



Lawford Curriculum Overview PE

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
Reception	<p><b>Skills:</b> <u>Locomotion:</u> That a good balance needs stillness To use my arms to keep my balance when on one foot To know what I need to do to stop quickly when running To use my arms when hopping To land on both my feet and bend my knees when jumping When galloping that my forward foot is always my lead foot</p> <p><u>Gymnastics</u> Demonstrate the 5 basic balances and perform them individually and with a partner Create a sequence and perform them individually and with a partner Improve the travelling movements in a sequence Create a sequence on apparatus with a partner Improve a sequence on apparatus with a partner Jump in a variety of ways Jump showing good technique Control a star jump and pencil jump Jump through turns Show a tucked body shape in the air Change leg positions in the air Execute a variety of jumps</p> <p><b>Key Knowledge:</b> <u>Locomotion:</u> How to hop on one foot Travel on hands and feet Gallop sideways Jump 2 feet to 2 feet How to gallop Travel on hands and feet in different ways</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Dance</u> Show different movements to match the speed of the music. Show simple dance actions and shapes linked to a theme. Show control when moving, stopping and changing direction. Show active listening by responding to changes in the music. Show teamwork by communicating and solving simple movement problems. Grow by working with others and listening to ideas.</p> <p><u>Object control</u> I can roll different objects How travel with an object How to strike an object How to bounce a ball How to catch a ball Throw a ball underarm Roll a ball</p> <p><b>Key knowledge:</b> <u>Dance</u> Know that dance actions can change to match the pace and tempo of music. Know that movements can be slow, fast, big, small, high or low. Know how to use simple shapes, movements and actions linked to a theme. Know that listening carefully helps me move in time with music. Know how to move safely in a space with others.</p> <p><u>Object control</u> To keep my head up when running fast</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Athletics</u> Share space and run with my head up Jump 1 foot to 2 feet and 2 feet to 2 feet Throw accurately Run efficiently and within a lane Jump for height Throw with good technique</p> <p><b>Key Knowledge</b> <u>Athletics</u> What a good position of readiness looks like Arms help power a person forward when jumping How to stand to throw overarm How to start a race What parts of the body are important for jumping high Draw my body by lifting my front leg to generate more power</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<u>Gymnastics</u> The 5 basic balances How to create a sequence linking the 5 basic balances The meaning of travel in gymnastics The meaning of a sequence The meaning of a partner sequence How to use apparatus safely To bend legs when jumping Know what half turn and quarter turn are Know some different jumping shapes Know the difference between a leap and a jump Start work with an interesting shape and finish it with style		Keeping your head up avoids bumping into anyone Which part of the body to use to strike To strike a balloon with an open hand How to carry an object safely when running Which skills I need to practice			

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
1	<p><b>Skills:</b> <u>Dance</u> Create shapes, movements and actions with my body linked to a theme Perform simple movement patterns Travel safely and creatively in space using different levels Demonstrate agility, balance and coordination Perform and remember a simple sequence of movements</p> <p><u>Fundamental movement skills</u> An overarm throw. Catching a bounced ball. How I can hop on either leg. I can jump for distance from 2 feet to 2 feet. I can perform an underarm throw. A range of Fundamental Movement Skills.</p> <p><u>Gymnastics</u> I can demonstrate the 5 basic balances and perform them individually and with a partner. I can create a sequence, linking the 5 basic balances and perform them individually and with a partner. I can improve the travelling movements in our sequence. I can improve the balances and travelling movements in our paired sequence. I can create a sequence on apparatus with a partner. I can improve my sequence on apparatus with my partner.</p> <p><u>Invasion games</u> How to throw underarm with some accuracy. How to throw underarm at and through targets. How to throw underarm with some accuracy at a target at an angle. A simple tactic that can be used in a game. A simple tactic in a game to outwit the defender. How to roll a ball with accuracy.</p> <p><b>Key Knowledge:</b> <u>Dance</u> How to turn words, pictures and ideas into movements and shapes That we need to look forward and control our speed to move safely in space How to turn what I see or hear into ways of moving How to link ideas and movements together so they flow How to listen to others' ideas and share my own</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Yoga</u> Pose like a variety of jungle creatures. Bend, stretch and reach. Work imaginatively. Pose depicting Mother Earth. Depict Roman life through my poses. Breathe in 3 parts. Work quietly focusing on what I am doing in the moment.</p> <p><u>Target games</u> Show the ability to throw underarm towards a target with some accuracy Show control when rolling a ball using one or both hands Show the ability to kick or strike a ball towards a target using different parts of the foot Show teamwork by taking turns and encouraging others during activities Show improving control and coordination when aiming at targets</p> <p><u>Athletics</u> React quickly and show anticipation at the start of an activity Jump in a variety of ways including leap, jump and hop Coordinate a run up with a jump Use a run up when throwing to increase distance Demonstrate a range of athletic techniques</p> <p><b>Key knowledge</b> <u>Yoga</u> The importance of quiet and focus whilst performing yoga moves. To breathe whilst I am stretching and warming up. More about space travel. What 3-part breathing is.</p> <p><u>Target Games</u> Know how to stand safely and balance when throwing, kicking and rolling</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Net and Wall Skills</u> Send or strike a ball with some accuracy Move into the correct position to receive a ball Strike a ball with an open palm over a net Keep a rally going with a partner Throw or hit a ball with accuracy and keep eyes on the ball</p> <p><u>Striking and fielding game skills</u> Throw an object overarm Throw overarm with control towards a target Roll a ball for a partner to chase and receive Strike a ball from a tee Use simple tactics in striking and fielding games</p> <p><u>Locomotion</u> Travel by skipping around an area Jump for distance Dodge when playing a game Gallop when travelling Jump for height</p> <p><b>Key Knowledge</b> <u>Net and Wall Skills</u> What a ready position looks like When to call for the ball in doubles When to leave a ball that is going out What a T position is and how it helps in games That a high dig gives teammates time to attack</p> <p><u>Striking and fielding game skills</u> How to grip different objects when throwing To stand sideways with the opposite foot forward when throwing How the speed of my action affects how far an object travels How to handle equipment safely to strike objects That working as a team can affect the outcome of a game</p> <p><u>Locomotion</u> To use flat hands when travelling on hands and feet To release the ball near the floor when rolling an object</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p><u>Fundamental movement skills</u> That a good balance means stillness. Which parts of my body help me with balancing. To use 2 feet to land jumps. The opposite foot is planted furthest forward when throwing. Being balanced can assist you when throwing and catching.</p> <p><u>Gymnastics</u> I know the 5 basic balances and perform them individually and with a partner. I know how to create a sequence, linking the 5 basic balances and perform them individually and with a partner. I know the meaning of travel in gymnastics. I know the meaning of a sequence. I know the meaning of a sequence. I know how to use apparatus safely.</p> <p><u>Invasion games</u> To stretch after warming up. To use more power when throwing at a target. How distance can affect your accuracy. Tactics can help you win games. To concentrate to be part of a team. How to apply a simple tactic.</p>		<p>Know which hand or foot is dominant when aiming at a target Know how to strike or kick a ball with control and power Know how to roll and throw a ball towards a target with increasing accuracy Know the importance of taking turns, listening and working safely in PE</p> <p><u>Athletics</u>  The importance of a good start and staying focused To bend my knees to cushion my landing when jumping The difference between a leap and a jump How technique can increase the height and distance of my jumps Why warming up and keeping others safe when throwing is important</p>		<p>To bend my knees when landing from a jump The difference between galloping and side galloping To push off in a different direction when dodging</p>	
2	<p><b>Skills:</b> <u>Gymnastics</u> Show control when performing rock and roll movements and early roll preparations. Show precise rebounding and controlled landings when jumping. Show balance and precision when travelling forwards and sideways along a bench. Show coordination when performing throwing and catching activities. Show control during bunny jumps and other weight-bearing movements using apparatus.</p> <p><u>Fundamental movement skills (2)</u> How to catch an object with my hands.</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Target Games</u> How to bounce and catch a ball with 2 hands. How to bounce a ball with two hands. How to catch a bounced ball in a game. How to throw underarm at a target. How to throw a ball overarm with some accuracy at a target. An overarm throw at a target with power.</p> <p><u>Fundamental movement skills (3)</u> Show the ability to bounce and control a ball when dribbling.</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b> <u>Athletics</u> To show quick reactions and anticipation when starting activities. To show control, balance and coordination when running and jumping. To show a variety of jumping techniques (leap, hop, jump) with increasing confidence. To show the ability to combine running with jumping and throwing. To show accurate throwing using appropriate technique and increasing distance</p> <p><u>Net and Wall Skills</u></p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p>How I can skip with some rhythm. How I can side gallop. How to dodge and change direction when playing a game. How to throw an object underarm. How to kick a ball with my laces.</p> <p><u>Yoga</u> Show a range of yoga poses inspired by themes (e.g., jungle creatures, nature, Romans, space). Show the ability to bend, stretch and reach with control. Show controlled breathing patterns during movements. Show imagination and creativity when creating poses and sequences. Show the ability to work calmly and focus on the present moment.</p> <p><u>Dance</u> Show the ability to create theme-related shapes, movements and actions using the body. Show different ways of travelling using levels, directions and pathways. Show control, balance and coordination when performing movement patterns. Show the ability to work with a partner to create and perform sequences. Show timing and unison when performing dance phrases</p> <p><u>Key Knowledge</u> <u>Gymnastics</u> Know that rock and roll movements help prepare the body for forward and backward rolls. Know how correct body shapes help control jumps and landings safely. Know that balance is needed when travelling on benches or during weight-bearing movements on hands and feet. Know the basic movements needed to perform skills such as a cartwheel, backward roll and handstand preparation. Know that coordination helps when performing throwing, catching and rebounding movements.</p> <p><u>Fundamental movement skills</u> What to do to keep still when balancing on one foot. I need to keep my eyes on the ball when catching. What I need to do when throwing an object at different distances.</p>		<p>Show how to kick a ball with control and for distance. Show how to throw and catch a ball using appropriate techniques. Show the ability to change direction and dodge when playing games. Show the ability to move safely and work cooperatively with others.</p> <p><u>Striking and Fielding</u> To show control when throwing, catching and fielding a ball. To show the ability to send, receive and strike a ball with increasing accuracy. To show the ability to move, stop, change direction and react during games. To show teamwork by applying skills appropriately in small-group and team games. To show the ability to use a range of techniques to outwit an opponent in competition.</p> <p><u>OAA</u> To show the ability to follow a simple map and locate clues accurately. To show clear communication when giving and following directions. To show teamwork by listening to others and contributing ideas. To show control and coordination when completing physical challenges. To show decision-making skills when solving problems and completing tasks.</p> <p><b>Key knowledge</b> <u>Target Games</u> To keep my eyes on the ball when catching. How to outwit my partner when playing a game. How to outwit and beat my partner when playing a game. When to use a different throw in a game. When it is best to throw underarm and when to throw overarm. To use my non-throwing arm to help target the throw.</p>		<p>To show the ability to send and receive a ball with increasing accuracy. To show correct positioning to strike a ball (e.g. getting underneath and in line). To show a range of shots including forehand, backhand and volley. To show movement around the court, returning to position after each shot. To show the ability to sustain a rally and play against an opponent.</p> <p><u>Striking and Fielding</u> To show the ability to strike a ball from a tee with increasing accuracy. To show the ability to hit or throw into space to score runs. To show accurate throwing to a teammate using correct technique. To show the ability to bowl a ball using an underarm action. To show simple decision-making during games (e.g. when to run or stop).</p> <p><u>Invasion games</u> To show control when passing and receiving a ball with a partner. To show the ability to dodge and move into space during a game. To show communication with teammates to support attacking and defending. To show simple tactics (e.g. moving after passing, creating space). To show decision-making in small-sided games (e.g. 3v1 situations).</p> <p><b>Key Knowledge</b> <u>Athletics</u> To know the importance of a good start and reacting quickly. To know how to jump and land safely using correct technique. To know the difference between types of jumps (leap, hop, jump). To know how to increase distance in jumping and throwing. To know how to stay safe and share equipment during activities.</p>	

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p>To travel around the space being aware of other children sharing it with me. What I need to do to avoid someone in a game. That a punt is a kick from my hands.</p> <p><u>Yoga</u> Know the importance of quiet and focus when performing yoga movements. Know how breathing supports stretching and movement. Know what 3-part breathing is and why it helps control the body. Know that good posture and balance are important in everyday life. Know that being active outside of PE helps keep us healthy and happy.</p> <p><u>Dance</u> Know how to use words and ideas to create dance movements and shapes. Know how to move safely and travel in different ways within a space. Know that control of speed, direction and levels helps movement look effective. Know how working with a partner and communicating helps create dance sequences. Know what makes a good dance performance and how feedback can improve it.</p>		<p><u>Fundamental movement skills (3)</u> Know how to use different amounts of power when throwing to a target. Know how to work cooperatively with a partner during activities. Know how to move safely in a shared space and be aware of others. Know the basic techniques for dribbling, kicking and catching a ball. Know that being active helps keep our bodies healthy and balanced.</p> <p><u>Striking and Fielding</u> To know the basic techniques for throwing, catching, fielding and striking. To know how movement, timing and body position help when preparing to strike a ball. To know how to aim towards a target to improve accuracy and score points. To know how rules help games to be played fairly and safely. To know how different techniques can be used in competitive striking and fielding games.</p> <p><u>OAA</u> To know what basic map symbols and compass points represent. To know how to follow and give clear directions using simple maps. To know how teamwork and communication help solve problems effectively. To know the importance of planning before starting a task. To know how physical activity and outdoor learning support health and wellbeing.</p>		<p><u>Net and Wall Skills</u> To know what a ready position looks like and why it is important. To know how to track and judge the flight of a ball. To know different techniques to return a ball (e.g. volley, forehand, backhand). To know how positioning on the court helps improve performance. To know the basic rules and tactics of simple net and wall games.</p> <p><u>Striking and Fielding</u> To know where to strike a ball to score the most runs. To know why hitting or throwing into space helps a team succeed. To know how to strike a ball from a tee using the correct technique. To know how to throw and bowl using underarm and overarm actions. To know simple tactics such as when to run and when to stop.</p> <p><u>Invasion games</u> To know the importance of keeping my head up to make decisions in a game. To know how communication helps a team defend and attack effectively. To know when to move into space to receive a pass. To know simple tactics such as creating space and blocking attackers. To know how to pass and receive a ball using control and accuracy.</p>	
3	<p><b>Skills:</b> <u>Netball</u> Pass a netball accurately using chest and bounce passes Move into space to receive a pass during play Use simple attacking skills to get free from a defender Shoot using the correct technique Take part in games, following rules and working as part of a team</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Dance</u> Show a range of movements with control, balance and coordination Show changes in level, direction and speed when travelling Show clear communication and cooperation when working with others Show creativity by linking actions into short sequences</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b> <u>Athletics</u> Show good sprinting technique with speed and control Show safe and controlled jumping with balance on landing Show accurate and controlled throwing Show coordination across running, jumping and throwing activities Show the ability to take part in simple competitive activities</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p><u>Tennis</u> Show a ready position before receiving the ball. Show good movement into space to strike the ball. Show a consistent forehand return. Show a backhand shot with some accuracy. Show how to serve from the baseline into an opponent's court.</p> <p><u>Yoga</u> Show a range of yoga poses with control Show good balance, alignment and body shape when holding positions Show the ability to focus and stay on task Show control of breathing during movement and stillness Show the ability to work with others or independently in yoga activities</p> <p><u>Basketball</u> Show control when dribbling with both hands Show awareness of space and keep head up when moving with the ball Show accurate passing using chest and bounce passes Show good teamwork and communication during play Show correct shooting technique (balance, aim and follow-through)</p> <p><u>Key Knowledge</u></p> <p><u>Netball</u> Know when to use a chest pass or bounce pass in a game Know how to stand in a good position to receive a ball Know the importance of passing quickly to keep possession Know the correct technique for shooting Know the basic rules of netball, including footwork</p> <p><u>Tennis</u> Know what the ready position is. Know how to move back to the centre after playing a shot. Know how to hit a forehand return.</p>		<p>Show good timing, posture and body control when performing</p> <p><u>Invasion Games</u> Show awareness of space and others when moving with the ball Show accurate passing and moving to receive the ball Show control when dribbling or keeping possession Show how to shield the ball from a defender Show simple defending skills such as closing space and marking</p> <p><u>Cricket</u> Show accurate throwing and stopping of a ball when fielding Show a basic overarm bowl with control Show a correct batting stance and strike the ball Show awareness of where to stand and move in the field Show communication with others when batting or fielding</p> <p><u>Gymnastics</u> Show control and coordination in a range of actions Show partner balances with control and stability Show smooth transitions between movements Show the ability to create, repeat and perform a sequence Show cooperation when working in pairs or small groups</p> <p><u>Key Knowledge</u></p> <p><u>Dance</u> Know how to turn ideas into simple dance movements Know how to travel and move in different directions Know how to use levels, pathways and space in dance Know how to work with a partner or group to create a sequence</p>		<p><u>OAA</u> Show teamwork when solving challenges in a group Show clear communication and listening skills Show the ability to follow directions and complete tasks Show problem-solving skills when faced with challenges Show awareness of the environment and move safely</p> <p><u>Rounders</u> Show accurate throwing and catching skills Show control when striking the ball Show good positioning when fielding Show communication with teammates during play Show the ability to apply basic skills in a game situation</p> <p><u>Tri Golf</u> Show a correct grip and stance when striking the ball Show control when putting towards a target Show a basic backswing and follow-through Show accuracy when aiming at a target Show awareness of safety and others around me</p> <p><u>Key Knowledge</u></p> <p><u>Athletics</u> Know the basic techniques for running, jumping and throwing Know how to start and run a sprint effectively Know how to take off and land safely when jumping Know how to throw using the correct technique Know how to measure and compare performances</p> <p><u>OAA</u> Know how to work as part of a team to solve problems Know how to communicate ideas clearly with others Know how to follow directions and use simple maps or clues</p>	

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p>Know how to play a backhand using one or two hands. Know the basic rules of tennis.</p> <p><u>Yoga</u> Know how to prepare the body using breathing and stretching Know how to breathe calmly and follow instructions Know how to maintain concentration and avoid distraction Know that meditation helps with relaxation Know the benefits of yoga and how it supports the body</p> <p><u>Basketball</u> Know how to control the ball when moving Know the basic rules of basketball Know different types of passes (chest and bounce) and when to use them Know how to maintain possession of the ball Know the basic technique for shooting a basketball</p>		<p>Know that dance can be used to express ideas and themes</p> <p><u>Invasion Games</u> Know how to move with my head up to see space and others Know how to signal and get into space to receive a pass Know how to protect the ball from an opponent Know simple ways to trick or outwit an opponent Know basic attacking and defending ideas in invasion games</p> <p><u>Cricket</u> Know how to use a ready position when fielding Know how to grip a bat and a ball correctly Know the basic techniques for batting, bowling and fielding Know how to position myself in the field Know simple rules and roles within a game of cricket</p> <p><u>Gymnastics</u> Know how to use control and coordination in movements Know what a sequence is and how movements link together Know what transitions are in gymnastics Know how to create simple sequences individually and with a partner Know how to adapt movements when working with others</p>		<p>Know basic navigation skills such as using symbols or routes Know how to take part safely in outdoor activities</p> <p><u>Rounders</u> Know when to run and when to stay when batting Know how to position my body when striking or fielding Know basic rules of rounders (e.g. no-balls, scoring) Know different ways to field the ball Know how to work as part of a team in a game</p> <p><u>Tri Golf</u> Know how to keep myself and others safe when using equipment Know how to hold a golf club and use the correct stance Know what a backswing is and why it is important Know when to use different clubs for different shots Know basic golf rules and simple scoring</p>	
4	<p><b>Skills:</b> <u>Health Related Fitness</u> Understand how to adapt exercises to make them easier or harder Know how stamina supports sustained physical activity Understand a range of exercises that improve fitness Know what flexibility is and why it is important</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Invasion games</u> Pass and move effectively to maintain possession Dribble with control using hands or feet Use feints or changes of direction to beat an opponent Defend by tracking and marking an opponent Communicate clearly with teammates during games</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills:</b> <u>Athletics</u> Sprint with improved speed and coordination Jump for distance or height using correct technique Throw with power and accuracy over distance Take part in relay races with effective teamwork Apply skills in competitive situations</p> <p>Cricket</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p>Understand why warming up and cooling down matters</p> <p><u>Netball</u> Send accurate passes using chest and bounce pass Move into space to receive the ball effectively Defend an opponent using good positioning and awareness Shoot with improved accuracy using correct technique Apply skills in small-sided competitive games</p> <p><u>Gymnastics</u> Understand how to perform balances safely with control Know how to create an effective sequence Understand how transitions link movements together Know how to work safely with a partner Understand how to use apparatus correctly</p> <p><u>Yoga</u> Hold positions with control and correct alignment Move smoothly between poses with balance Maintain focus during longer sequences Control breathing during movement and stillness Work collaboratively when creating group poses</p> <p><b>Key Knowledge</b> <u>Health related fitness</u> Sustain effort during physical activity over time Perform a range of exercises with control and technique Demonstrate core strength and balance Improve personal performance through practice Apply correct techniques during fitness activities</p> <p><u>Netball</u> Understand how to receive the ball within 4 seconds Know how to track an opponent effectively Understand when to pass to maintain possession</p>		<p><u>Dance</u> Perform movements with control, clarity and expression Travel through space using a range of levels and directions Work collaboratively with a partner or group Show timing and rhythm in movement Create and perform a short sequence with structure</p> <p><u>Hockey</u> Dribble the ball with control and awareness Pass accurately using push pass and varied techniques Receive the ball while moving or under pressure Tackle and defend using correct technique Apply skills during small-sided games</p> <p><b>Key knowledge</b> <u>Invasion games</u> Understand how to move into space to receive the ball Know how to signal for a pass effectively Understand how to use feints or deception Know how to defend by closing space Understand basic tactics for attacking and defending</p> <p><u>Dance</u> Understand how to use imagery to create movement Know how to transform ideas into travelling sequences Understand how space can be used when performing Know how to link movements into a sequence Understand how feedback can improve performance</p> <p><u>Hockey</u> Understand the importance of close ball control Know how to position the body when shielding the ball Understand the technique for push passing</p>		<p>Field the ball consistently using a long barrier Bowl with increasing accuracy using a straight arm Play attacking shots such as the pull shot with control Back up fielders and support play during a game Communicate effectively with teammates when batting and fielding</p> <p><u>OAA</u> Navigate around an area using a map and clues Work collaboratively to solve challenges Communicate clearly with others in a team Follow instructions and complete tasks accurately Apply problem-solving skills in different activities</p> <p><u>Rounders</u> Catch the ball consistently using good technique Bowl with increasing control and accuracy Field the ball using a range of techniques Play effectively in different positions during a game Make quick decisions when batting and running</p> <p><b>Key Knowledge</b> <u>Athletics</u> Understand how to improve speed through technique Know the correct take-off technique in jumping Understand how to position the body for throwing Know how to measure and compare performances Understand how exercise affects the body</p> <p><u>Cricket</u> Understand how to use a long barrier when fielding a hard hit ball Know the process of bowling from coil to release Understand how to move back and across to play a pull shot Know how to position myself effectively when fielding or wicketkeeping Understand when to communicate with teammates in different game situations</p>	

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p>Know the rules for shooting and positioning Understand the footwork rule and how it applies in games</p> <p><u>Gymnastics</u> Demonstrate control and coordination in sequences Perform smooth transitions between balances Create a paired sequence with a partner Use apparatus confidently and safely Refine and improve a sequence through practice</p> <p><u>Yoga</u> Understand how breathing supports movement and focus Know how to follow instructions during yoga sequences Understand how to maintain concentration during activity Know the importance of warming up before exercise Understand how relaxation supports wellbeing</p>		<p>Know how to tackle safely and effectively Understand basic attacking and defending tactics</p>		<p><u>OAA</u> Understand how to follow directions using a map Know how to orientate a map and find clues Understand how to communicate effectively in a group Know how to plan a simple route Understand how to solve problems as a team</p> <p><u>Rounders</u> Understand when to run and when not to run during a game Know how to catch the ball using correct technique Understand how to release the ball correctly when bowling Know what happens if a ball is missed or hit behind Understand the role of fielders and how they move after a strike</p>	
5	<p><b>Skills</b> <u>Netball</u> Show a range of accurate passes in different situations Show control when landing and pivoting with the ball Show good shooting technique when aiming for the hoop Show movement into space to receive a pass effectively Show teamwork by supporting others during match play</p> <p><u>Football</u> Show close control when dribbling the ball Show accurate passing and movement into space Show ability to combine skills to keep possession Show defending skills by slowing down attackers Show communication and teamwork during games</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b> <u>Tennis</u> Show consistent forehand and backhand shots Show control when rallying with a partner Show accuracy when serving the ball Show ability to move into position to return shots Show a range of shots including volley and ground strokes</p> <p><u>Dance</u> Show creativity when developing dance sequences Show control and coordination in movements Show ability to perform in unison with others Show clear transitions between movements Show communication when working in a group</p> <p><u>Hockey</u> Show control when dribbling with the ball Show accurate push passing Show ability to tackle safely and effectively Show movement into space to support play Show teamwork during game situations</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b> <u>Athletics</u> Show control when running at different speeds Show correct technique in jumping and landing Show accuracy and power in throwing events Show ability to sustain effort over longer distances Show improvement through repeated attempts</p> <p><u>Gymnastics</u> Show control when performing balances and movements Show coordination when linking actions together Show ability to create and perform a sequence Show safe use of apparatus Show collaboration when working with others</p> <p><u>Rounders</u> Show accurate throwing and catching Show controlled batting with direction Show awareness when running between bases Show positioning when fielding Show teamwork during game play</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p><u>Yoga</u> Show control when holding poses for a sustained time Show ability to follow and perform a sequence of movements Show focus and calmness during yoga practice Show correct breathing techniques alongside movements Show ability to mirror and copy poses accurately</p> <p><b>Key knowledge</b> <u>Netball</u> Know how to signal for a pass and communicate clearly with teammates Know how to move into space after passing to support play Know what landing foot, pivot and stepping mean in netball Know the rules around shooting and positioning Know the different roles within a netball team</p> <p><u>Football</u> Know how to anticipate where the ball will go during a game Know how to move into space to support teammates Know how to get free from a defender Know basic defending principles and positioning Know the rules of the game and importance of teamwork</p> <p><u>Yoga</u> Know what the relaxation pose is and why it is important Know how to prepare the body for yoga safely Know the benefits of regular yoga practice Know how breathing supports movement and focus Know how positive affirmations support wellbeing</p>		<p><u>Cricket</u> Know the basic rules of cricket and roles within a team Know how to grip the bat and position for batting Know different fielding techniques and when to use them Know how to bowl with correct technique Know how to score runs and apply tactics</p> <p><b>Key Knowledge</b> <u>Tennis</u> Know the ready position and why it is important Know how to use a forehand and backhand technique Know how to position body sideways when striking the ball Know how to control the direction and power of shots Know the basic rules and scoring system in tennis</p> <p><u>Dance</u> Know how to translate ideas or stimuli into movement Know how to use levels, pathways and direction in dance Know how to structure a sequence with a beginning, middle and end Know how to use timing and unison in performance Know how choreography can communicate meaning</p> <p><u>Hockey</u> Know how to hold the stick correctly and use the flat side Know the rules around tackling and safe play Know when to pass and when to dribble Know basic attacking and defending principles Know positions and roles within a team</p> <p><u>Cricket</u> Show accurate throwing and catching under pressure</p>		<p><u>OAA</u> Show problem-solving skills in group challenges Show ability to follow directions and navigate Show communication when working in a team Show cooperation to complete tasks Show ability to adapt when challenges change</p> <p><b>Key Knowledge</b> <u>Athletics</u> Know how to pace running over different distances Know the techniques for throwing and jumping events Know how to start and finish a race effectively Know the importance of technique in sprinting and hurdling Know how to measure and record performance</p> <p><u>Gymnastics</u> Know a range of balances and how to perform them safely Know how to link movements into a sequence Know how to use apparatus safely Know the importance of control and body tension Know how to give and receive feedback</p> <p><u>Rounders</u> Know the rules of rounders and roles of players Know when to run and when to stay at a base Know different fielding techniques Know how to strike the ball effectively Know the importance of communication in a team</p> <p><u>OAA</u> Know how to follow and use simple maps Know the importance of teamwork and communication Know how to solve problems safely Know how to give clear instructions to others Know how to stay safe during outdoor activities</p>	

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
			Show controlled batting with appropriate shot selection Show bowling with increasing accuracy Show awareness of positioning when fielding Show ability to play within simple game situations			
6	<p><b>Skills</b></p> <p><u>Tag Rugby</u> Show accurate passing and catching skills whilst moving and under pressure Show control when running with the ball at pace and changing direction to avoid defenders Show effective defending by closing space, tagging safely and recovering quickly Show communication and teamwork when organising attacking formations and supporting play Show the ability to apply skills and tactics successfully during small-sided games</p> <p><u>OAA</u> Show clear communication skills when giving instructions and leading others Show teamwork and cooperation when solving practical and physical challenges Show the ability to navigate using maps, controls and directional clues Show creative thinking when finding solutions to problems as part of a team Show independence and responsibility when working safely in different activities</p> <p><u>Netball</u> Show accurate passing, receiving and ball handling skills in game situations Show effective footwork, pivoting and movement to maintain possession Show attacking skills by finding space and supporting teammates Show defensive skills by marking opponents and intercepting passes Show teamwork and tactical understanding during competitive games and tournaments</p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b></p> <p><u>Gymnastics</u> Show strength, control and flexibility when performing movements and balances Show creativity when developing paired and group sequences Show safe jumping and landing techniques within routines Show expressive movements and clear body tension on apparatus Show the ability to perform sequences fluently with increasing confidence</p> <p><u>Hockey</u> Show control when dribbling, passing and receiving the ball under pressure Show accurate push passing, shooting and tackling techniques Show attacking skills by moving into space and supporting teammates Show defensive skills by marking opponents and recovering possession Show teamwork and communication during competitive game situations</p> <p><u>Dance</u> Show creativity when developing motifs, travelling actions and sequences Show control, balance and coordination during individual, paired and group dances Show expressive movement and clear communication of themes through performance Show teamwork when performing in unison, canon and mirrored actions Show the ability to evaluate, refine and improve performances using feedback</p> <p><u>Basketball</u></p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>	<p><b>Skills</b></p> <p><u>Cricket</u> Show accurate batting, bowling and fielding skills during practices and games Show control and consistency when bowling with different techniques Show effective catching, throwing and retrieving skills under pressure Show tactical awareness when choosing shots, positions and game strategies Show teamwork and communication during competitive cricket activities</p> <p><u>Athletics</u> Show control and stamina when running over different distances Show accurate throwing techniques with increasing power and distance Show effective jumping and hurdling techniques with coordination and balance Show teamwork and timing when participating in relay races Show the ability to measure, evaluate and improve performances</p> <p><u>Yoya</u> Show control, balance and flexibility when performing yoga poses Show focus and concentration during meditation and relaxation activities Show the ability to link movements and breathing effectively Show confidence when leading warm-ups or supporting others Show reflection skills by evaluating personal performance and progress</p> <p><u>Rounders</u></p>	<p>Identity Care Fairness</p> <p>Tolerance Mutual respect</p>

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
	<p><b>Key knowledge</b></p> <p><u>Tag Rugby</u> Know how to grip, carry and pass a rugby ball safely using correct technique Know when to use a pop pass, pocket pass and dummy pass in different game situations Know how attacking and defending positions can help a team keep possession or stop opponents Know how to create space, stretch a defence and support teammates effectively Know the basic rules of tag rugby and how to work successfully as part of a team</p> <p><u>OAA</u> Know the importance of planning and communication when completing team challenges Know how to guide and support a partner safely during problem-solving activities Know how to read simple maps and recognise basic ordnance survey symbols Know how teamwork, negotiation and listening can help solve problems effectively Know strategies for motivating and supporting others during group tasks</p> <p><u>Netball</u> Know the basic rules, positions and footwork rules used in netball Know different types of passes and when to use them during a game Know how movement, spacing and signalling help attacking play Know defensive strategies such as marking and intercepting Know where shooting can take place and the responsibilities of different positions</p>		<p>Show control when dribbling, passing and protecting the ball under pressure Show accurate chest, bounce and shooting techniques during games Show attacking skills by creating space and moving effectively off the ball Show defensive skills by marking opponents and limiting scoring opportunities Show tactical awareness and teamwork during competitive basketball games</p> <p><b>Key knowledge</b></p> <p><u>Gymnastics</u> Know how to perform balances, transitions and jumps safely with control Know how to work safely with a partner or group when creating sequences Know how to use apparatus safely and responsibly Know how feedback can help improve performances Know how expressive movements can improve the quality of a sequence</p> <p><u>Hockey</u> Know how to hold and use a hockey stick safely and correctly Know when to dribble, pass or shoot during attacking play Know how to use space and width effectively in a game Know defensive strategies such as closing space and tackling safely Know the rules of hockey and the importance of fair play</p> <p><u>Dance</u> Know how to use choreography, formations and transitions to create sequences Know how actions, words and images can be translated into movement Know how levels, pathways and directions improve dance performance Know how timing, unison and performance quality impact choreography</p>		<p>Show accurate throwing, catching and striking skills during games Show effective bowling and fielding techniques under pressure Show tactical awareness when choosing where and when to run between bases Show teamwork and communication when supporting teammates in fielding situations Show adaptability by adjusting positions and decisions depending on the batter and game situation</p> <p><b>Key knowledge</b></p> <p><u>Cricket</u> Know the basic rules and roles involved in cricket games Know different batting, bowling and fielding techniques and when to use them Know how positioning and anticipation can improve fielding performance Know the importance of communication and teamwork during games Know how leadership and positive attitudes can support team success</p> <p><u>Athletics</u> Know the techniques needed for running, throwing and jumping events Know how pace and rhythm can improve performance in different races Know how to throw safely using correct body positioning and technique Know the differences between sprinting, middle distance and relay events Know the importance of perseverance, feedback and a positive mindset in athletics</p> <p><u>Yoga</u> Know different yoga poses and relaxation techniques Know how yoga can improve physical and mental wellbeing Know the importance of breathing, focus and mindfulness during yoga Know how positive affirmations can support confidence and wellbeing</p>	

Year Group	Autumn		Spring		Summer	
	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV	Question/curriculum area Key Knowledge Key Skills	Concepts BV
			<p>Know the importance of communication, teamwork and creativity in dance</p> <p><u>Basketball</u>            Know the rules and key principles of attacking and defending in basketball            Know different passing, dribbling and shooting techniques and when to use them            Know how movement and spacing create attacking opportunities            Know the difference between player-to-player and zone defence            Know how teamwork and communication support successful gameplay</p>		<p>Know how to prepare the body and mind for yoga safely</p> <p><u>Rounders</u>            Know the rules and roles involved in rounders games and fielding positions            Know how batting techniques and back lift can improve performance            Know how to catch, throw and field the ball safely and accurately            Know when and how to move between bases during gameplay            Know the importance of teamwork, communication and supporting others in the field</p>	