

PE – Concept Map

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|  | Area | EYFS | Year 1 and 2 | Year 3 and 4 | Year 5 and 6 |
| Dance | Choreography                   Performance | Can create simple actions/movements from a range of stimuli including simple pictures, single words, familiar props or pieces of music  Knowledge –  ACTION: Travel, (fundamental steeping patterns)  SPACE: Show changes in level RELATIONSHIPS: Work individually  DYNAMICS: Try to show changes in speed  Can perform individually and is engaged and motivated.  Knowledge –How to move in time to the music | Can create a short series actions/movements from a range of stimuli including pictures, poems, props or pieces of music.  Knowledge  ACTION: Travel, Stillness, Gesture  SPACE: Show changes in Level, Direction  RELATIONSHIP: Individually and with others: Unison and Mirror  Can perform individually and with others, enjoys dance and is engaged and motivated whilst dancing.  Knowledge – How to improve dance through timing, control. | Can create a sustained series actions/movements from a range of stimuli including detailed pictures, poems, props or pieces of music  Knowledge  ACTION: Travel, Stillness, Gesture, Jump, turn  SPACE: Show changes in Level, Direction, Pathway RELATIONSHIP: Individually and with others: Unison, Mirror and Canon  DYNAMICS: Show changes in speed, weight and expression of movement  Have the stamina, suppleness and strength to participate in dance, understanding and applying aspects of safe dance practice. Knowledge – How to improve dance through timing, control, posture and extension | Can create a sustained series actions/movements from a range of stimuli including detailed pictures, poems, props or pieces of music  Knowledge  ACTION: Travel, Stillness, Gesture, Jump, turn  SPACE: Show changes in Level, Direction, Pathway and Area RELATIONSHIP: Individually and with others: Unison, Mirror and Canon  DYNAMICS: Show changes in speed, weight and expression of movement  Shows a desire to improve in dance by constantly looking to improve elements of the work.  Knowledge – How to improve dance through timing, control, posture, extension and alignment  Dance |
| Strike and Field | Batting | Hitting off tees. Running between marked points,  Knowledge – how to grip a bat and to run after hitting the ball. | Pull shot off a tee perched on a stump.  Straight drive off tee then from bounce.  Calling and running between wickets touching bat over and sliding on final run. Knowledge – batting stance and how to call for a run. | Cutting to the off side.  Different calls when running. Who calls when running between the wickets  Knowledge – Who calls when running between the wickets | Using feet to get to pitch of the ball and drive.  Turning when running between the wickets.  Knowledge – how to transfer hands so as not to turn blind to the fielder. |
| Ground Fielding | Catching- ready position, W shape and cushioning  Two handed pick up and overarm throw  Knowledge – ready position, how to make a W shape | Catching on the move-  Knowledge -getting in line with the ball and taking in line with the nose.  One handed swoop, pick up and underarm throw Knowledge- Walking in and being in a position of readiness. | Catching high ball.  Knowledge - Calling name- taking responsibility.  Long barrier and overarm return with backing up Knowledge – where to position self to back up effectively. | Using feet to get to pitch of the ball and drive.  Turning when running between the wickets.  Knowledge – how to transfer hands so as not to turn blind to the fielder. |
| Bowling | Bowling after rocking back into action.  Knowledge- Grip, sideways stance. | Bound and coil  Knowledge – which foot to take off from and with foot on or behind the crease line. | Bowling  Knowledge – bowl from close in to the stumps and follow through | Different ways of gripping a ball to make it move in different ways.  Knowledge – bowl using different grips |
| Wicket Keeping | Stance behind one stump and receive ball from throw without moving backwards. Know – stance and hand positioning | Rising as ball hits the ground  Knowledge- when to rise and how to cushion the impact | Taking ball on off or leg side  Knowledge – how to bring hands to stumps to execute a stumping.  Taking ball on off or leg side with batsman in front playing air shots. Knowledge-how to step across to leg or off side without stepping backwards top take the ball | Taking ball on off or leg side  Knowledge – how to bring hands to stumps to execute a stumping.  Taking ball on off or leg side with batsman in front playing air shots. Knowledge-how to step across to leg or off side without stepping backwards top take the ball |
| Invasion Games | Sending | Send over short distances.  Knowledge- which part of foot to use to send over short distances | Pass and move; one-twos  Knowledge- to move into space to receive from a teammate | Pass over medium distances and move away from opponents  Knowledge- how to lose an opponent | Pass first time and for receiver to run onto a pass.  Knowledge- when to take a touch before sending and when to send first time |
| Receiving | Trapping/ receiving the ball.  Knowledge – how to take up a position of readiness and make a target | Cushioning.  Knowledge -Moving in line with the ball and absorbing the impact | Move to space  Knowledge – how to signal when want to receive | Move away from opposition and receive on the half turn.  Knowledge – how to receive a ball in different ways and retain possession |
| Attacking | Dodging off both feet.  Dribbling taking lots of touches. Stop and turn. Shooting for power  Knowledge – how to send powerfully | Dribbling.  Change direction on command.  Shooting for accuracy  Knowledge – how to turn in different ways | Shielding a ball from an opponent.  Knowledge – how to position body between and opponent and the ball to retain possession | Using extra player e.g. 4 v 3  Using deception to trick opponents  Knowledge – how to use width and support |
| Defending | Closing space and making interceptions  Knowledge- how to close space and ready self | How to jockey and slow an attack down  Knowledge –how to jockey and not over committing | Tracking an opponent. Defending as a team  Knowing how to position your body to be aware of where the ball is and where opponents are. | Coping with fewer players e.g. 4 v 3  Knowledge – positioning of other teammates |
| Net/Wall | Moving around court | Ready position. Moving sideways to strike.  Knowledge- knows to have weight on balls of feet when moving around the court | Ready position with rackets Moving forward, backwards, sideways  Knowledge- knows the importance quickly of getting into the right position to hit the ball back | Ready position singles. Moves into the net and behind baseline.  Knowledge- knows to move back into the centre of the court | Ready position singles and doubles. Moves in response to partner.  Knowledge- knows how to work alongside a partner |
| Racket Control | Grip with dominant hand. Move ball around forehand and backhand.  Knowledge – knows which is dominant hand and to move ball around using forehand and backhand | Can keep ball balanced on racket and keep the ball under control. Knowledge- knows what height to strike the ball at. | Bounce ball continuously on forehand and backhand  Knowledge- to cushion the impact and to develop a soft feel for the ball | Different grips forehand and backhand  Knowledge that forehand and backhand grips alter and that backhand can be two handed |
| Range of shots | Hit a ball from a tee.  Knowledge – to get into a sideways position and strike from a high backlift | Strike forehand and backhand from self- feed  Knowledge- can strike from own feed on forehand. | Can strike from own feed on forehand and backhand and sometimes from a partner’s feed.  Knowledge- How to get into the best position to return a ball successfully. | Can maintain a rally with a range of strokes including Overarm serve, Volley forehand and backhand.  Knowledge- Knows names of different types of shots |
| Game Play | Throw and catch after one bounce  Knowledge to track a ball with eyes and to can move laterally in line to receive | One on one hand tennis passive rallies.  Knowledge – to move forwards or backwards depending on the depth of the ball | Singles rallies.  Knowledge- knows when to attack and when to defend | Doubles. Moving into net. Calling name when ball between 2.  Knowledge- knows when to execute certain shots. |
| Athletics | SAQ | Step over and through cones. | Simple foot drills in ladders.  Knowledge – knows how to cushion impact on knees | More complex foot drills in ladders.  Knowledge that SAQ can bring improvements in coordination | Plyometric jumping.  Knowledge- that plyometric training develops power  Jumps |
| Jumps | Leap, bounce and jump in different ways  Run and jump over low hurdles  Knowledge – understands that a run with a jump is from one foot and a stationery jump is from 2 feet. | Standing Long Jump (Broad Jump)  Run and jump low hurdles  Knowledge - Knows to use arms to drive forward | High Jump. Take off foot, scissor leap  Hurdle keeping same lead leg each time and using arms to sprint between hurdles.  Knowledge - Knows which is take off foot | Triple Jump- same, different, both  Hurdle with same leg bringing opposite arm forward to balance lead leg Knowledge – knows various jumping techniques and can articulate |
| Running | Short distances  Relay passing baton over short distances.  Knowledge- knows to start with one foot in front of the other | Longer sprints- 60m, how to start and dipping at finish.  Relay – transfer baton over short distances and dip at finish  Knowledge- knows how to start and how to dip at the finish | Middle distance pacing and sprinting – starting a race, good form during the race and dip at finish.  Relay- transfer baton on move.  Knowledge – to transfer relay batons whilst in motion | Longer distances, pacing, running bends.  Relay- transfer baton in alternate hands, receiving facing forwards. Run over greater distance Knowledge – different takeover techniques |
| Throwing | Standing overarm throw at targets  Knowledge – knows how to get into sideways position | Standing overarm throw for distance  Knowledge – knows importance of non- throwing arm in achieving elevation in trajectory | Bound and coil. Throw from short run up  Knows why a run up can add momentum to a throw | Throw with run up and follow through  Knows how to throw leaving sufficient space to follow through |
| Gymnastics | Conditioning and warming up | Can follow a warm up and carry out exercises enthusiastically  Knowledge- Why it is important to warm up the body. | Can warm up a partner  Knowledge-Knows a variety of exercises which target different areas of the body. | Can warm up a small group of other effectively  Knowledge- knows suitable body preparation activities and how to lead a group | Can warm up a large group  Knowledge- How to prepare the body for a distinct discipline e.g. flight, weight on hands and articulate why. |
| Floor work | Can create sequences linking ideas  Knowledge – importance of moving from one move gracefully to another | Can use a range of gymnastic techniques with control and good technique  Knowledge – can articulate the technical process involved in executing movements | Can perform more complex sequences with smooth transitions  Knowledge- how work at different levels provides aesthetic variety. | Can perform more complex sequences with smooth transitions whilst working with and alongside others.  Knowledge – understands different ways of working with others – unison, matching, mirroring etc |
| Apparatus | Can use the apparatus to perform sequences involving weight on hands, balancing, rolling, flight and travel  Knowledge – how to transport apparatus safely and how to use apparatus safely | Can change direction, work at different levels and use the floor space imaginatively.  Knowledge – how to work safely alongside others whilst travelling in different directions | Can perform sequences that flow, displaying multiple skills and a range of dynamics  Knowledge –knows how to use various dynamic effects to create aesthetically pleasing movement | Can show a wide range of well executed movements using a range of dynamics and with and alongside others.  Knowledge – knows how to execute a wide range of the main gymnastic skills. |
| OAA | Physical Activity |  | Simple map reading and finding clues  Knowledge- how to read a simple map and work as a team to find clues | Basic orienteering and running activities matching symbols  Knowledge- Know ordnance survey symbols and to exert self to achieve goals | Different types of orienteering and more complex symbols to match  Knowledge- know how to read a map and use the strengths of the group to bring about the best outcome |
| Team Challenges |  | Solving problems by working together.  Know how to listen to others and to communicate clearly | Activities when blindfolded and using apparatus.  Knowledge- know how to give very clear instructions to keep a partner safe | Solving problems involving non-verbal communication  Knowledge- know how to use a variety of non- verbal communication |
| Creative problem solving |  | Solve simple problems by planning, performing and evaluating  Knowledge- how to look internally for ideas and then to other groups if none are forthcoming | Solve problems through discussion, doing and evaluating  Knowledge – how to listen to all ideas and plan an activity before undertaking it | Solve complex problems through discussion, doing and evaluating  Knowledge – how to solve difficult challenges, how to discuss first and then evaluate at end. |