

Scheme of Learning: PE Passport	EYFS Nursery	EYFS Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games Substantive Knowledge	Negotiate space and obstacles safely, with consideration for themselves and others	Negotiate space and obstacles safely, with consideration for themselves and others Knowing it is good to be active and sometimes getting out of breath	Begin to use terms 'attacking' and 'defending'	Use and understand the the terms defend, attack, opponent and team-mate Develop tactics Lead others when appropriate	Develop and choose appropriate tactics Lead others and act as a respectful team member Follow the rules of the game	Choose appropriate tactics Lead others and act as a respectful team member Follow the rules of the game Explore when different shots/passes are best used	Choose and combine techniques in game situations Choose the most appropriate tactics for a game Lead others and act as a respectful team member Uphold the spirit of fairplay	Choose and combine techniques in game situations Choose the most appropriate tactics for a game Lead others and act as a respectful team member Uphold the spirit of fairplay Make quicker decisions in game Use and apply boundary rules Think ahead and create plan of attack or defence Work as a team to develop strategies
Games Disciplinary Knowledge	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Use large muscle movements Adjusting speed and space to avoid obstacles Take part in group activities	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Refine a range of ball skills; throwing, catching, kicking, batting, passing and aiming Quick changes of speed and direction	Use hitting skills in a game Practice basic striking, sending and receiving. Throw underarm and overarm Catch and bounce a ball Use rolling skills in a game	Strike or hit a ball with increasing control Position the body to strike a ball Throw different sized equipment in different way for accuracy and distance Throw, catch and bounce a ball with a partner Use throwing and catching skills in a game Throw a ball for distance	Throw and catch with control and accuracy Maintain possession of the ball Pass to teammates appropriately Demonstrate successful hitting and striking skills Develop a range of skills in striking and fielding Strike the ball for distance	Throw and catch with control and accuracy Maintain possession of the ball Pass to teammates appropriately Strike a ball and field with control Working with a teammate to make it difficult for the opposition	Work alone or with team mates to gain points or possession defend and attack tactically Play confidently in the roles of a fielder, striker, bowler. Choose where to direct a hit from a bowled ball Apply speed and decision	Work alone or with team mates to gain points or possession defend and attack tactically Suggest and lead a warm up Build upon set plays Hit a bowled ball over longer distances Use hand eye coordination to be able to direct a ball when striking or hitting

	<p>Show a dominant hand</p>	<p>Develop confidence and competence when engaging in ball activities</p> <p>Use a range of resources to bat, pat and hit a ball</p> <p>Introduce to games with teams, rules and targets</p>	<p>Practice accurate throwing</p> <p>Practice consistent catching</p> <p>Travel with a ball in different directions</p> <p>Use kicking skills</p> <p>Pass the ball to another player</p> <p>Begin to use space</p> <p>Use different ways of travelling</p> <p>Run at different speeds</p> <p>Use simple defensive skills such as marking</p> <p>Use simple attacking skills such as dodging</p>	<p>Use hand eye coordination to control a ball</p> <p>Vary types throws</p> <p>Use kicking and dribbling skills</p> <p>Bounce and kick a ball whilst moving</p> <p>Know how to pass a ball in different ways</p> <p>Use different ways of travelling</p> <p>Change speed and direction whilst running</p> <p>Begin to use the best use of space</p> <p>Use at least one technique to defend or attack to play a game successfully</p>	<p>Practice the correct batting technique and use it in a game</p> <p>Throw and catch the ball with greater control and accuracy</p> <p>Practice catching a ball in a game situation</p> <p>Throw a ball in a different way</p> <p>Develop an effective overarm bowl</p> <p>Move with the ball in a variety of ways with control</p> <p>Pass the ball in different ways</p> <p>Keep and win back possession of the ball</p> <p>Find useful space to support teammates</p> <p>Use simple attacking and defending skills in a game</p> <p>Use fielding skills to stop a ball travelling past</p>	<p>Play using marking techniques</p> <p>Send and receive the ball with accuracy</p> <p>Keep possession of the ball and run</p> <p>Use a bat, racquet or stick to hit a ball or shuttlecock with accuracy and control</p> <p>Accurately serve underarm</p> <p>Build a rally with a partner</p> <p>Use at least two different shots/passes in a game situation</p> <p>Use hand eye coordination to strike a moving and a stationary ball</p> <p>Develop different ways of throwing and catching</p> <p>Move with the ball using a range of techniques showing control and accuracy</p> <p>Pass the ball with increasing speed, accuracy and success in a game</p> <p>Occasionally contribute to helping teammates keep and win back possession</p> <p>Make the best use of space to pass and receive</p> <p>Use a range of attacking and defending skills and techniques</p>	<p>Use different techniques to hit a ball</p> <p>Accurately use an overarm serve</p> <p>Develop a backhand</p> <p>Consolidate different ways of throwing and catching and know when best to use in a a game</p> <p>Use a variety of ways to dribble</p> <p>Use balls skills in a variety of ways and link together</p> <p>Pass a ball with speed and accuracy</p> <p>Keep and win back possession effectively</p> <p>Demonstrate an increasing awareness of space</p> <p>Use fielding skills as a team to prevent the opposition from scoring</p>	<p>Throw and catch successfully under pressure</p> <p>Show confidence in using ball skills in various ways, linking together effectively</p> <p>Choose and make the best pass</p> <p>Keep and win back possession effectively an in a variety of ways</p> <p>Demonstrate good awareness of space</p>
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						Use fielding skills as an individual to prevent players scoring		
Games Key Vocabulary	Run, stop, throw, team, kick, space, catch, pass, forwards, backwards, sideways, tag, balance, gallop, follow, leader, copy	Run, stop, throw, roll, team, kick, space, catch, batting, pass, forwards, backwards, tag, balance, around	Far, aim, safely. Direction, dribble balance, send, defender, points, attacker, score partner, net, hit, target, distance	Overarm, collect, underarm, target, distance, chest pass, bounce pass, dodge, goal, teammate, possession, receive, quickly, trap, defend, return, against, fielder, bowler, batter, accurate, against, release	Track, receive, chest, shoulder, overhead, receiver, footwork, rebound, tracking, interception, mark, travelling, playing area, serve, rally, opponent, strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding, rules, putt, drive, course, block	Release, select, control, consistently, technique, persevere, outwit, opposition, pivot, opponent, court, field, pitch, contact, backhand, forehand, stance, retrieve, stumped, two handed pick up, technique, short barrier, communicate, chipping, protect, swing, align	Tactics, control, foul, pressure, onside, offside, support, obstruction, volley, cooperatively, continuously, set, overtake, backing up,, officiate, fair play, power	Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down, consecutive, deep, forecourt, backcourt, defensive, attacking, obstruction, tournament, hazard, sportsmanship,
Dance Substantive Knowledge	Know how the music makes you feel Is the music fast or slow?	Talk about dance, expressing feelings and responses			Use simple dance vocab to compare and improve work	Use simple dance vocab to compare and improve work	Use more complex dance vocab to compare and improve work	Use more complex dance vocab to compare and improve work
Dance Disciplinary knowledge	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Use alternate feet Skip, hop, hold a pose stand one on leg	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Progress towards a more fluent style of moving with developing grace and control Conclude movements in balance Combine different movements with ease and fluency using precision and accuracy	Chose movements to communicate a mood, feeling or idea. Copy and remember moves and positions. Respond to a range of stimuli	Perform movements using a range of body parts with control and coordination Link two or more actions to perform a sequence with a clear beginning and end Move in time to the music, showing rhythm and control Explore different speeds	Plan perform and repeat sequences that reflects the chosen dance style Move in a clear, fluent and expressive manner Begin to compare and adapt movements to create larger sequences Show changes of direction, speed and level during a performance Travel in a variety of ways Show a kinaesthetic awareness of alignment of body parts (arms/legs in correct place)	Plan perform and repeat sequences Move in a clear, fluent and expressive manner Create characters and narratives Demonstrate spacial awareness Confidently improvise on own or with a partner Refine movements into a sequence Create dances and movements that convey a definite idea	Compose creative and imaginative dance sequences Use transitions to link ideas smoothly together Perform expressively and hold precise body posture Perform and create complex sequences Express an idea in imaginative ways Perform with energy, grace or other themes	Compose creative and imaginative dance sequences Perform expressively and hold precise body posture Perform and create complex sequences Express an idea in imaginative ways Perform complex moves that combine flexibility, strength and stamina - demonstrating strong and controlled movements

		Explore and engage in dance, performing solo or in groups				Change speed and levels in a performance Develop physical strength and suppleness by moving and stretching		Modify some elements as a result of self or peer evaluation
Dance	Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, follow, lead, gallop	Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, gracefully, fluently, still	Counts, pose, level, slow, fast, balance	Mirror, action, pathway, direction, speed, timing	Flow, explore, create, perform, match, feedback, expression	Reaction, unison, represent, dynamics, control	Formation, posture, performance, canon, relationship	Choreograph, phrase, contrast, structure, fluently, connect
Key Vocabulary								
Gymnastics	Decide which movement to use	Decide which movement to use	Describe own work using simple gymnastics vocab	Describe own work using simple gymnastics vocab	Describe own work using simple gymnastics vocab	Begin to use gymnastics vocab to describe how to improve and refine sequences	To perform and evaluate own an others sequences using gymnastic vocab	To perform and evaluate own an others sequences using complex gymnastic vocab
Substantive Knowledge		Match skills to tasks			Begin to notice similarities and differences between sequences	Recognise how the position of gravity affects balance		
Gymnastics	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Walk, run or crawl across a plank Skip, hop, stand on one leg and hold a pose for a game like musical statues Standing on one leg for a few seconds	Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Spin, rock, tilt, fall, slide and bounce Use core muscle strength to achieve good posture Combine different movements with ease and fluency using precision and accuracy Standing momentarily on one foot	Climb safely on equipment Copy and remember basic action; travelling, rolling, jumping and staying still Perform different body shapes Hold still shapes and simple balances Move around with some control and awareness of space. Show contrasts (such as small/tall, straight/curved Perform a 2 footed jump landing	Climb safely on equipment Copy and repeat skills and link these together with movement to create fluent sequences with a variety of simple dynamics Show basic control and body tension with use of some dynamics within sequences. Hold a still shape while balancing on different points of the body Jump in a variety of ways and land with increasing control Link two or more actions to make a sequence. Travel by rolling forwards, backwards and sideways. Stretch and curl to develop flexibility.	Link balances, rolls and jumps together to form a sequence individually and with a partner which demonstrate matching and contrasting shapes using a variety of apparatus. Show some body tension, control and precision when balancing, rolling, and jumping when performing actions individually and in a sequence. Plan perform and repeat sequences Move in a clear, fluent and expressive manner Refine movements into sequences Show changes of direction, speed and level during a performance Travel in a variety of ways	To perform skills in canon and unison Link balances, rolls and jumps together to form more complex sequences, with a wider variety of travelling actions, including apparatus working individually and with a partner. Sequences will include actions that require weight to be taken on different parts of the body through inverted movements and varying dynamics when performing with a partner Show body tension, control and precision when balancing, rolling, and jumping when performing actions individually and in a sequence	Link balances, rolls and jumps together to form longer sequences, which include more complex actions that require weight to be taken through inverted movements. Show good body tension, control and precision when balancing, rolling, and jumping when performing actions individually and in a sequence Confidently use and incorporate into sequences To identify and practice symmetrical and asymmetrical body shapes Use and refine flexibility, strength, balance and power Apply skills and techniques consistently	Create complex and well executed sequences that include a full range of movements Hold shapes that are strong, fluent and expressive Include in a sequence set pieces, choosing the most appropriate linking elements Vary speed, direction, level and body rotation Practise and refine gymnastic techniques Demonstrate good kinaesthetic awareness Use equipment to vault and to swing (remaining upright)
Disciplinary Knowledge								

					<p>Show a kinaesthetic awareness of alignment of body parts (arms/legs in correct place) Swing and hang from equipment safely using hands</p> <p>Use trunks whilst travelling in a variety of ways</p>	<p>Plan perform and repeat sequences</p> <p>Move in a clear, fluent and expressive manner Refine movements into sequences</p> <p>Show changes of direction, speed and level during a performance</p> <p>Travel in a variety of ways</p> <p>Show a kinaesthetic awareness of alignment of body parts (arms/legs in correct place)</p> <p>Swing and hang from equipment safely using hands</p>		
Gymnastics	Move, copy, shape, over, space, rock, around, safely, travel, forwards, backwards, balance, creative	Move, copy, shape, over, space, rock, around, safely, travel, forwards, backwards	Action, jump, roll, level, direction, speed, point, balance	Link, pathway, sequence, tuck, straddle, speed, star, pike	Flow, explore, create, matching, interesting, control, contrasting	Technique, quality, apparatus, perform, extension, inverted	Symmetrical, asymmetrical, rotation, synchronisation, aesthetics, progression, canon	Formation, momentum, counter balance, fluently, counter tension, stability
Athletics					<p>Practice and improve skills through non-competitive and competitive events developing individual performance with a focus on personal improvement</p> <p>Understand pace judgement</p>	<p>Practice and improve skills through non-competitive and competitive events developing individual performance with a focus on personal improvement</p> <p>Understand pace judgement</p>	<p>Practice and improve skills of running, throwing and jumping through non-competitive and competitive practices and events while developing individual performance with a focus on personal improvement.</p>	<p>-Practice and improve skills of running, throwing and jumping through non-competitive and competitive practices and events while developing individual performance with a focus on personal improvement.</p>
Athletics	Using alternate feet	Challenge further with running faster and jumping further	<p>Use rolling, hitting, running, jumping, catching and kicking skills in combination</p> <p>Develop coordination and balance whilst</p>	<p>Sprint over a short distance</p> <p>Run over a long distance</p> <p>Use a range of throwing techniques</p>	<p>Sprint over a short distance</p> <p>Run over a long distance</p> <p>Use a range of throwing techniques</p>	<p>Sprint over a short distance</p> <p>Run over a long distance</p> <p>Use a range of throwing techniques</p> <p>Throw with accuracy to hit a target</p>	<p>Combine sprinting with hurdles over 60m</p> <p>Choose the best pace for running over a variety of distances</p> <p>Throw accurately and refine performance by</p>	<p>Combine sprinting with hurdles over 60m</p> <p>Choose the best pace for running over a variety of distances</p> <p>Throw accurately and refine performance by</p>

			exploring jumping and throwing techniques	Throw with accuracy to hit a target	Throw with accuracy to hit a target	Jump in a number of ways using a run up where appropriate Compete with others and aim to improve performance	analysing technique and body shape	analysing technique and body shape
			Develop the distance running technique	Jump in a number of ways using a run up where appropriate	Jump in a number of ways using a run up where appropriate	Compete with others and aim to improve performance	Show control on take off and landing when jumping	Show control on take off and landing when jumping
				Compete with others and aim to improve performance	Compete with others and aim to improve performance	Develop coordination and balance whilst exploring throwing, running and jumping techniques	Compete with others	Compete with others
				Develop coordination and balance whilst exploring throwing, running and jumping techniques	Develop coordination and balance whilst exploring throwing, running and jumping techniques		Set targets for improvement	Set targets for improvement
Athletics	balance, hopping, jogging, jumping, throwing	balance, hopping, jogging, jumping, throwing, landing, speed	balance, hopping, jog, mobility, obstacle, overarm throw, relay, speed, sprint, take off, landing	balance, direction, distance, obstacle, power, relaxed, relay, sprint, swing	changeover, competition, direction, improve, landing, overarm, relay, take off, technique	arm action, bend, control, direction, effort, extend, handover, javelin, knee lift, landing, long jump, pace, position, pull, relay, stride length, take off, target, technique	baton, bend, continuous, control, distance, extend, landing, long jump, push, pull, push technique, relay, take off, throw	bend, control, direction, distance, extend, handover, javelin, long jump, landing, pace, position, pull, relay, sprint start, standing start, take off, target, technique
OAA	Choose the right resources to carry out their own plan				Develop skills of working collaboratively in team to use different strategies to solve problems, while giving and following instructions.	Develop skills to successfully collaborate in teams and be successful in completing a range of problem solving tasks, while following and understanding rules.	Develop skills to successfully collaborate in teams and be successful in completing a range of problem solving tasks, while following and understanding rules.	Develop skills to successfully collaborate in teams and be successful in completing a range of problem solving tasks, while following and understanding rules.
Substantive Knowledge								
OAA	Use a spade to enlarge a small hole with a trowel	Use a spade to enlarge a small hole with a trowel			Develop skills of orientation by following a variety of different diagrams and maps to complete a task	Use skills of orientation by following a variety of different diagrams and maps to complete a task using a key and its symbols accurately.	Orientate themselves around a large trail	Select appropriate equipment
Disciplinary Knowledge	Collaborate with other to manage large items, such as moving a long a plank safely, carrying large hollow blocks	Collaborate with other to manage large items, such as moving a long a plank safely, carrying large hollow blocks			Orientate themselves with increasing confidence around a short trail	Orientate themselves with accuracy around a short trail	Select appropriate equipment	Identify possible risks and ways to manage them
		Carry things up and down different levels			Identify and use effective communication to begin to work as a team	Create a short trail for others with a challenge	Understand risks/reward	Embrace both leadership and team roles
							Support others and seek support if required	Empathise with others and offer support without being asked
							Show resilience and initiative	Seek support from the team
							Use maps, compasses and digital devices to orientate themselves (ICT link)	

					begin to choose equipment that is appropriate	Communicate clearly with other people in a team Experience a range of roles within a team Create a simple plan of activity for other to follow and choose appropriate equipment	Be aware of changing conditions and change plans if necessary Use clear communication to effectively compare a particular role	Remain positive even in the most challenging circumstance, rallying others if necessary Use a range of devices to orientate themselves Quickly assess change in conditions and adapt plans to ensure safety comes first
OAA					rules, route, trust, navigate, grid, discuss, plan	leader, inclusive, effectively, orientate, symbol	collaborate, tactical, control, card, collective, orienteering, navigate	location, boundaries, critical thinking, symbol, cooperation, strategy
Swimming					Swim between 25 and 50 metres unaided. Use more than one stroke and co-ordinate breathing as appropriate for the stroke being used. Co-ordinate leg and arm movements Swim at the surface and below the water			
Substantive Knowledge								
Swimming					exit, enter, front, safety, kicking, pulling, splash, unaided, gliding, floating, breathing, sculling, crawl, breaststroke, backstroke, rotation, survival, treading water, buoyancy, exhale, flutter kick, surface, somersault, personal best, inhale, endurance, streamline, synchronised, retrieve, dive			
Key Vocabulary								