throw underarm and overarm. 	<ul style="list-style-type: none"> ○ Able to send an object with increased confidence using hand or racquet. ○ Can throw underarm confidently and attempts overarm throw. ○ Moves towards a moving ball to return with hand or bat. ○ Identifies space to send a ball. ○ Perform a range of actions with the ball, keeping it under control. ○ Understanding the concept of moving to get in line with the ball to receive it. ○ Catch and bounce a ball. ○ Practice accurate throwing and consistent catching. ○ To defend a space using the ready position ○ To keep score in a game ○ To develop control when using a racket ○ To develop racket and ball skills ○ To develop sending a ball using a racket ○ To develop placing a ball 	<ul style="list-style-type: none"> ○ Describe how the body feels before, during and after exercise. ○ Carry and place equipment safely. ○ Vary their pace and speed when running. ○ Run with a basic technique over different distances. ○ Show good posture and balance. ○ Jog in a straight line. ○ Change direction when jogging. ○ Sprint in a straight line. ○ Change direction when sprinting. ○ Maintain control as they change direction when jogging or sprinting. ○ Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. ○ Perform a short jumping sequence. ○ Jump as high and far as possible. ○ Improve the distance they can throw by using more power. ○ Begin to perform learnt skills with some control.

Vocabulary	<ul style="list-style-type: none"> ○ Team ○ Rules ○ Goal ○ Attack ○ Defense ○ kicking ○ Passing ○ Balls 	<ul style="list-style-type: none"> ○ Log roll ○ Curled side roll ○ Teddy bear roll ○ Straight jump ○ Tuck jump ○ Jumping jack ○ Hopscotch ○ Skipping ○ Galloping ○ Pike, tuck, star, straight, straddle shapes 	<ul style="list-style-type: none"> ○ Travel ○ Gallop ○ Skip ○ Jump ○ Hop ○ Bounce ○ Spring ○ Spin ○ Freeze ○ Statue ○ Direction 	<ul style="list-style-type: none"> ○ Avoiding ○ Bowling ○ Striking; ○ Overarm ○ Throwing ○ Bouncing ○ Catching ○ Space 	<ul style="list-style-type: none"> ○ Tennis ○ Ready Position, ○ Partner, Net, ○ Underarm, Score, ○ Points 	<ul style="list-style-type: none"> ○ Run ○ Catch ○ Hop ○ Skip ○ Forwards ○ Backwards ○ Throw ○ High ○ Aim
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Year 2	We live on an island		What is going on down under?			Turrets and Tiaras	
Knowledge and Skills	PE – Invasion games	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE – Swimming	PE- Net and Wall	PE – Athletics
	<ul style="list-style-type: none"> ○ Bounce and kick a ball whilst moving. ○ Use kicking skills in a game. ○ Use dribbling skills in a game. ○ Know how to pass the ball in different ways ○ Use at least one technique to attack or defend to play a game successfully. ○ Understand the importance of rules in games. ○ Perform learnt skills with increasing control. ○ Compete against self and others. 	<ul style="list-style-type: none"> ○ Copy, explore and remember actions and movements to create their own sequence. ○ Link actions to make a sequence. ○ Travel in a variety of ways, including rolling. ○ Hold a still shape whilst balancing on different points of the body. ○ Jump in a variety of ways and land with increasing control and balance. ○ Climb onto and jump off the equipment safely. ○ Move with increasing control and care. 	<ul style="list-style-type: none"> ○ Copy, remember and repeat actions. ○ Create a short motif inspired by a stimulus. ○ Change the speed and level of their actions. ○ Use simple choreographic devices such as unison, canon and mirroring. ○ Use different transitions within a dance motif. ○ Move in time to music. ○ Improve the timing of their actions. ○ Perform sequences of their own composition with coordination. ○ Perform learnt skills with increasing control. ○ Compete against self and others. 	<ul style="list-style-type: none"> ○ Strike or hit a ball with increasing control. ○ Learn skills for playing striking and fielding games. ○ Position the body to strike a ball. ○ Demonstrate successful hitting and striking skills. ○ Develop a range of skills in striking. ○ Practice the correct batting technique and use it in a game. ○ Learn to strike the ball for distance. ○ To be able to send and receive a ball with consistency and control. ○ To be able to demonstrate accuracy when striking a ball. ○ To be able to steer and direct the ball accurately to evade opponents. 	<ul style="list-style-type: none"> ○ To be able to glide on front and back over short distances. ○ To be able to float on front and back for short periods. ○ Confidently roll from front to back and then regain a standing position. 	<ul style="list-style-type: none"> ○ Demonstrate basic sending skills in isolation and small games. ○ Throw, catch and bounce a ball with a partner. ○ Use throwing and catching skills in a game. ○ Use hand-eye coordination to control a ball. ○ Know a varied amount of throws to be used. ○ To be able to make simple decisions on how to use space and avoid opponents. ○ To improve and apply their skills during games. ○ To be able to direct a piece of equipment towards a target area. ○ Tracks the path of ball over a line/net and move towards it. ○ Hits a ball using both hand and racquet with consistency. ○ Returns a ball coming towards them using hand or racquet. 	<ul style="list-style-type: none"> ○ Recognise and describe how the body feels during and after different physical activities. ○ Explain what they need to stay healthy. ○ Run at different paces, describing the different paces. Travel at different speeds. ○ Use a variety of different stride lengths. ○ Begin to select the most suitable pace and speed for distance. ○ Complete an obstacle course. ○ Vary the speed and direction in which they are travelling. ○ Run with basic techniques following a curved line. ○ Be able to maintain and control a run over different distances. ○ Combine different jumps together with some fluency and control. ○ Jump for distance from a standing position with accuracy and control. ○ Investigate the best jumps to cover different distances. ○ Choose the most appropriate jumps to cover different distances.

							<ul style="list-style-type: none"> ○ Throw different types of equipment in different ways, for accuracy and distance.
Vocabulary	<ul style="list-style-type: none"> ○ Scoring ○ Team ○ Passing ○ Control ○ Shooting ○ Space ○ Direction 	<ul style="list-style-type: none"> ○ Straight jump ○ Tuck jump ○ Jumping ○ Half turn jump ○ Springboard ○ Vault ○ Control 	<ul style="list-style-type: none"> ○ Stillness ○ Direction ○ Space ○ Body parts ○ Levels ○ Speed 	<ul style="list-style-type: none"> ○ Throw ○ Batting ○ Fielder ○ Wicket keeper ○ Wickets ○ Underarm throw 	<ul style="list-style-type: none"> ○ Breath ○ Float ○ Glide ○ Front crawl ○ Back crawl 	<ul style="list-style-type: none"> ○ Racquet ○ Underarm ○ Overarm ○ Forehand ○ Connection 	<ul style="list-style-type: none"> ○ Leap ○ Improve ○ Repeat ○ Run ○ Target ○ Accelerate ○ Baton ○ Landing

Year 3	In the forest	Changes in Britain (Stone age to Iron age)	We are Europe :Road trip to Italy			Romans Invasion of Britain Boudicca or Boudicca ?	
Knowledge and Skills	PE – Invasion games	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE – Swimming	PE- Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Know how to keep and win back possession of the ball in a team game. ○ Pass the ball in two different ways in a game situation with some success. ○ Find a useful space and get into it to support teammates. ○ Use simple attacking and defending skills in a game. ○ Understand and begin to apply the basic principles of invasion games. ○ Develop the quality of the actions in their performances. ○ Perform learnt skills and techniques with control and confidence. 	<ul style="list-style-type: none"> ○ Choose ideas to compose a movement sequence independently and with others. ○ Link combinations of actions with increasing confidence, including changes of direction, speed or level. ○ Develop the quality of their actions, shapes and balances. ○ Move with coordination, control and care. ○ Use turns whilst travelling in a variety of ways. ○ Use a range of jumps in their sequences. ○ Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. ○ Begin to show flexibility in movements 	<ul style="list-style-type: none"> ○ Begin to improvise with a partner to create a simple dance. ○ Create motifs from different stimuli. ○ Begin to compare and adapt movements and motifs to create a larger sequence. ○ Use simple dance vocabulary to compare and improve work. ○ Perform with some awareness of rhythm and expression. ○ Develop the quality of the actions in their performances. ○ Perform learnt skills and techniques with control and confidence. ○ Compete against self and others in a controlled manner. 	<ul style="list-style-type: none"> ○ Intercepting and stopping a ball, with some control and accuracy. ○ To be able to pass and catch within pairs. ○ Understand how hitting the ball further increases the chances of running further distances. ○ Develop a safe and effective overarm bowl. ○ Throw a ball in different ways (e.g. high, low, fast or slow). ○ Perform a range of catching and gathering skills with control. ○ Catch with increasing control and accuracy. ○ Use fielding skills to stop a ball from travelling past them. 	<ul style="list-style-type: none"> ○ Confidently and consistently, retrieve an object from the floor with the same breath. ○ Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. ○ Demonstrate a fair level of technique, consistently coordinating the correct body parts in a range of strokes. 	<ul style="list-style-type: none"> ○ To be able to understand what tactics and shots to use in different situations. ○ Learn to hit the ball into the space. ○ Start to learn to work as a team in doubles. ○ Develop their skills and understanding of the game, and play different positions during a game. ○ Attempts to serve to begin a game. ○ Can keep count/score of a game. ○ Can play within boundaries. ○ Uses a small range of basic racquet skills. ○ Moves towards a ball to return over a line/net. ○ Can plays a game over a net. 	<ul style="list-style-type: none"> ○ Recognise and describe the effects of exercise on the body. ○ Know the importance of strength and flexibility for physical activity. ○ Explain why it is important to warm up and cool down. ○ Identify and demonstrate how different techniques can affect their performance. ○ Focus on their arm and leg action to improve their sprinting technique. ○ Begin to combine running with jumping over hurdles. ○ Use one and two feet to take off and to land with. ○ Develop an effective take-off for the standing long jump. ○ Throw with greater control and accuracy. ○ Show increasing control in their overarm throw. ○ Continue to develop techniques to throw for increased distance. ○ Perform learnt skills and techniques with control and confidence. ○ Compete against self and others in a controlled manner.

Vocabulary	<ul style="list-style-type: none"> ○ Participation ○ Compete ○ Mark ○ Attack ○ Defense ○ Possession ○ Rules ○ Tactics 	<ul style="list-style-type: none"> ○ Straddle jump ○ Pike jump ○ Handstand ○ Cartwheel ○ Inverted ○ Contrasting ○ Flow ○ Combinations ○ Sustained ○ Explosive 	<ul style="list-style-type: none"> ○ Space ○ Repetition ○ Action ○ Reaction ○ Pattern 	<ul style="list-style-type: none"> ○ Batting ○ Fielding ○ Bowler ○ Wicket ○ Base ○ Boundary ○ Innings 	<ul style="list-style-type: none"> ○ Front crawl ○ Back stroke ○ Breast stroke ○ Float ○ Length 	<ul style="list-style-type: none"> ○ Court ○ Target ○ Net ○ Striking ○ Hitting ○ Tactics ○ Scoring points ○ Forehand ○ Shuttle 	<ul style="list-style-type: none"> ○ Distance ○ Sprint ○ Accuracy ○ Height ○ Record ○ Measure ○ Pulse rate
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Year 4	Along the Nile (Egypt)		Axes and Shields (Anglo Saxons)			Near and far France & Mapping skills	
Knowledge and Skills	PE – Invasion games	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE – Swimming	PE- Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Use a range of attacking and defending skills and techniques in a game. ○ Can use the tactics in game. ○ Perform and apply skills and techniques with control and accuracy. ○ Take part in a range of competitive games and activities. ○ Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. ○ Modify their use of skills or techniques to achieve a better result. 	<ul style="list-style-type: none"> ○ Create a sequence of actions that fit a theme. ○ Use an increasing range of actions, directions and levels in their sequences. ○ Move with clarity, fluency and expression. ○ Show changes of direction, speed and level during a performance. ○ Travel in different ways, including using flight. ○ Improve the placement and alignment of body parts in balances. ○ Use equipment to vault in a variety of ways. ○ Begin to develop good technique when travelling, balancing and using equipment. ○ Develop strength, technique and flexibility throughout performances. 	<ul style="list-style-type: none"> ○ Identify and repeat the movement patterns and actions of a chosen dance style. ○ Compose a dance that reflects the chosen dance style. ○ Confidently improvise with a partner or on their own. ○ Compose longer dance sequences in a small group. ○ Demonstrate precision and some control in response to stimuli. ○ Begin to vary dynamics and develop actions and motifs in response to stimuli. ○ Demonstrate rhythm and spatial awareness. ○ Change parts of a dance because of self-evaluation. ○ Use simple dance vocabulary when comparing and improving work. ○ Perform and create sequences with fluency and expression. ○ Perform and apply skills and techniques with control and accuracy. 	<ul style="list-style-type: none"> ○ Choose and vary skills and tactics to suit the situation in a game. ○ Carry out tactics successfully. ○ To be able to pass and catch within a small team. ○ Be able to bat and run to distance bases. ○ Learn to hit or strike the ball into the space. ○ When fielding, learn to work as a team. ○ Develop their skills and understanding of the game ○ Play different positions during a game. ○ Use fielding skills as an individual to prevent a player from scoring. 	<ul style="list-style-type: none"> ○ Combine gliding and floating on front and back over an increased distance. ○ Float on front and back using different shapes with increased control. ○ Comfortably demonstrate sculling head first, feet first and treading water. 	<ul style="list-style-type: none"> ○ Use a racquet to hit a ball or shuttlecock with accuracy and control. ○ Accurately serve underarm. ○ Build a rally with a partner. ○ Use at least two different shots in a game situation. ○ Use hand-eye coordination to strike a moving and a stationary ball. ○ Understand, plan and combine skills to play net games co-operatively with a partner. ○ To be able to attempt to send a piece of equipment to a target area/court which an opponent is defending. ○ Explores shots on both sides of the body and attempt with confidence. ○ Uses basic defensive tactics to defend the court i.e. moving to different positions on the court. 	<ul style="list-style-type: none"> ○ Describe how the body reacts at different times and how this affects performance. ○ Explain why exercise is good for your health. ○ Know reasons for warming up and cooling down. ○ Confidently demonstrate an improved technique for sprinting. ○ Carry out an effective sprint finish. ○ Perform a relay, focusing on the baton changeover technique. ○ Speed up and slow down smoothly. ○ Learn how to combine a hop, step and jump to perform the standing triple jump. ○ Land safely and with control. ○ Begin to measure the distance jumped. ○ Measure the distance of throws. ○ Continue to develop techniques to throw for increased distance. ○ Perform and apply skills and techniques with control and accuracy. ○ Take part in a range of competitive games and activities.

Vocabulary	<ul style="list-style-type: none"> ○ Passing ○ Dribbling ○ Shooting ○ Width ○ Depth ○ Support ○ Marking 	<ul style="list-style-type: none"> ○ Lunge ○ Handstand ○ Cartwheel ○ Skipping ○ Chassis steps ○ Pivot ○ Shapes ○ 1, 2, 3 and 4-point balances ○ Front and back support 	<ul style="list-style-type: none"> ○ Character ○ Narrative ○ Costume ○ Props ○ Describe ○ Analyse ○ Interpret ○ Evaluate ○ Communication 	<ul style="list-style-type: none"> ○ Rounder ○ Backstop ○ Score ○ Batting ○ Fielding ○ Bowler ○ Wicket ○ Base ○ Boundary ○ Innings 	<ul style="list-style-type: none"> ○ Front crawl ○ Back stroke ○ Breast stroke ○ Butterfly ○ Length 	<ul style="list-style-type: none"> ○ Court ○ Target ○ Net ○ Striking ○ Hitting ○ Tactics ○ Scoring points ○ Forehand ○ Shuttle ○ Backhand ○ Serve ○ 	<ul style="list-style-type: none"> ○ Heart rate ○ Hurdles ○ Landing ○ Control ○ Stamina ○ Obstacles ○ Stance ○ Approach ○ Speed ○ Relay
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Year 5	Ghosts from the past (Victorians)			Tropical Delights (Rainforest & mapping skills)		Monstrous Mayans	
Knowledge and Skills	PE – Invasion games	PE- Swimming	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE- Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Choose the best tactics for attacking and defending. ○ Know when to pass and when to dribble in a game. ○ Devise and adapt rules to create their own game. ○ Consistently perform and apply skills and techniques with accuracy and control. ○ Take part in competitive games with a strong understanding of tactics and composition. ○ Choose and use criteria to evaluate own and others' performance. ○ Explain why they have used particular skills or techniques, and the effect they have had on their performance. ○ Use a variety of ways to dribble in a game with success. ○ Use ball skills in various ways, and begin to link together. ○ Pass a ball with speed and accuracy using appropriate techniques in a game situation. 	<ul style="list-style-type: none"> ○ Confidently combine skills to retrieve an object from greater depth. ○ Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good suggestions. ○ Perform jumps, shapes and balances fluently and with control. ○ Confidently develop the placement of their body parts in balances. Confidently use equipment to vault in a variety of ways. ○ Apply skills and techniques consistently. ○ Develop strength, technique and flexibility throughout performances. ○ Combine equipment with movement to create sequences 	<ul style="list-style-type: none"> ○ Select ideas to compose specific sequences of movements, shapes and balances. ○ Adapt their sequences to fit new criteria or suggestions. ○ Perform jumps, shapes and balances fluently and with control. ○ Confidently develop the placement of their body parts in balances. Confidently use equipment to vault in a variety of ways. ○ Apply skills and techniques consistently. ○ Develop strength, technique and flexibility throughout performances. ○ Combine equipment with movement to create sequences 	<ul style="list-style-type: none"> ○ Identify and repeat the movement patterns and actions of a chosen dance style. ○ Compose individual, partner and group dances that reflect the chosen dance style. ○ Show a change of pace and timing in their movements. ○ Develop an awareness of their use of space. ○ Demonstrate imagination and creativity in the movements they devise in response to stimuli. ○ Use transitions to link motifs smoothly together. ○ Improvise with confidence, still demonstrating fluency across the sequence. ○ Ensure their actions fit the rhythm of the music. ○ Modify parts of a sequence because of self and peer evaluation. ○ Use more complex dance vocabulary to compare and improve work. ○ Perform own longer, more complex sequences in time to music. ○ Consistently perform and apply skills and techniques with accuracy and control. 	<ul style="list-style-type: none"> ○ Use fielding skills as a team to prevent the opposition from scoring. ○ Consolidate different ways of throwing and catching and know when each is appropriate in a game. ○ Know and understand how to score point. ○ Start to develop an understanding of how to improve, and learn to evaluate and recognise their own success. ○ Be able to score points by hitting a ball and running safely to the target. ○ Work collaboratively in pairs, group activities and small-sided games ○ Use and apply the basic rules consistently. ○ Identify own strengths and suggest practices to help them improve. 	<ul style="list-style-type: none"> ○ Use different techniques to hit a ball. ○ Identify and apply techniques for hitting a tennis ball. ○ Explore when different shots are best used. ○ Develop a backhand technique and use it in a game. ○ Recognises where they should stand on the court when playing on their own and with others; ○ Play a tennis game using an overhead serve. ○ To be able to direct the ball comfortably towards a target area. ○ Plays a range of basic shots on both sides of the body, move feet to hit ball. ○ Applies some control when returning the ball including foot placement, shot selection and aim. ○ Be able to describe their scoring system in a range of games. ○ Introduce a volley into Tennis situations. ○ To use the ready position to move to the ball in volleyball ○ To be able to volley the ball using the set shot 	<ul style="list-style-type: none"> ○ Know and understand the reasons for warming up and cooling down. ○ Explain some safety principles when preparing for and during exercise. ○ Accelerate from a variety of starting positions and select their preferred position. ○ Identify their reaction times when performing a sprint start. ○ Continue to practice and refine their technique for sprinting, focusing on an effective sprint start. <p>Select the most suitable pace for the ○ distance and their fitness level in order to maintain a sustained run. ○ Identify and demonstrate stamina, explaining its importance for runners.</p> <ul style="list-style-type: none"> ○ Improve techniques for jumping for distance. ○ Perform an effective standing long jump. ○ Perform the standing triple jump with increased confidence. ○ Develop an effective technique for the standing vertical jump including take-off and flight. ○ Measure the distance and height jumped with accuracy. Investigate different jumping techniques. ○ Throw a variety of implements using a range of throwing techniques. ○ Measure and record the distance of their throws. ○ Continue to develop techniques to throw for increased distance. ○ Consistently perform and apply skills and techniques with accuracy and control. ○ Explain why they have used particular skills or techniques, and
							<p>the effect they have had on their performance.</p>

Vocabulary	<ul style="list-style-type: none"> Possession Repossession Attackers Defenders Marking ○ ○ Covering ○ ○ Supporting ○ ○ Team play ○ Team positions 	<ul style="list-style-type: none"> ○ ○ Scull ○ ○ Submerge ○ ○ Safety Rotate Depth Tread water 	<ul style="list-style-type: none"> ○ ○ Asymmetry ○ ○ Symmetry ○ ○ Display Matching Flight Inclined 	<ul style="list-style-type: none"> ○ ○ Dance style ○ ○ Technique ○ Pattern Rhythm Variation 	<ul style="list-style-type: none"> ○ ○ Stance ○ ○ Crease ○ ○ Batting point Leg-side Home base Innings 	<ul style="list-style-type: none"> Forehand Backhand ○ ○ Volley ○ ○ Overhead ○ ○ Rally ○ Singles Doubles 	<ul style="list-style-type: none"> ○ ○ Sprint ○ ○ Team ○ ○ Distance Measure Hurdles Time Projectory Release
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Year 6	Magnificent Mountains			Groovy Greeks		The World at War (WW11)	
Knowledge and Skills	PE – Invasion games	PE- Swimming	PE- Gymnastics	PE- Dance	PE- Striking and Fielding	PE- Net and Wall	PE- Athletics
	<ul style="list-style-type: none"> ○ Perform and apply a variety of skills and techniques confidently, consistently and with precision. ○ Take part in competitive games with a strong understanding of tactics and composition. ○ Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. ○ Create a plan of attack or defence. ○ Apply knowledge of skills for attacking and defending. ○ Work as a team to develop defending 	<ul style="list-style-type: none"> ○ Can swim competently, confidently and proficiently over a distance of at least 25 meters ○ Select and apply the appropriate survival technique to the situation. ○ Confidently link a variety of floating actions together demonstrating good technique and control. 	<ul style="list-style-type: none"> ○ Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. ○ Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. ○ Confidently use equipment to vault and incorporate this into sequences. 	<ul style="list-style-type: none"> ○ Identify and repeat the movement patterns and actions of a chosen dance style. ○ Compose individual, partner and group dances that reflect the chosen dance style. ○ Use dramatic expression in dance movements and motifs. ○ Perform with confidence, using a range of movement patterns. ○ Demonstrate strong and controlled movements throughout a dance sequence. ○ Combine flexibility, techniques and 	<ul style="list-style-type: none"> ○ Hit a bowled ball over longer distances. ○ Use good handeye coordination to be able to direct a ball when striking or hitting. ○ To be able to confidently bowl and understand all the different aspects of bowling. ○ Gauge when to run after hitting the ball either as an individual or as a team player. ○ Hit the ball from both sides of the body. ○ Identify their own and others strengths and 	<ul style="list-style-type: none"> ○ Understand how to serve in order to start a game. ○ To begin to understand why we have tactics in sport. ○ To be able to organise themselves in a game and be able to explain the rules to others. ○ Uses forehand, backhand and overhead shots with more confidence in games. ○ Makes appropriate choices in games about the best shot to use. ○ Begins to use full scoring systems. ○ Use of volleys in tennis to a high standard. ○ Correct Badminton serve and lines when playing both singles and doubles. 	<ul style="list-style-type: none"> ○ Carry out warm-ups and cool-downs safely and effectively. ○ Understand why exercise is good for health, fitness and wellbeing. ○ Recap, practice and refine an effective sprinting technique, including reaction time. ○ Build up speed quickly for a sprint finish. ○ Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. ○ Work as a team to competitively perform a relay. ○ Confidently and independently, select the most appropriate pace for different distances and different parts of the run. ○ Demonstrate endurance and stamina over longer distances in order to maintain a sustained run. ○ Develop the technique for the standing vertical jump. ○ Maintain control at each of the different stages of the triple jump.

	<ul style="list-style-type: none"> ○ strategies to prevent the opposition from scoring. ○ Communicate plans to others during a game. ○ Lead others during a game ○ Show confidence in using ball skills in various ways in a game situation, and link these together effectively. ○ Choose and make the best pass in a game situation and link a range of skills together with fluency, Demonstrate a good awareness of space. 		<ul style="list-style-type: none"> ○ Apply skills and techniques consistently, showing precision and control. ○ Develop strength, technique and flexibility throughout performances. ○ Show clarity, fluency, accuracy and consistency in their movements. ○ Be able to adapt an individual sequence to become a group sequence. 	<ul style="list-style-type: none"> ○ movements to create a fluent sequence. ○ Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. ○ Show a change of pace and timing in their movements. ○ Move rhythmically and accurately in dance sequences. ○ Improvise with confidence, still demonstrating fluency across their sequence. ○ Dance with fluency and control, linking all movements and ensuring that transitions flow. ○ Link actions to create a complex sequence using a full range of movement. ○ Perform and apply a variety of skills and techniques confidently, consistently and with precision. 	<p>suggest practices to help them improve.</p>	<ul style="list-style-type: none"> ○ ○ Develops doubles play (team play for volleyball) ○ ○ To develop the dig and understand when to use it. ○ ○ To keep a continuous rally over the net. To be able to use the scoring system and understand when to rotate. ○ ○ To apply the rules, skills and tactics learnt to play in a volleyball tournament. 	<ul style="list-style-type: none"> ○ ○ Land safely and with control. ○ ○ Develop and improve their techniques for jumping for height and distance and support others in improving their performance. ○ ○ Set up and lead jumping activities including measuring the jumps with confidence and accuracy. ○ ○ Measure and record the distance of their throws. ○ ○ Continue to develop techniques to throw for increased distance and support others in improving their personal best. ○ ○ Develop and refine techniques to throw for accuracy. ○ Perform and apply a variety of skills and techniques confidently, consistently and with precision. ○ Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
Vocabulary	<ul style="list-style-type: none"> ○ Tactics ○ Defending ○ Attacking ○ Strategy ○ Implement ○ Technique ○ Coaching ○ Feedback ○ 	<ul style="list-style-type: none"> ○ Scull ○ Submerge ○ Safety ○ Rotate ○ Depth ○ Tread water 	<ul style="list-style-type: none"> ○ Counterbalance ○ Counter-tension ○ Tension ○ Obstacle ○ Straddle over ○ Aesthetic ○ Judgement 	<ul style="list-style-type: none"> ○ Variation ○ Unison ○ Canon ○ Action ○ Reaction ○ Pattern 	<ul style="list-style-type: none"> o Stance o Crease o Batting point o Leg-side o Home base o Innings 	<ul style="list-style-type: none"> ○ ○ Width ○ ○ Depth ○ Changing direction ○ Changing speed ○ Covering court 	<ul style="list-style-type: none"> ○ ○ Performance ○ ○ Accuracy ○ ○ Take off ○ Distance ○ Position ○ Measure ○ Control